

**BIGGER
FASTER
STRONGER**

SETS & REPS

**YOUR
WINNING
SECRET**

By Dr. Greg Shepard

CRITICAL MISTAKES

1. No Variation: Always do 3x10 or one set of 8-12.
2. No Record Keeping.
3. Only Record Maxes and Max out too often.

Sets and reps can make or break a program. It is one of the most vital cogs of the secret. Some systems are poor motivationally, especially at the high school level. Other systems allow plateaus to set in rapidly. Some coaches don't coach and so the effects of a good system are lost. Let's analyze in detail some problems that occur in many high school and colleges.

No Variation: It is an absolute must to vary sets and reps. Doing 3 sets of 10 reps, one set of 8 to 12 or 5 sets of 5 day after day month after month has extreme problems. First, it is virtually impossible to look forward to and get psyched up motivationally for a stagnant workout. Second, physiologically a plateau will set in very quickly, usually in less than six weeks. Third, rebellion will occur with the athletes. I polled 30 graduates of a division I-AA doing the one set of 8-12 system. Not one positive statement came out. Moderate to extreme criticism was the rule. I'm sure if the head football coach was aware of his player's feelings, changes would be made. We did not see this in the 70's or 80's but I feel now in the 1990's there are football teams losing games because of their set-rep system. As more teams do things right and the more individual athletes know what is right, the more difficult it will be to win without the secret.

Accurate Records: Some programs have the athletes come in and lift with no record keeping. Even if the workout is posted and maxes are done every 4 to 8 weeks, it will never help an athlete reach his potential. There is a better way. The BFS Set-Rep System keeps track of everything. We record set records as well as many repetition records every workout. It just takes a few seconds and the secret is yours.

Maxing Out: Many athletes will max out any chance they get. This is very counter-productive. Your body just can't take several max attempts per week. However, the average high school athlete will thrive on one max attempt per month but you must plan for it and organize your system for that attempt.

Only recording max attempts is good but limiting. Most high school athletes don't like to wait a month before proving their strength gains and if they fail on that monthly test, it can have detrimental motivational effects.

THE SECRET

1. Always Vary Workout.
2. Keep Accurate Records.
3. Take Advantage of Strong Days.

BFS solves that problem by allowing the athlete to break many records through its system. We keep track of not only an athlete's max but how much he can do two, three, four and five times as well. Also, in the case of the Bench and Squat, we also record how much weight can be done six, eight and ten times. We also keep track of set records. For example, let's say an athlete is doing Week number one of our four week cycle. He would perform 3 sets of 3 reps and might begin by doing 225 pounds for his first set of 3 reps. For his second set, he either goes up, down or stays the same. For illustration purposes, he goes up to 235 pounds. Now, on his final set he will do 3 or more reps (up to 5 reps on the Clean or Trap Bar and up to 10 reps on the Bench or Squat). Let's say he tried 240 pounds and got 3 or more reps. We then add 225, 235 and 240 for a total of 700 pounds.

This system gives us another record breaking opportunity. Four weeks later when the 3x3 workout is up again, the coach simply asks his athlete, "Do you want to win." The athlete, of course, responds "Yes" and it then becomes his job to do more than 700 pounds. The athlete also during this workout is always keeping an eye on his rep records. If he wants to win, he'll be highly motivated to break some rep records. Our BFS system allows an athlete to break eight or more records per week all year long. It absolutely amplifies the secret.

Periodization Systems Have Big Problems at the High School Level: Periodization works wonderfully for the individual mature athlete. It also performs reasonably well at the collegiate level with teams who have experienced lifters. However, at the high school level or inexperienced athletes at the collegiate level, periodization programs are loaded with problems.

Periodization programs center around peaking at one particular moment for one sport. However, team sports like football have important games throughout the season plus each playoff game. My question is, "For which game do you peak?" Periodization programs

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were originally created in the European-Soviet countries and centered around track and Olympic weightlifting athletes who wanted to peak for one competition during the year.

High Schools generally have many two and three sport athletes. Under this situation, the strength coach has a tremendous organization problem attempting to properly prescribe a periodization program for all the different situations. Some athletes play only football, some participate in football and wrestling only while others are in football and track. Then, what do you do with the athlete involved in all three sport seasons?

