

SUPERIOR TO ANY OTHER SET-REP SYSTEM

THE BFS PROGRAM

IT'S PERFECT!

SETS & REPS

The BFS Set-Rep System Is Based On The Most Advanced Of Scientific Principles. It's Ultra Sophisticated Concepts Are Made Amazingly Easy To Understand.

The BFS System Is For EVERY Level: High School, College and Pros. It Is SUPERIOR TO ANY OTHER PROGRAM!! Complete Details Are Outlined Below: Judge For Yourself. Do You Want To Win?

WHY IT'S PERFECT

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**BIGGER
FASTER
STRONGER**

HANS SELYE'

**PERFECT
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By Dr. Greg Shepard

I first became acquainted with Hans Selye's General Adaption Syndrome Theory 25 years ago. It was like a light bulb being turned on. After writing several articles and giving lectures on the subject, it was apparent others liked this creative new approach. Even to this day, new Periodization Systems with their various cycles mention Selye's Theory as the foundation and basis for their system.

Hans Selye' did his research in the 1920's. He wondered why some people would get sick and others would remain healthy in spite of being exposed to the same virus. Selye' experimented with rats and subjected them to all kinds of stressful situations. One group of rats was exposed to prolonged cold. He then cut them open and found three differences. First, the thymus, an endocrine gland located just below the throat, had shrunk. Second, the adrenal cortex and glands, the source of adrenaline, became enlarged and third, there was an engorgement of blood to the stomach area. To his amazement, the same three things occurred; the thymus shrank, the adrenal cortex enlarged and there was an engorgement of blood to the stomach area.

Further experiments subjected the rats to a poor diet, no sleep, loud noises, and separation from the group. He even cut off their tails. It didn't seem to matter what he did to those poor little rats because those same three things would always happen.

As Selye' further reasoned and experimented, he developed the General Adaption Syndrome theory. When a person is first introduced to a stressful situation, that person experiences what Selye' calls "Shock." As the body begins to adapt, a second stage is entered and defined as "Countershock." Defense and survival mechanisms are then put into high gear and the body seems, at this point, to be functioning at an optimum level. This period is called "The Stage of Resistance."

If the stress continues in the same form, the body begins to wear out. When this point is reached, these defense and survival mechanisms will shut down rather quickly. If some kind of intervention does not happen fast, sickness or even death can occur. This is simply called "The Stage of Exhaustion."

To help the reader better understand this process, I will discuss three familiar situations. Please refer to the graph on page 16 for further understanding.

First, let's analyze a swimming experience most everyone has had. A person comes outside all ready to jump into a non-heated pool. His friends say "Come on in, the water's fine once you get used to it." So he jumps in. Now he is in "Shock" and he wants to choke his friends. But then he does start to get used to it. That's

"Countershock." Soon he is jumping in and out and having a great time. This is the "Stage of Resistance." Eventually, in a matter of several hours, depending on the temperature of the water, he will start to freeze and even die if he can't get out. This is called the "Stage of Exhaustion."

Next, let's discuss what happens during two-a-days or the first football practice. It's hot and the work load is extreme. The athlete may be yelled at and he's under stress to learn new plays with a new team. The athlete is bumped, bruised and dehydrated. Plus, school is starting soon and he's very concerned about the new zits on his face from his sweaty helmet. Do you get the idea? We are in "Shock".

By the third day, the athlete is beaten down and is at the low point in the graph. Many athletes will quit as they're not sure if life is worth living. However, if they have enough courage to stick with it, things start to get better. Obviously we are now in the "Countershock" stage. When two-a-days are over and the game schedule has arrived, the body has adapted. The athlete is no longer bothered by hitting, his body doesn't ache like before, he knows his plays and his zits are clearing up. He's even thinking about going to a dance after the game. The athlete is now into the "Stage of Resistance."

However, what would happen if we played a 25 game schedule. The number of injuries and negatives would be compounded. The team would be in the "Stage of Exhaustion." It would not be a good situation.

Finally, let's analyze what happens when an athlete begins a weight training program. After the first workouts, soreness will be experienced. If a lot of squats are done, even walking may be difficult. We are in "Shock." Again, if the athlete will stick with it, his body will begin to adapt and the "Countershock" and "Resistance" stages will be experienced. But what would happen if the same athlete did the same heavy squat routine every day for six weeks? Obviously he would enter the "Stage of Exhaustion". The athlete wouldn't die but he would either quit or go downhill. Also, he would begin to hate the program and think negatively about winning and the entire athletic program. Maybe that is death!

