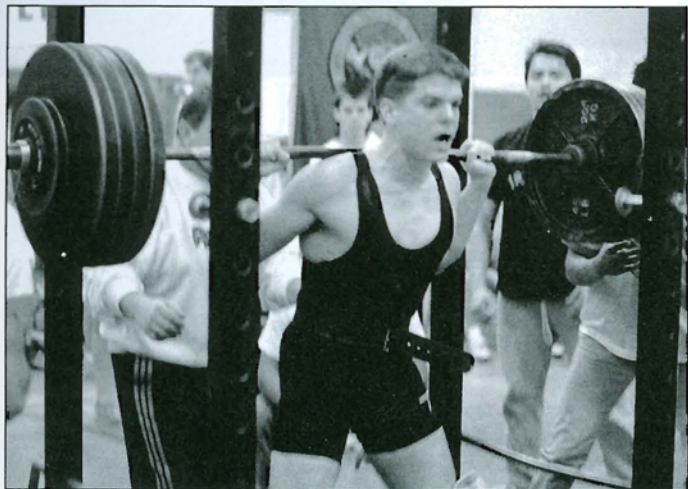
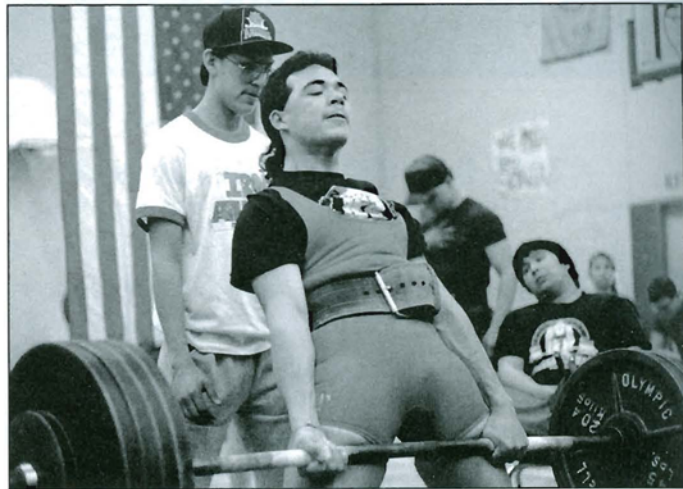


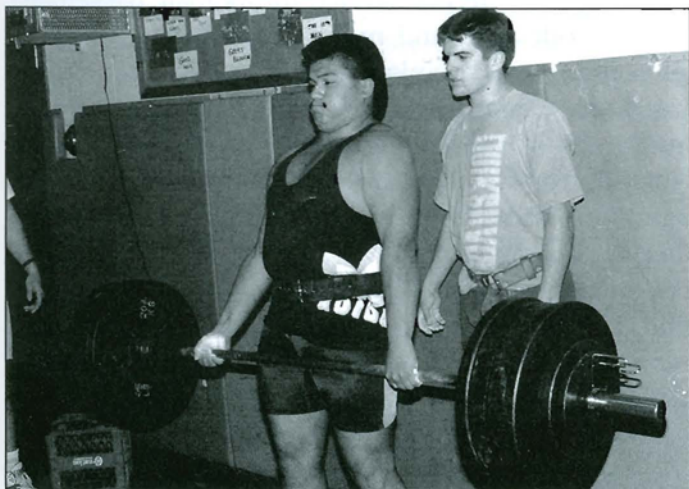
SUCCESS AT TOPPENISH



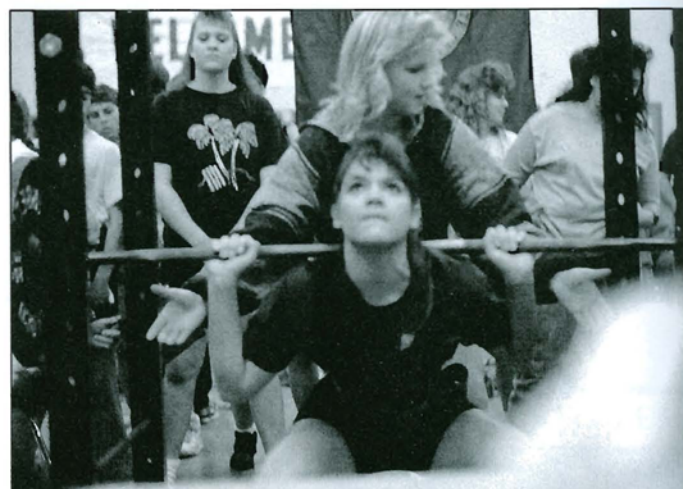
All State RB Ryker Labbee helped Toppenish to the State H.S. Football Championship in 1989 and a 3rd in State finish in 1990. Squats 500 lbs. Ryker was also 1st Team BFS All-American.



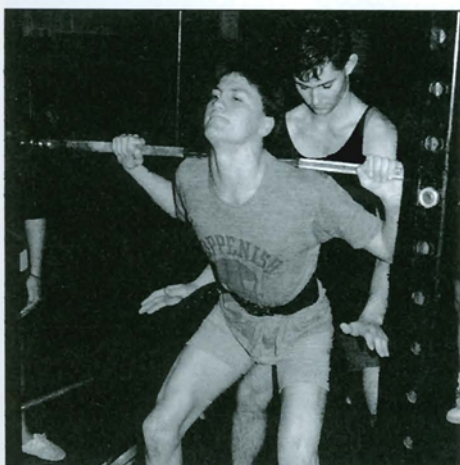
Kory James Squats 485, Benches 235 and Dead Lifts 475. Plays Nose Guard and Offensive Guard. Helped Toppenish to State Powerlifting Titles 3 out of last 4 years for the boys team.



