

# THE BFS READINESS PROGRAM

**UPPER LIMIT  
READINESS RECORD CARD**

	Squat	Towel Bench	Clean	Bench
45				
50				
55				
60				
65				
70				
75				
80				
85				
90				
95				
100				
105				
110				
115				
120				

Name \_\_\_\_\_ Ht \_\_\_\_\_ Wt \_\_\_\_\_ Age \_\_\_\_\_

*Front Side*

Our new BFS Readiness Record Cards now make our workouts more affordable, fun and result producing. We have used them with great success for over a year at our Upper Limit Athletic Training facility in Salt Lake City. These record cards are only fifty cents each and come in school colors. They are ideal for school or home use.

The Readiness athletes do the same program as the high school athletes who are on what we call the "Advanced Program." The goal for a "Readiness Athlete" is to graduate to the "Advanced Program." Readiness athletes start with just the 45 pound bar on the Box Squat, Parallel Squat, Straight Leg Dead Lift, Towel Bench and Bench Press. We recommend in the strongest way to use our BFS Training Plates for the Power Clean. If you have them, then you'd start with 55 pounds on the Power Clean. If you don't you'd start with 45 pounds and do the Hang Clean.

The Readiness Program stresses technique. Therefore, when the athlete performs his two sets of repetitions required with perfect technique he is allowed to move up five pounds the next week. Then, when graduation requirements are met, the athlete can move on to the advanced program. This might take a seventh grader one to two years to accomplish this goal but then you know he's ready to handle the high school program. It's great. He has developed a good work ethic and a sense of pride for earning the right to work on the advanced program.

## BRAND NEW OFFER

- I. Record Cards: 50¢ Each  
(25 Minimum Order) School Colors Available
- II. Instructional Manual: \$4.00
- III. Readiness Program Video:  
\$29.00 Purchase \$15.00 Rent

**SPECIAL!**  
**50 RECORD CARDS**  
**MANUAL-VIDEO**  
**ONLY \$49.00**



**The BFS Training Plates Makes the Readiness Program fantastic for coaches and athletes. Now Jr. High kids and/or high school girls can do the whole BFS program like the advanced bigger athletes. This means doing Power Cleans safely and with great technique.**