

**BIGGER  
FASTER  
STRONGER**

# SELYE' & SQUATS

**NO  
PLATEAUS  
EVER!**

By Dr. Greg Shepard



*Soren Tallhem Front Squats From A Box. He High Jumped 6-10 And Ran A 4.3 Forty Weighing 250 Pounds.*

## THE BFS SQUAT PROGRAM

We only do two Squat workouts per week and as discussed this is of critical importance in keeping the Stage of Resistance continuing upward. Heavy and intense Parallel Squats are done once per week but now, instead of doing a light workout, we do another heavy and intense Squat Variation workout. This change, although on the surface may seem simplistic, is amazingly effective in overcoming plateaus.

Possible Parallel Squat variations could include some kind of machine work, Hack Sled, Hip Sled or Leg Sled workout. We have found that these are decidedly inferior to the Box Squat or Front Squat. They do not compliment the Parallel Squat very well and our objective is to gain mammoth Parallel Squat poundages. That's the objective because we know when our Parallel Squat goes up, we get faster and jump higher. The only time I would use a Leg Sled or Hip Sled variation is when an athlete might have knee injury problems.

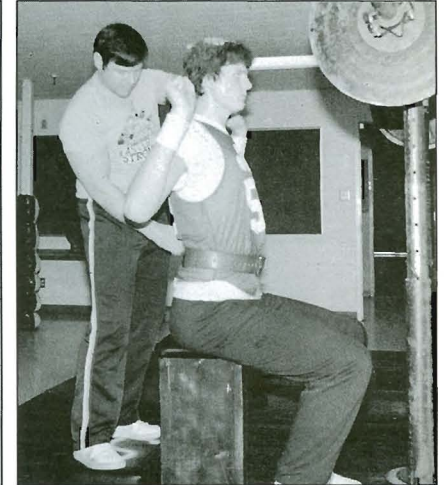
The Box Squat is our initial preferred Squat variation. It is fantastic for teaching basic squatting technique as I'm doing with Mark Eaton. You also get used to more weight as the box should be about 2-3 inches above parallel. Thus, when it comes time to parallel squat, the weight seems light. The technique of the Box Squat is not to just touch the box, for that would only develop the quadriceps, but

Let's continue to analyze Selye's General Adaption Syndrome as it pertains to squat routines. What would happen if we Parallel Squatted with heavy poundage three times per week? If you answered that you'd quickly reach the Stage of Exhaustion, you would be correct. Clearly, doing Parallel Squats in this manner is an incorrect training method.

What if we Parallel Squatted three times per week but we institute heavy, light and medium workouts? It is better but the body still needs more time to recuperate, especially when Sprint, Plyo and Technique work is also being done. The Stage of Exhaustion will still happen.

Well then, what happens if we only have two heavy Parallel Squat workouts per week? Same thing. It is just too draining on the body. Finally, what about doing one heavy and one light workout? That is the best option so far discussed but telling an athlete to work out light usually doesn't turn out very well. I certainly don't like it from a coaches point of view. I like to have intensity in my weight room. You lose it all when you have people going light.

Remember what Selye' found out about change? The change can be loaded with stress but because it is different, it seems to keep the Stage of Resistance going ever upward. The BFS Program has a unique way to keep great intensity with two squat workouts per week and yet never experience a plateau.



*Coach Shepard Making Sure Utah Jazz Center Mark Eaton Locks-In Lower Back On The BFS Box Squat.*

to actually sit back on the box and then with a slight rocking motion drive the hips forward and up. This does two fantastic athletic things. First it develops the hips and hip tendons like no other exercise. Second, because the hips, and not the legs, are the primary force behind the lift, the athlete recovers almost instantly. It is truly a remarkable feeling. This means an athlete will always feel good the next day when speed, plyos and other training is done. It also means the athlete can go all out on Parallel Squat day and poundages will keep

going upward all year long including workouts during the season!

As with any lift, great care must be taken to do the Box Squat with perfect technique. Never plop down hard on the box and never let the lower back come out. You must keep it locked in tight at all times.

The Front Squat is similar to overcoming plateaus as the Box Squat. However, it does create more stress on the legs. I suggest to only do Front Squats three months at a time and then switch back to Box Squats. Front Squats will superbly develop the lower medial thigh area.. Also, they help an athlete to stay more upright on the Parallel Squat.

There are two main ways for an athlete to hold the bar on the Front Squat. You may use the BFS EZ- Squat device which is excellent for beginners or hold the bar in criss-cross fashion as Soren is demonstrating in the above photo.

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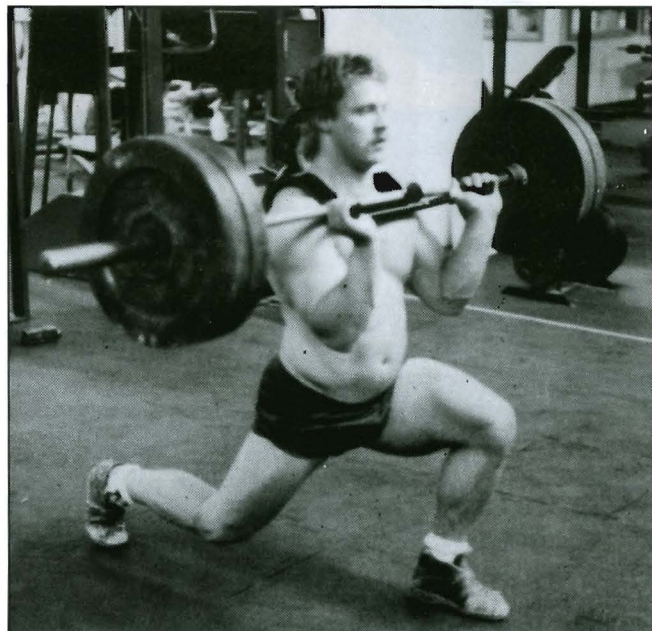
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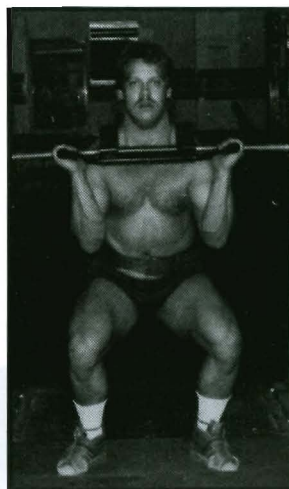
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