

**BIGGER
FASTER
STRONGER**

WARM-UP & FLEXIBILITY

**IT'S
PERFECT**

By Dr. Greg Shepard



BFS Mats Are In The Foreground with the BFS Dots. Poplar Bluff High School Went From An 8-18 Total Program Football Record To A 25-1 In 1990!

Poplar Bluff H.S. Missouri Coach Jim Brown and 64 Athletes Who All Did The BFS Dot Drill In Under 40 Seconds! Mike Brown For The Boys Got 33.37. Christian Meyers For The Girls Got 37.77. Both Are 3-Sport Athletes. THESE ARE NATIONAL RECORDS!

The perfect way to warm-up is to do the BFS Dot Drill. It only takes one minute. It elevates the blood temperature and also creates a little sweat. At the same time, athletes develop super quick feet. There are national standards to attain. Consequently, goals and objectives can be established. After these are reached, a sense of pride is developed and a winning attitude. So much from a little one minute warm-up. It's perfect!

The BFS Dot Drill can be painted on mats or floors as shown. This can be done outside or inside. It consists of five drills with six round trip repetitions done for each drill. We've had two big kids get football scholarships after they showed their college recruiting coach their quick feet on the BFS Dot Drill. There are three ways to learn these drills: The BFS Total Program Book (page 57), The Set Rep Log Book (page 20) or the best way is our brand new video (page 1).

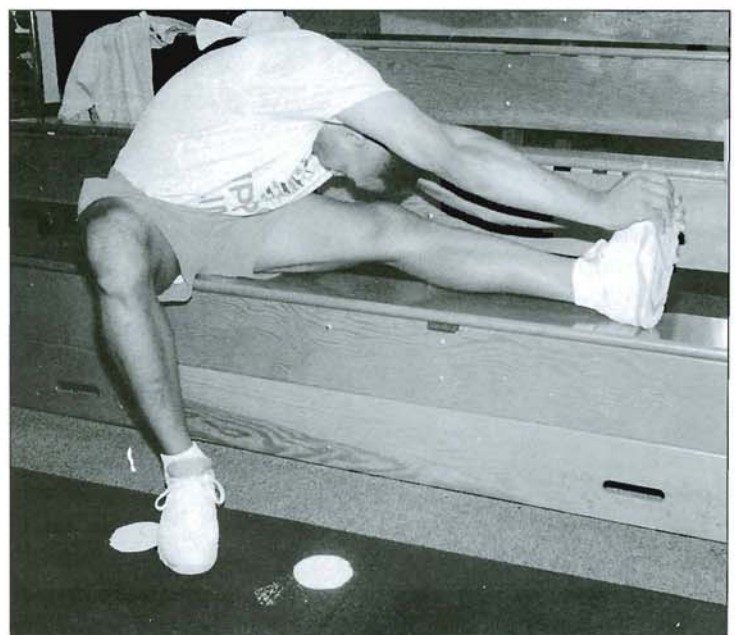
Many athletes and coaches stretch to warm-up. Research has shown very clearly this is incorrect. You should never stretch a cold muscle. Yet, this is just what most do. Sometimes coaches will have their athletes do jumping jacks or jog a little but that is so inferior to the BFS Dot Drill it staggers the imagination. Don't you want to win? Do the dot drill!

After a proper warm up is done, then the athlete can run, jump, lift, practice, perform any activity, or stretch.

The BFS 1-2-3-4 stretching program is unique in that it's geared to improve speed and jumping ability first. Secondly it's done to improve range of motion and to prevent injuries. It employs the static method and can be done anywhere at any time. No partner is required. Each exercise is done in a slow and controlled manner for 30

seconds. The Video, The BFS Total Program Book or our BFS Flexibility Book shows how to do each exercise without putting any joint in jeopardy.

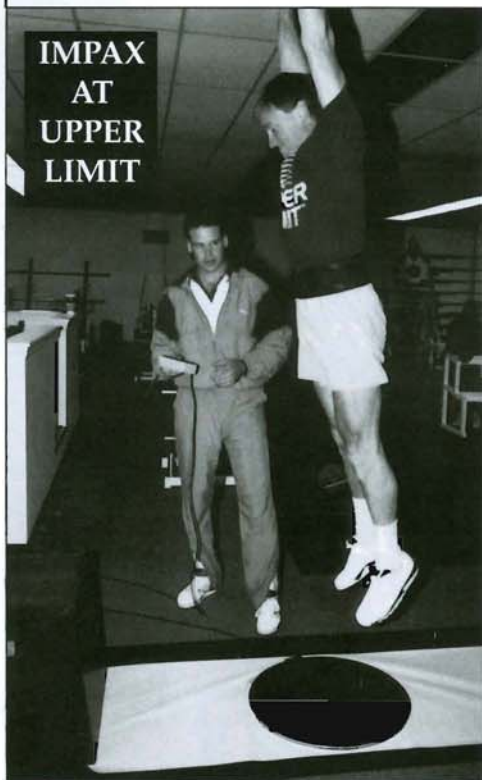
This may not seem like a big thing but I have never seen another program, chart or illustration in which some joints at some time are not put in a dangerous position. We pay attention to every tiny detail. The BFS 1-2-3-4 Flexibility Program only takes 10 minutes. It's positively safe, remarkably efficient with a fantastic history of success. You should do it. It's perfect!



Utah Jazz Starting Guard Blue Edwards Doing The Perfect Hamstring Stretch "One On The Bench" Notice Dots!

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- ★ Stretching for Speed Philosophy

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