The BFS System adapts itself easily to all these situations. It is extremely easy to coach and organize and marvelously effective.

Periodization programs depend on accurate maxes on which to base their percentages. Inexperienced lifters can never give accurate maxes and the end result of periodization or computer programs is that it stifles progress. It holds athletes back. The BFS System allows each athlete to make giant leaps at his own individual pace all year long whether he is in an in-season or off-season training mode.

Taking Advantage of Strong Days: Periodization can't do it. It is a glaring weakness of periodization or computer programs. Anyone who has ever lifted before will tell you they have strong days and weak days but you can never predict them. The computer assumes that every day is the same. The BFS System allows an athlete on a strong day to go nuts and break many records. While on weak days there is always a chance for some success. We just don't like to see anyone set up for failure at anytime.

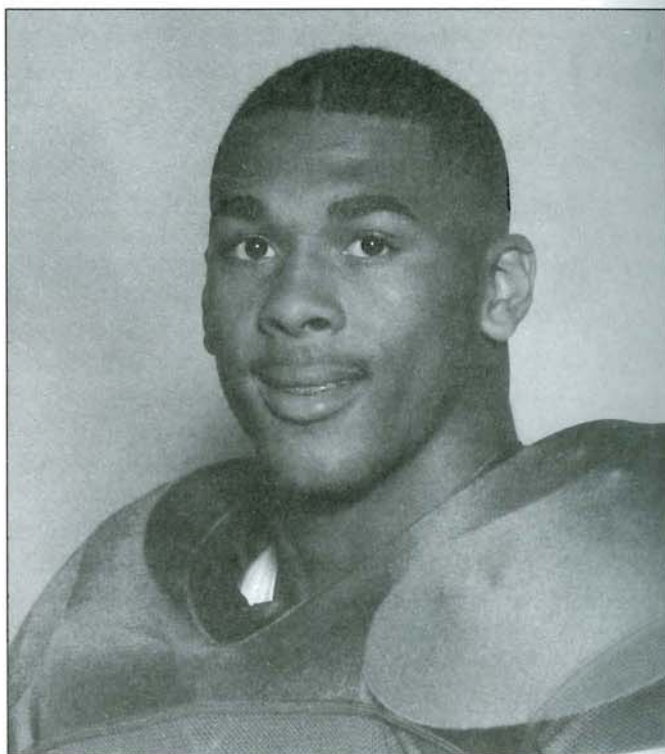
In Conclusion: The BFS System will virtually guarantee fantastic success in this vital part of the secret to any school, team or individual. No other system comes close to all the advantages contained in the BFS Set-Rep System. It's easy to administer, it's tremendously motivational and it's based on the most complex of scientific principles. I feel quite comfortable in making this statement, "The BFS Set-Rep System is such a powerful part of the secret that it will make a positive difference in wins and losses on the football field or any other sport."

FOR COMPLETE INFO

1. The New Book: Page 82.
2. Set-Rep Video: Page 11.
3. Set-Rep Logs and Cards:
See Page 8-9.

MARQUEZ POPE

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assignments on time. After graduation and any possible pro career, Marquez wants to become a real estate broker.

In the past Marquez has sometimes been intimidated because of his smaller size. "I've always been told I'm too small," related Marquez, "but I always say, so what I've got a big heart. The Lord says you can accomplish all things. I concentrate on learning keys, knowing people, anticipating situations and studying films."

Marquez has a reputation for being a devastating hitter. As improvement came, he began to look forward to lifting and now he's more confident on the field. "As I continue to get bigger and faster, I know my opponent is really going to feel my impact," Marquez knowingly stated. "I want it more than anybody. I want the play to come to me. I use my mind more than my body in practice but by game time I use both."

As far as steroids, Marquez said, "I was an oddball. I didn't even know what they were until college. My girl says she's impressed by my natural weight gain. For me steroids are useless."

Finally, with a wisdom of one with much greater experience, Marquez advised, "Believe in yourself. Don't believe all the hype but when you start being successful you've got to stay focused. When you move on to a higher level, you're just another number so you just never give up. God is always in my life everyday. The first thing when I get up, I thank Him. I pray and read a different proverb everyday. I believe in Christian values. This helps me in everything I do." It seems Upper Limit is Marquez Pope's middle name and we thank him and Coach Parker for making this article possible.