

THE BFS READINESS PROGRAM

BRAND NEW OFFER

- I. Record Cards: 50¢ Each
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SPECIAL!
50 RECORD CARDS
MANUAL-VIDEO
ONLY \$49.00

**UPPER LIMIT
READINESS RECORD CARD**

Pds	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

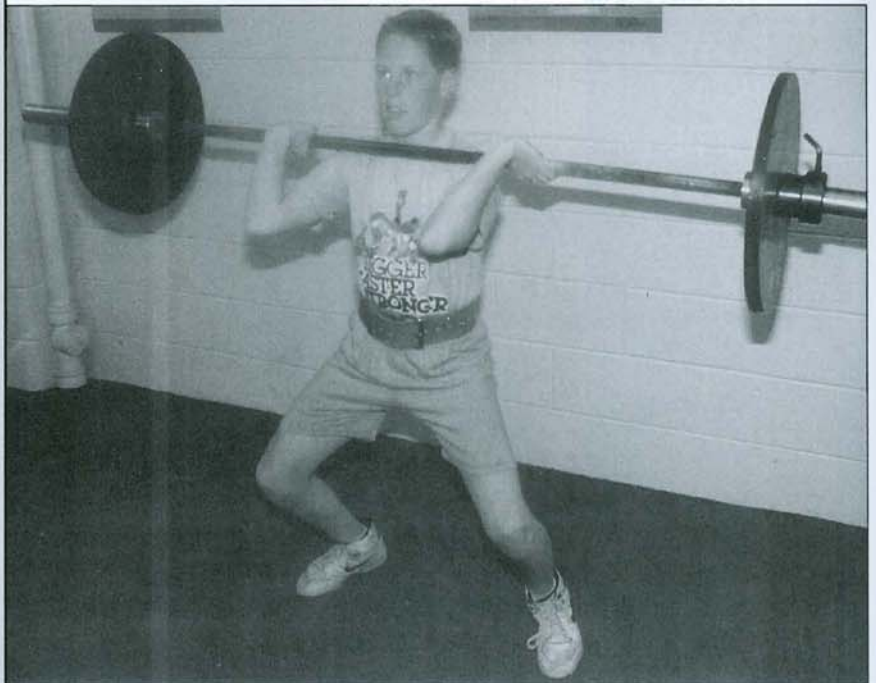
THE BFS READINESS PROGRAM

The BFS Readiness Program can produce spectacular results in any junior high school. It can be implemented into a physical education class. It can really be surprising just how fast seventh graders can learn and profit from this program.

You start with just the 45 pound bar with two to three workouts per week. On the first day, do Box Squats, Towel Benches and Straight-Leg-Dead Lifts. On the second workout day, do Parallel Squats, Bench Presses and Cleans. If you have enough time after those three core lifts, you may then include some auxiliary exercises.

The athlete must be able to do every rep in the set with perfect technique in order to increase by five pounds the next week. If the technique is not perfect, you cannot increase no matter how easy it is. This system is really amazing in producing great technique in young kids.

Graduation from the BFS Readiness Program is a great goal for any junior high athlete. You just be able to Parallel Squat 145 pounds for two sets of 10 reps, Bench Press 105 pounds also for two sets of 10 reps, and Power Clean 105 pounds for two sets of 5 reps. About one in five boys should be able to graduate by the end of their seventh grade year. After graduation, the athlete would then use the Standard BFS Program. Many athletes by the end of junior high will be able to Bench 200, Parallel Squat 300 and Power Clean 175 pounds. All junior high athletes can and should do the BFS 1-2-3-4 Flexibility Program and BFS Agility Dot Drill. In addition, there is no reason why junior high athletes can't be taught how to sprint and do plyometrics.



The BFS 5lb 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. Only \$59.00

CALL US AT BFS 1-800-628-9737

INTRODUCING THE WORLD'S GREATEST COLLARS



QUICKLEE™ COLLARS

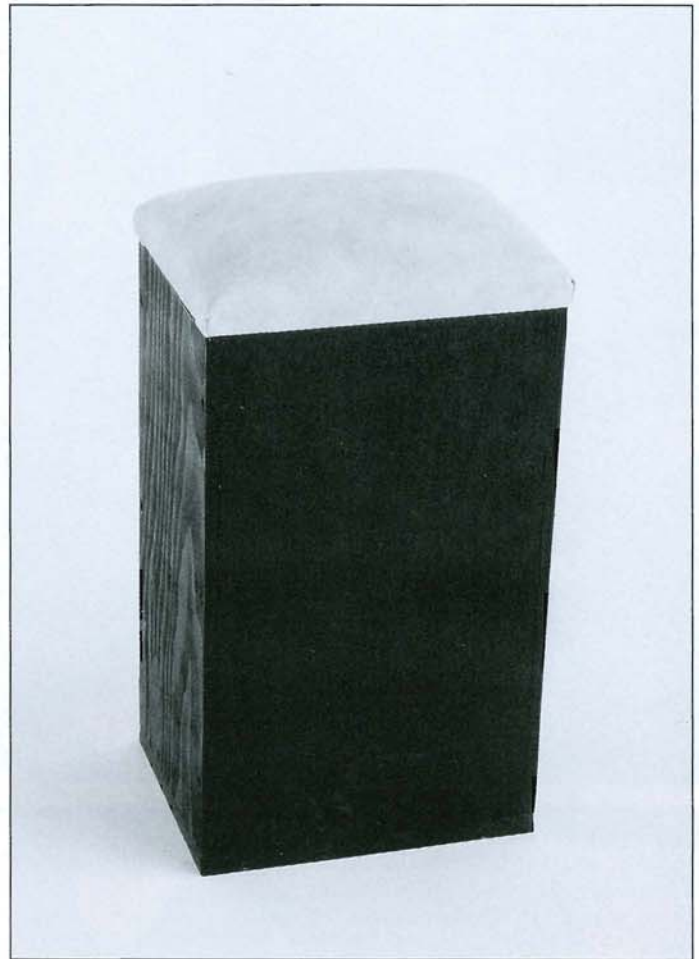
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- ★ Works Easily with One Hand
- ★ On and Off In One Second
- ★ Plastic Models Weigh Only 4 1/2 Ounces Each

Call BFS Toll Free
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Four Sizes: Short-Medium-Tall-Extra Tall

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