

**BIGGER  
FASTER  
STRONGER**

# THE CORE LIFTS

**YOUR  
WINNING  
SECRET**

By Dr. Greg Shepard

## CRITICAL MISTAKES

1. Using Pimarily Machines.
2. Doing Mostly Benches & Curls.
3. Doing Same Workout 3x per Week.
4. Making Squat & Clean Like Any Other Lift.

The Core Lift concept is simply understanding some exercises are more important than others. Which is more important to success in football, your legs or arms? If you answered legs, then which is more important Squats or Curls? Did you know there are still Division I schools who Bench and Curl 4x per week, leaving out Squats and Cleans. Over 50% of the high schools in the United States spend more time and emphasis on the Bench Press and Curls than Squats and/or Cleans. The secret is still safe. You can still gain an edge on most opponents if you Squat and Clean correctly.

It is mind boggling to me that in 1990 there are still a few Division I and Division I-AA schools that use machines for their primary focus of strength. Every year for the past 25 years at every convention someone is selling a new gimmick or machine to replace the Parallel Squat. Each year many coaches fall for it and the secret is lost for awhile.

There are still some Division I schools and many high schools who Squat and/or Clean 3x per week. That is a direct abuse of the secret. It is an absolute fact that plateaus will set in rapidly. Motivating oneself to work those lifts at the proper intensity level 3x per week is next to impossible.

Many coaches say, "We've got the secret. We Squat and Clean." However, they do 3 sets of 10 reps right along with Curls, Lat Pulls, Leg Extensions and Tricep Pushdowns. Upper Limit potential will never never happen. They don't have the secret.

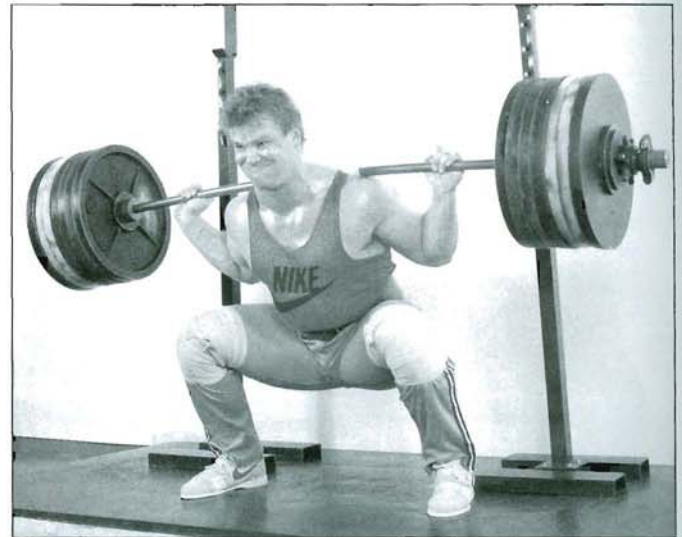
Many many coaches say "We have the secret. We Squat twice a week and have super intensity." But alas, upon close scrutiny, we find their athletes don't really Parallel Squat. Their thighs are four inches high. They don't have the secret plain and simple.

The BFS Program also uses the Bench Press, Bench Variation, Trap Bar, Squat Variations and sometimes Clean Variations for core lifts. However, the Parallel Squat and Power Clean remain fundamental to the secret. Looking back on my words I guess I really came on strong but I make no apologies only a challenge. Assume you don't have the secret, regardless of your experience and expertise, and get the BFS Total Program Book (see page 82) or the Core Lift Video (see page 11). If

## THE SECRET

Hips and Legs are Key  
Emphasize  
Parallel Squats and Power Cleans.

it doesn't help significantly, I'll gladly return your money. What have you got to lose? "Your Potential!" What have you got to gain: "THE SECRET!"



*The Perfect Parallel Squat.*

## MAJOR TECHNIQUE POINTS

- I. **ATHLETIC STANCE:** Don't get into narrow bodybuilding stance or wide, flared out powerlifting stance.
- II. **SPREAD THE CHEST:** Critical coaching point to lock-in lower back.
- III. **LOCK-IN LOWER BACK:** A bowed out lower back is weak and dangerous.
- IV. **TOES POINTED SLIGHTLY OUT:** This helps balance. Flaring toes out at 45' angle is unathletic.
- V. **EYES FOCUSED STRAIGHT AHEAD:** Please don't look at ceiling. It kills your balance.
- VI. **SIT TALL:** Wonderful coaching phrase.
- VII. **HIT PARALLEL:** It's a must!