Tank James All-League Center and two-time State Powerlifting Champ. 605 Squat, 320 Bench, 585 Dead Lift. Coached by Frank Steele who also assists in football and wrestling which also won State.



Jessica Halderman totals 675 pounds. She plays softball and helped Volleyball team go to state. Spotted by Tammy Hoyt National Teenage ADF Powerlifting Champ.



Ken White Two-Time All League Defensive End Squats Parallel with 375.

12 Bob Winters is Head FB Coach.

TOPPENISH HIGH IN WASHINGTON STATE 3A Enrollment 580

FOOTBALL:1st 89, 3rd 90
BOYS BASKETBALL:2nd
GIRLS BASKETBALL:Went to State
WRESTLING:1st
VOLLEYBALL:Went to State
BOYS POWERLIFTING: 3X State Champs
GIRLS POWERLIFTING: 6X State Champs



Ryker Labbee, a 4.0 student, broke state scoring record. Also Point Guard, Basketball was 2nd in State.

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.)



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 Sprinting and Jumping



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.)



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.)

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- ★ No Plateaus!

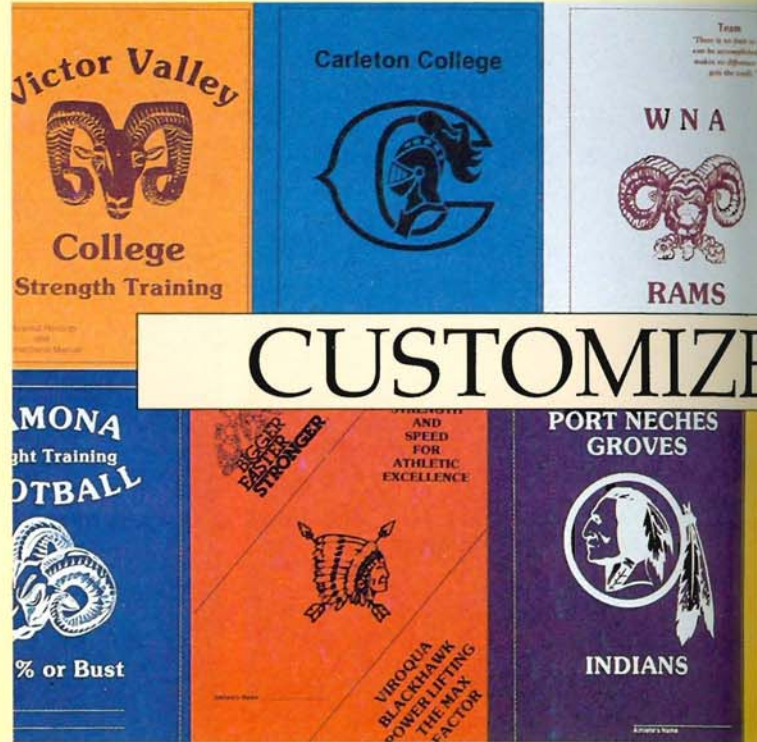


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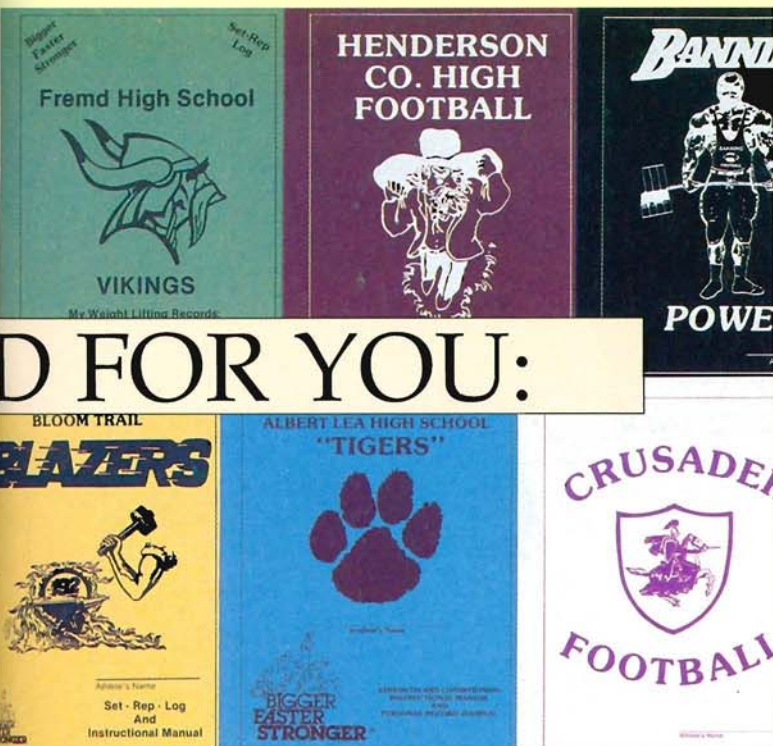
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