

SET-REP CHANGE

By Dr. Greg Shepard

I guess you could say we decided to this change out of popular demand. We received numerous calls from both coaches and athletes asking us to explain the fourth week of the BFS Set-Rep System. After studying the situation carefully, we now have a more superior system.

The fourth week is now structured exactly like the first three weeks. On the Bench, Squat, Box Squat and Towel Bench, you should now do 10 reps, then 8 reps and finally 6 or more reps. Keep track of the rep records just as before.

On the Power Clean and Trap Bar or Dead Lift, you will again keep the first three weeks and rep records exactly the same. The only change is a structured fourth week of 4 reps on the first two sets with the third week at two or more reps.

On our New BFS Record Cards which can be in your school colors, we've added two new features which almost makes it mistake-proof. The first feature makes everything consistent as far as how many reps you do per set. On our old cards, under 3x3, we went set 1,2 and 3 and under 3x5, we went set 1,2 and 3. Now we have printed 3,3 and 3 plus. This means do 3 reps, then 3 more reps, and finally 3 or more reps up to 10 reps on the Squats and Benches and their variations. On the Power Clean and Trap Bar, it means do 3 or more reps up to 5 reps.

On our new cards under 3x5, we have now printed 5, 5 and 5 plus for the Benches and Squats. This means do 5 reps, then 5 more and finally 5 or more reps up to 10 reps. On the Power Clean and Trap Bar, there is no 5 plus on the 3rd set because 5 is the maximum number of reps we ever do on these lifts.

Therefore, week number four is completed just like the other weeks. It is consistently the same. You do your 10-8-6 or 4-4-2 workout and total the poundage and break as many rep records as possible. Then, four weeks later you look at what you did and try to beat it. That is the same philosophy as the first three weeks. The total system should now be much easier to explain and to coach.

Another benefit that has been derived from observing our athletes at our Upper Limit Athletic Training Center is you may not ever have to do 5 sets on week two and three. In our Set-Rep Log, you have the

WEEK 1 3X3	WEEK 2 3X5	WEEK 3 5-3-1	WEEK 4 10-8-6
SET RECORDS	SET RECORDS	SET RECORDS	SET RECORDS
3	5	5	10
3	5	3	8
3+	5+	1+	6+
TOTAL	TOTAL	TOTAL	TOTAL
DATE	DATE	DATE	DATE

Our New Record Cards and Set-Rep Logs reflect this new change of a structured fourth week. The above illustrates the change on the Squat, the Squat Variation, the Bench and the Bench Variation.

WEEK 1 3X3	WEEK 2 3X5	WEEK 3 5-3-1	WEEK 4 4-4-2
SET RECORDS	SET RECORDS	SET RECORDS	SET RECORDS
3	5	5	4
3	5	3	4
3+	5	1+	2+
TOTAL	TOTAL	TOTAL	TOTAL
DATE	DATE	DATE	DATE

The above illustrates the change on our new Record Cards and Set-Rep Logs on the fourth week of the Power Clean and Trap Bar/Dead Lift. We still want to keep all reps in our sets to 5 or less.

SPECIAL NOTE: The New Set-Rep Log Still Gives You The Option Of Doing 5 Total Sets On Week 2 and 3 As Before. We Just Want The Fourth Week Structured.

option of doing 5 sets during the off-season, while you only do 3 sets during the in-season for those weeks. Well now because of the extra hard work in completing the fourth week, we are finding the overall results are the same by doing only 3 sets each week whether you are doing an in-season or off-season workout. In this case, less work produces equal results and that turns out to be a big plus.

This observation has great ramifications in a P.E. class situation or an athletic class with a fixed workout time period. Why? Well, now you don't have one week with five sets and another with only three sets. Every week you do three sets. Therefore, the workout time should be relatively the same from week to week. This makes for better planning and easier recording.

The BFS System is now easier than ever and loaded with the most advanced scientific thinking available today. The best system just got better. You'll never have a plateau, and you can now break even more than 8 personal records per week.

INSTRUCTIONAL VIDEOS

BFS PROGRAM CASSETTES

THE BFS CORE PROGRAM

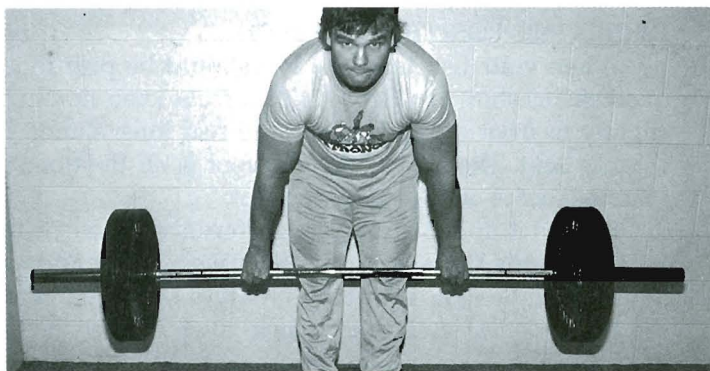
NEW VIDEO: All of the BFS core lifts are explained thoroughly and completely: the parallel squat, the box squat, the power clean, the dead lift, the bench press, the towel bench press and the straight leg dead lift. Why we do it, how it is done, what benefits are derived and specific spotting techniques 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.)



Stefan Squatting: A Key BFS Core Lift.

AUXILIARY LIFTS —SETS & REPS

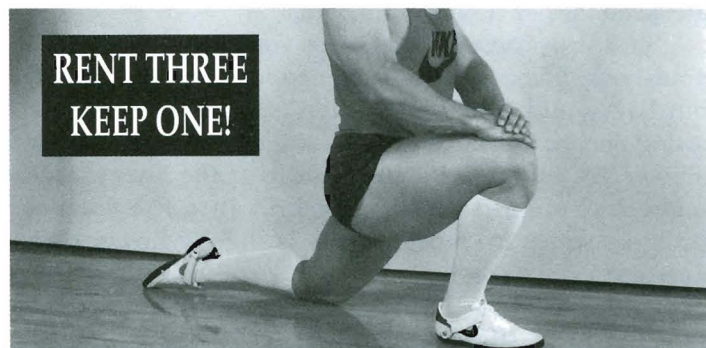
NEW VIDEO: This cassette brings you every auxiliary exercise recommended for football, basketball, baseball, volleyball, and many other sports. The BFS philosophy is fully explained. Stefan Fernholm, NBA Shot Block Champ Mark Eaton, and other athletes demonstrate. We also bring you an exciting live action 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.)



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'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.)



Stefan Sprinting and Jumping