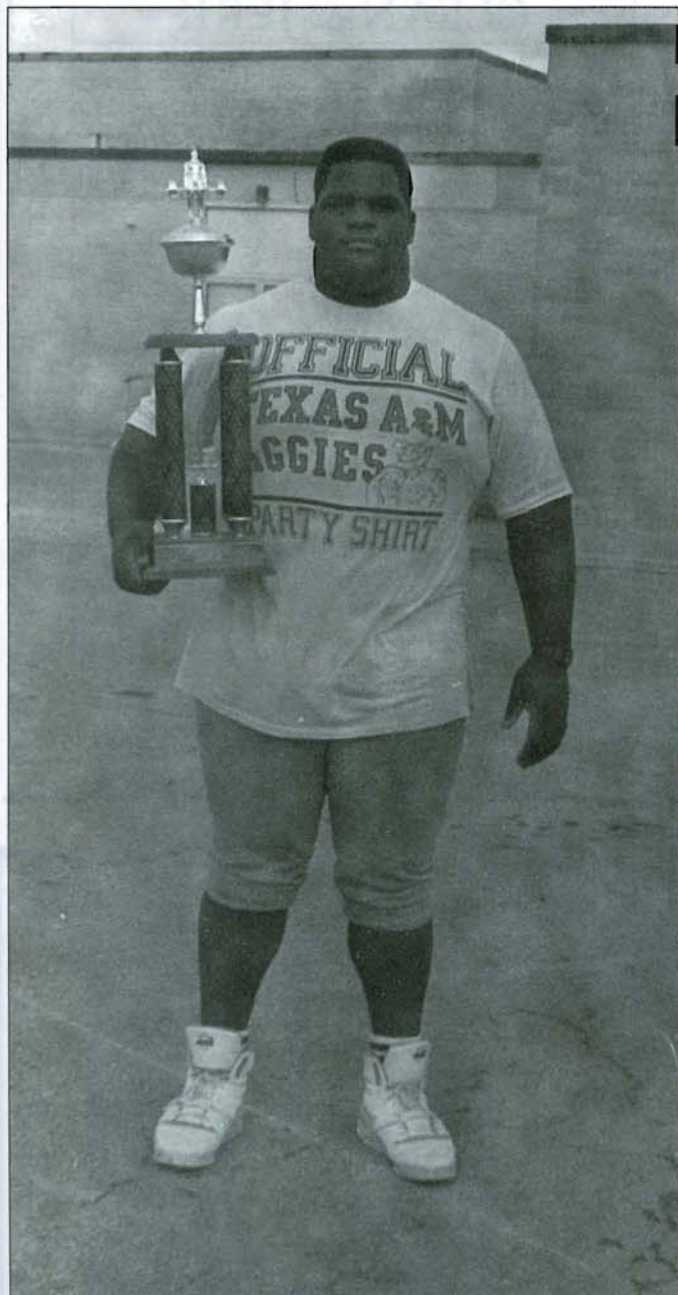


# WORLD'S STRONGEST TEENAGER



## MARC HENRY'S BEST COMPETITION LIFTS

**Squat: 832**

**Bench: 501**

**D. Lift: 710**

## MARC HENRY 6-4 390 SILSBEE HIGH SCHOOL

Editor's Note: Marc played defensive tackle at Silsbee High School in Texas. His coach Wayne Riley reports that his 3 time Texas State High School Powerlifting Champion who just turned 18 has been tested at every meet for steroids and is certifiably drug free. Marc also has thrown the Discus 168 feet and has run a 5.6 forty.

Coach Riley stated, "Marc Henry besides being the strongest teenager is also a strong Christian. He is a great person."

	Junior Yr. Texas Meet	Senior Yr. Texas Meet	Senior Yr. Nationals
Squat	805	810	832
Bench	430	480	501
D. Lift	705	710	700
<b>Total</b>	<b>1940</b>	<b>2000</b>	<b>2033</b>

## SUCCESS AT CHARDON H.S. OHIO



These nine athletes from Chardon High School broke Ohio BFS Clinic D. Lift record. All got 500 or more. Pictured are top (l-r) Mark Hedrick, Larry Decipede, Rick Richter, Paul Baker, Brian Brock, and bottom (l-r) Jim Vieland, John Norred, Dave Filby and Mark Hummel. Football Coach Bob Doyle states, "Since the clinic we are breaking records left and right. Yesterday we had our 20th player Towel Bench over 300 pounds!"