Hans Selye' wondered if the "Stage of Resistance" could be extended. If he could find a way, then a lot more people could enjoy a healthier and sick-free life. Through continued research, Selye did discover wonderful ways to extend the "Stage of Resistance." Bigger Faster Stronger has used this formula in overcoming plateaus and extending the "Stage of Resistance" in weight training week after week, month after month and even year after year.

Continued On Page 16

**BIGGER
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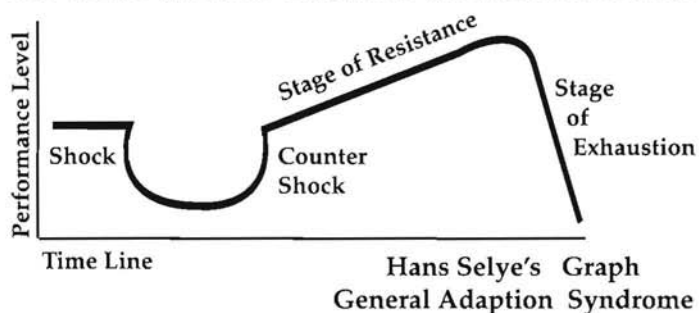
OVERCOMING PLATEAUS

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By Dr. Greg Shepard

Hans Selye' discovered one way to prevent sickness was to just obey common sense rules. For example, college health facilities have a great influx of students who get mono at the end of finals. Why? They stay up late, eat poorly and worry preparing for tests. Hence, they reach the Stage of Exhaustion and become sick. Selye' found other important factors in preventing sickness which I have used in preparing **FIVE LAWS that overcome plateaus**: (1) Create Constant Change, (2) Have A Regular Routine, (3) Obey Common Sense Rules, (4) Create A Sense Of Belonging, Achievement and Direction Towards Goals, (5) Workout Smart Not Necessarily Hard. Study the graph below, ponder the laws and reflect upon the explanations given in this article.

A man came to a doctor saying he didn't feel well and that he had the blahs. The doctor did extensive tests but



could find nothing wrong. The doctor advised "What you need is to take a vacation." This doctor was using Hans Selye's first law in preventing disease and being more healthy.

Selye' discovered that a change in a routine would extend the "Stage of Resistance." He was amazed to find that even a strenuous change didn't matter. Any change aids in overcoming a plateau.

A great coach must be sensitive to his team. The following scenario often happens in about the sixth week of the season. You are into your regular routine of practice but the players seem listless. At first you get mad at their sluggish performance. You threaten, demand or even plead but it gets worse. Then you get smart and discover the solution might be to shorten practice, do something different or lighten up and have a little fun. Usually the result is very favorable.

In weight training a great coach can sense a plateau setting in and apply change to a routine. The problem is that it is impossible to be sensitive to every individual in the program. The BFS system does it automatically every workout. Change is a vital ingredient and it's already built

into the program.

Selye' also found out that a regular routine is important in keeping the "Stage of Resistance" climbing. That means regular hours, sleep, diet, etc.. Recent studies show that married men live longer than life long bachelors. It is theorized that married men have regular routines which react favorably with the immune system. Therefore, our second law is to induce a variety of change within a regular workout structure.

The third law is to be smart on the common sense aspect of life. You should eat plenty of good food, get the right amount of sleep, wear a coat in the rain or cold, drink a lot of liquids in hot weather and have some time to yourself that's relaxing. Abuse of any of the above will shorten the "Stage of Resistance."

We also know that loneliness, separation, death of a loved one and divorce can create severe stress causing the "Stage of Exhaustion" to appear very quickly. Conversely, a sense of belonging, a sense of direction towards worthwhile goals and a sense of achievement all assist greatly in extending the "Stage of Resistance."

Coaches who put a weight program on a bulletin board and read a newspaper while their athletes work out do not create an atmosphere of belonging to something special or a positive direction towards winning. Their athletes will reach a plateau more quickly in this environment.

It is true that exercise will cause stress and cause a person to go through the General Adaption Syndrome phases. However, if exercise is done in the right amounts it acts like a vaccine. We don't worry about polio anymore because we have our "shots" when we're young. What's in those shots? A little bit of the polio virus is injected into the body. A reaction takes place within the bodies defense mechanisms. Antibodies are manufactured and placed on alert status. They will be ready to combat any polio virus introduced naturally. But what if we put a lot of the polio virus in that shot and make the person do it over and over again. Most likely the shots will cause polio not prevent it.

This fall a division I-AA football player was quoted as saying to the press, "Last year I lifted weights five times a week but now I only lift three times a week and stretch in the off days. I'm doing much better this year." This player found out a better way by trial and error what research has known for decades.

Yes it is important to work hard like the player described above but it is even more important to work smart. The BFS Set-Rep System uses every one of Selye's principles in overcoming plateaus.