

**BIGGER
FASTER
STRONGER**

SPOTTING TECHNIQUES

**YOUR
WINNING
SECRET**

By Dr. Greg Shepard

Palms under is how to spot the Bench.

CRITICAL MISTAKES

1. Arms Folded.
2. Hands on Hips.
3. Non-Attentive.

THE SECRET

1. Spotters should act as coaches, judges and teammates.
2. Spotters always pull the best from their partner.
3. Know specific guidelines for each lift.



A BFS Spotting Rule states, "Never fold your arms or place your hands on your hips while spotting." You can go to any gym in America and see this rule abused. Why then is it important? We feel to react to a dangerous situation it is much slower and more difficult with the hands in that position. Specific spotting techniques for each lift are illustrated in the new book (page 82) and shown at clinics (page 20-21).

In the BFS System, each spotter has three jobs. First, all spotters should know all coaching guidelines and actively coach the lifter. Second, spotters should judge a lifter as to depth on a parallel squat or technique problems on any lift. This will enhance any lifter's technique. Third, spotters should be great teammates and say things like "Looking good, like your style, win, get another rep, amazing set." Spotters should help a lifter select poundages and always try to pull the best from their partner. That's how you build intensity, insure safety and develop team spirit. It obviously is an integral part of the secret.



Poor spotting technique



Don't react to disaster: Be there already.