# INSTRUCTIONAL VIDEOS

## BFS PROGRAM CASSETTES

### THE BFS CORE PROGRAM

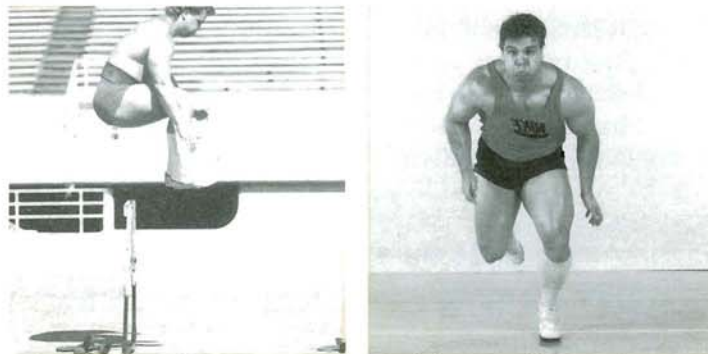
**NEW VIDEO:** All of the BFS core lifts are explained thoroughly and completely: the parallel squat, the box squat, the power clean, the dead lift, the bench press, the towel bench press and the straight leg dead lift. Why we do it, how it is done, what benefits are derived and specific spotting techniques are fully explained. This cassette is for ALL sports. Proper lifting and coaching techniques are emphasized! Live action of Stefan Fernholm and other athletes demonstrate the BFS core lifts. (80 min.)



*Straight Leg Dead Lift: Auxiliary lift develops speed*

### FLEXIBILITY —NUTRITION

**NEW VIDEO:** Bob Rowbotham, our flexibility expert who stretches our Utah Jazz of the NBA, is featured along with Stefan Fernholm. The new 1-2-3-4 BFS flexibility program is fully explained. Your athletes will be motivated to work hard on flexibility everyday. Coach Shepard describes the now famous 30-point BFS Nutrition System. It's easy to understand. We explain, in easy terms, the importance of carbohydrates versus protein in an athlete's diet. (50 min.)



*Stefan Sprinting and Jumping*



*Stefan Squatting: A Key BFS Core Lift.*

### AUXILIARY LIFTS —SETS & REPS

**NEW VIDEO:** This cassette brings you every auxiliary exercise recommended for football, basketball, baseball, volleyball, and many other sports. The BFS philosophy is fully explained. Stefan Fernholm, NBA Shot Block Champ Mark Eaton, and other athletes demonstrate. We also bring you an exciting live action of the BFS Set-Rep System. You'll understand fully the meaning of intensity and its tremendous motivational value. We guarantee you'll break 8 personal records per week and 400 per year. This video will make everyone a believer! You'll also fully understand how to record your records in the BFS Set-Rep Log Book. (55 min.)



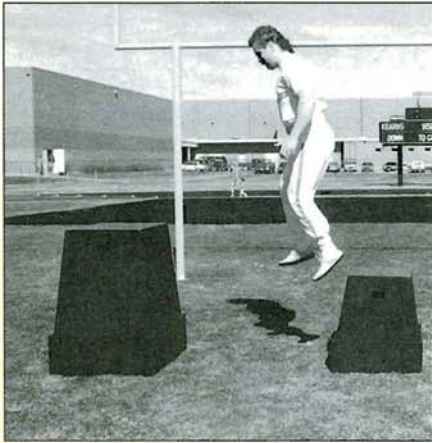
*Stefan's Hip Flexor Stretch for increased stride.*

### SPEED —PLYOMETRICS

**NEW VIDEO:** Stefan Fernholm demonstrates upper-limit speed and plyometric techniques. We illustrate the BFS 7-point speed technique system. Various athletes have their speed, vertical jump, and standing long jump form analyzed, which demonstrates exactly how to perform at your utmost optimum level. This video is of great importance to the high school athlete and yet sophisticated and advanced enough for the best professional athletes. (50 min.)

