

**BIGGER  
FASTER  
STRONGER**

# SELYE' & DEADLIFTS

**NO  
PLATEAUS  
EVER!**

By Dr. Greg Shepard



*Trap Bar With NBA's Eric Lechner*

If you want to reach the Stage of Exhaustion in record time, do heavy Dead Lifts without a spot three times per week. I guarantee disaster. There is a much better way. We use three forms of the Dead Lift movement in our Total BFS Program.

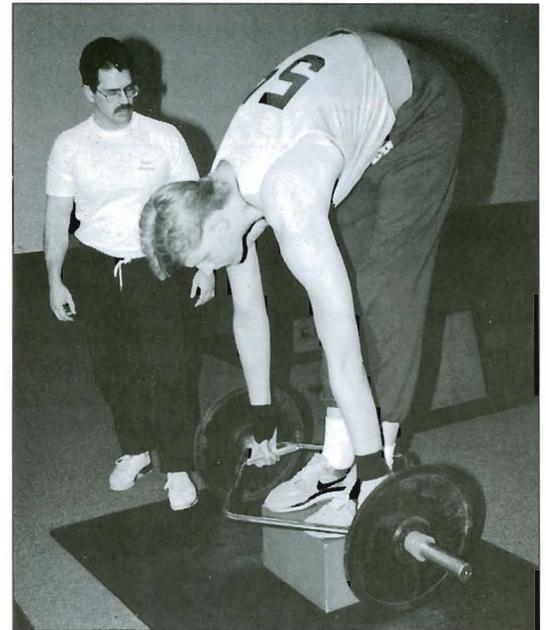
The Trap Bar Dead Lift is used as a Core Lift on Wednesday during the off-season and on one of the two workout days during the season. The Trap Bar is half way between a Squat and a Dead Lift. It attacks the hamstrings, glutes, lower back, hips and, of course, the traps. Due to its unique design, the athlete pulls the weight straight through the central line of gravity. This is

important because on the regular Dead Lift, the athlete must pull the bar and weight outside or in front of the central line of gravity. Thus, the Trap Bar is much more user friendly to the lower back.

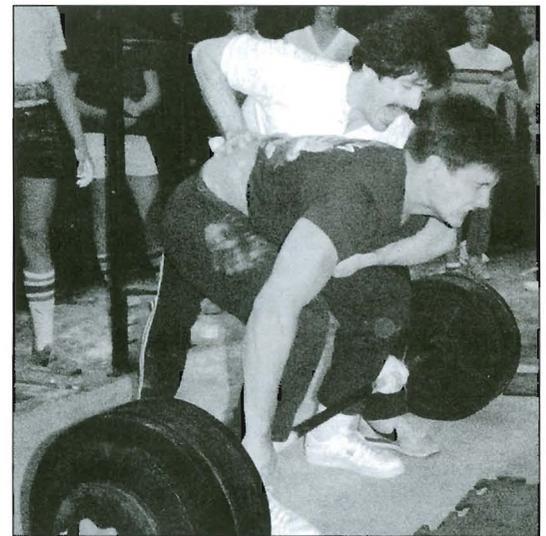
Straight Leg Dead Lifts are done on Monday and Friday during the off-season and once on the opposite day of the Trap Bar Lift during the season. It would be quite foolish to do heavy Trap Bar Lifts three or even two times per week. We therefore do Straight Leg Dead Lifts with a very light weight (approximately 40% of the athletes Squat max) twice per week. The object is to stretch and strengthen the glutes and hamstrings at the same time. An additional and surprising benefit is the speed improvement that comes doing this lift. Straight Leg Dead Lifts should be done in a slow and controlled manner with light weight. This fits perfectly with Selye's theories. It is different but complimentary and yet does not wear down the body. Thus, the Stage of Resistance keeps going ever upward.

Regular Dead Lifts can be done once a month or on special max out party days; For example, Mid-March, just before summer or just before two-a-days. The whole class or team goes wild with enthusiasm as each individual gets his turn. It can be an amazing time. I urge you in the strongest way to use our BFS Spotting technique. Athletes can then enjoy the lifts without getting hurt. Just get into the spotting position as shown and pull back so the force is on the athlete's heels and not the toes. High school athletes should be able to Dead Lift between 400 and 600 pounds with this technique.

The spotted Dead Lift done in the way described is very important in consideration of Selye's theories. The athlete will feel like he can conquer the world. With everyone cheering for each other on max out party day, the athlete will believe he's part of something special, that he is not alone but part of a team. This means he will be more apt to eat right, sleep right and dream about goals and success. Consequently, the Stage of Resistance will remain forever strong.



*Ex-Utah Jazzman Al Bannister With Coach Anderson On Straight Leg Dead Lifts*



*Coach Anderson Psyching Up High School Athlete Using BFS Dead Lift Spotting Technique.*

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