

THE SECRET IS STILL SAFE!

**The Vast Majority of Coaches
Have Not Taken Advantage
of Knowledge Available.**

HOW YOU CAN TELL EVALUATE YOUR H.S. FOOTBALL PROGRAM

The Enclosed Chart Illustrates the Number of Players
That Should Attain These Minimum Achievements.

ENROLL.	400 PLUS *SQUAT	300 PLUS BENCH	250 PLUS CLEAN	UNDER 5.0 40	OVER 25" VJ
1500	15	15	15	40	30
1000	12	12	12	30	20
500	9	9	9	20	10
200	5	5	5	10	5

*This is a Perfect Parallel Squat.

**If Your Players Cannot Perform
At This Level, You're Missing All
or Part of This Vital Secret!**

**LEARN THE SECRET AND WIN!
BFS CAN MAKE IT HAPPEN.**