

**BIGGER
FASTER
STRONGER**

PUTTING IT ALL TOGETHER

**NO
PLATEAUS
EVER!**

By Dr. Greg Shepard

THE CORE LIFTS – OFF SEASON

MONDAY	WEDNESDAY	FRIDAY
Squat Variation Bench Variation	Power Clean Trap Bar	Parallel Squat Bench Press

Comments In Review: The same lifts are not repeated. There is great variety. We are consistent but different. Change is the key word. Workouts are intense but relatively short. The Core Lifts should only take about 30 minutes per workout. Two Squat days-both different. Two Bench days-both different. One Power Clean

workout and one Dead Lift workout with the Trap Bar. This system always leaves the athlete hungry for more. Sets and Reps are continually changing; There are four separate and unique weeks before the system is repeated. Accurate records are kept to monitor continuous progress. Hans Selye must be smiling.

AUXILIARY LIFTS – OFF SEASON

MONDAY	WEDNESDAY	FRIDAY
Leg Curl Leg Extension Glute Ham Power Snatch Straight Leg Dead Lifts	Heavy Dips Incline Press Jerk Press Lunges Shoulder Shrugs	Leg Curl Leg Extension Glute Ham Straight Leg Dead Lifts Tricep Pushdowns

Comments: Two sets of ten reps are done on each Auxiliary Lift with two exceptions: The Power Snatch 2 x 5 and Shoulder Shrugs which are done by doing 3 reps after the last rep on each Trap Bar set. Notice the variation and how the selected Auxiliary Lifts compliment the Core Lifts. Football and/or soccer athletes should add a neck exercise which can be done 3x per week. This system is for all sports and only takes

about 15 minutes to do.

On the BFS Record Card or Set-Rep Log only the most important Auxiliary Lifts are recorded. For example, I see no real purpose in keeping track of Leg Extensions, Leg Curls or Straight Leg Dead Lifts. I like to keep accurate records of Power Snatches, Heavy Dips, Incline Presses and Jerk Presses as these lifts give athletes great satisfaction when they progress.

THE TOTAL OFF SEASON PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot Drill Core Lifts Auxiliary Lifts Flexibility	Dot Drill Speed Work Plyometrics Technique Flexibility	Dot Drill Core Lifts Auxiliary Lifts Flexibility	Dot Drill Speed Work Plyometrics Technique Flexibility	Dot Drill Core Lifts Auxiliary Lifts Flexibility