

BFS READINESS PROGRAM



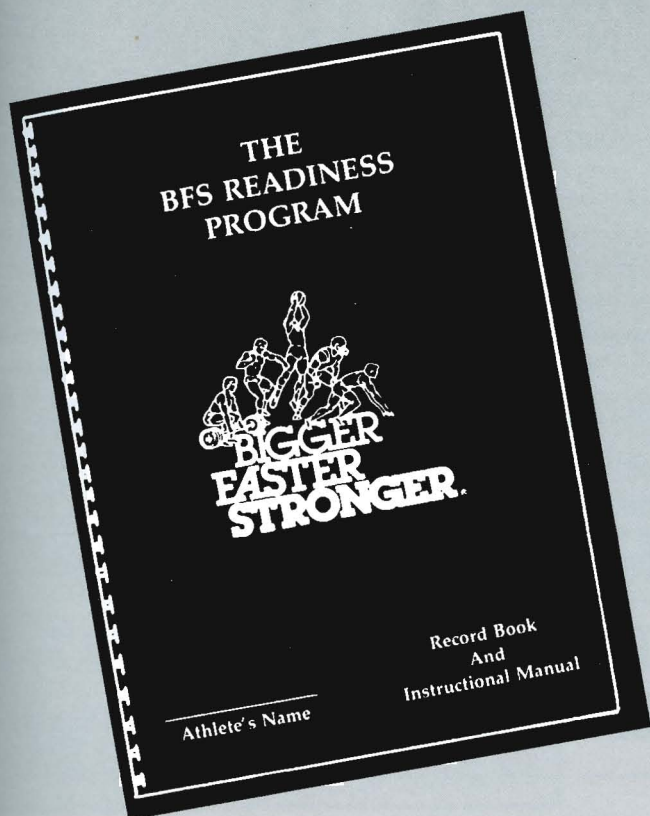
Our Readiness athletes are mostly of junior high age with some high school girl athletes. These athletes do everything in the advanced high school program. They do the BFS Dot Drill for their warm-up. The BFS 1-2-3-4 Flexibility Program is done in the very same way. We teach them how to sprint, how to start and how to jump. We measure their 20,40, Vertical Jump and Standing Long Jump for improvement twice per month. These athletes also do a modified plyometric program with box jumping. Their boxes are only 10 inches high.

The Clean and the Power Snatch are taught with a



wooden dowel at first. We then progress to the Training Plates and finally to the Rubber Bumper Plates. For all other lifts such as the Squat and Bench, we start with only the 45lb. bar. When that weight is mastered with perfect technique for two sets of ten reps, we allow them to move up in five pound increments. They keep going up in this manner until they reach the graduation requirements. When this happens, they receive a certificate and move on to the advanced high school program. This has proven to be amazingly effective. Get the BFS Readiness Record Book and the Video for further info.

READINESS PROGRAM RECORD BOOK AND VIDEO



THE BFS READINESS PROGRAM

Our BFS Readiness Program has met with great success for six years. This pioneering program emphasizes the importance of Great Technique. In fact, you cannot increase in weight until the athletes perform every rep with the approved technique guidelines. This prevents excessive loads from being placed on young frames. An easy way to get an edge on your opponents in high school is to prepare and motivate the junior high athlete. The BFS Readiness Program does just that! Each athlete should have the Record Book and see the Video. It will help a class, or an individual, visually understand what to do.

Dr. Greg Shepard, BFS President

BOOK COST:

One: \$4.00
2-9: \$3.00 Each
10-25: \$2.50 Each
Over 25: \$2.25 Each

VIDEO COST:

\$29.00 Purchase
\$15.00 Rent
CALL
1-800-628-9737