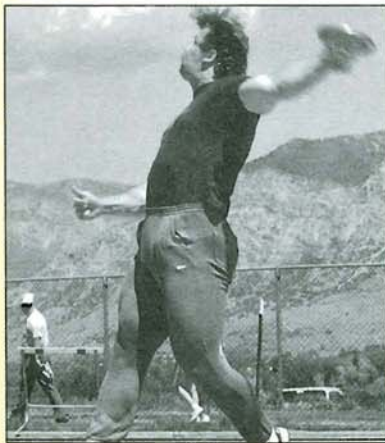


# MOTIVATIONAL VIDEOS



## PLYOMETRIC BOX JUMPING

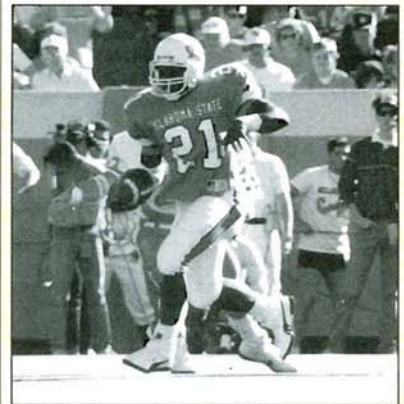
**Brand New Video:** Stefan and Coach Shepard take a group of high school and junior high athletes through a comprehensive yet easy-to-follow Plyometric Box Jumping program. It begins with basic beginning Box Jumps that anyone can do and progresses to advanced and most challenging Box Jumps. Your athletes will be motivated to include Plyometric Box Jumping in their Total Program. Bridge the gap between strength and functional explosive power.



## BEYOND MAN'S UPPER LIMITS

This incredible video features Stefan Fernholm, the World's Fastest Big Man. Stefan has successfully blended his European heritage training philosophy with the United States. The result: An athlete who has gone Beyond Man's Upper Limits. Stefan goes to Denver and breaks the Bronco records in the 40, the vertical jump, the triple standing long jump, and the medicine ball throw. Stefan also demonstrates extreme power in the weight room. Upper-limit training techniques and guidelines are thoroughly discussed. It will cause any viewer to re-evaluate what is possible. (62 min.)

## FANTASTIC STORIES



*Heisman Winner Barry Sanders*

**Brand New Video:** Features the fantastic stories of Barry Sanders, Outland Trophy Winner Jason Buck, narrated by Greg Shepard. A tremendous motivational tool. These Fantastic Stories average about 7 1/2 minutes each. Some coaches like to show one story a week. Selection of these stories was made on their inspirational impact and appeal to many different individual situations.

## RENT THREE KEEP ONE!

### BFS I

This 1972 award-winning, 27-minute film features the Dallas Cowboys. It displays college and high school athletes in football, basketball, and track. World record holders are shown in action.

### BFS II

This 22-minute film shows us how to do core lifts. High School All-Americans and All-Staters show the High School All-State Lifting Standards (400 Squat, 300 Bench, 235 Clean, and 500 Dead Lift).

### MARK EATON

Depicts Eaton's incredible rise from obscurity to NBA Defensive Player-of-the-Year. Views an intense weight training session, along with basketball techniques. NBA game highlights are also shown. (60 min.)

### READINESS PROGRAM

Our BFS Readiness Program has met with great success for five full years. This pioneering program emphasizes the importance of Great Technique. An easy way to get an edge on your opponents in high school is to prepare and motivate the junior high athlete. The BFS Readiness Program does just that! Each athlete should have the Record Book and see the Video. (further info on page 16)

### DRUGS: A POSITIVE APPROACH

Special Purchase Price: \$20.00 and \$10.00 5-Day Rental Fee. This is a special video brought to you exclusively by Bigger Faster Stronger. It is our way of helping you cope with and understand the ever increasing challenge of drugs in our society. The cast features high school kids, NBA athletes Mark Eaton and Danny Vranes, and Coach Greg Shepard. Top medical, psychological, and law enforcement personnel are featured. (60 min.)

### TOM

Tom Southall stars as himself in this nationally acclaimed film. Tom was born without his right arm. All-State in Football, Basketball and Track.

### ROAD TO STATE

Features 71st High School in North Carolina. Great football action as they go from the pre-season to the State Championship. Highly Motivational!

## VIDEO PRICES

VHS or BETA

★ 5-DAY RENTAL FEE

\$25.00 Each Cassette

★ PURCHASE PRICES

ONE: \$69.00

ANY TWO: \$119.00

ANY THREE: \$159.00

Each Additional Cassette Only \$39.00