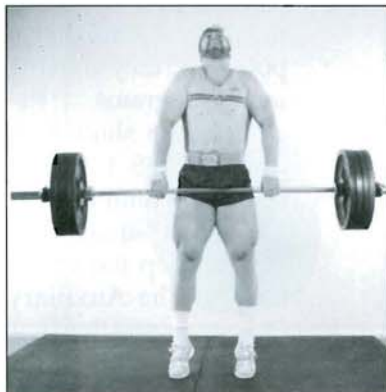


**BIGGER
FASTER
STRONGER**

THE TOTAL PROGRAM

**YOUR
WINNING
SECRET**

By Dr. Greg Shepard



CORE LIFTS

Since the foundation of strength and power is centered in the hips and legs, we emphasize the Parallel Squat and Power Clean, with one variation each. We also add the Bench Press and one variation. This gives us six core lifts. The average high school athlete breaks over 8 personal set-rep records per week with these six core lifts.

AUXILIARY LIFTS

We select five auxiliary lifts to do each of our three workout days. Selection is based on how well it will help us win and prevent injury. Lifts like the Power Snatch (photo on left) can be done easily with the BFS Training Plates. Our Core and Auxiliary lifts take between 40 and 60 minutes per workout day. Perfect for a physical education class.

IN-SEASON: Workouts are done twice per week with the same Core Lifts. Our Set-Rep System allows you to make big gains while your competition maintains.

SPEED: 10-20 minute workouts are done twice per week utilizing video analysis, sprint starts, the BFS 8-Point Technique System plus specific stretching and strengthening exercises.

PLYOMETRTICS: 10-minute workouts are done twice per week. Testing is done once or twice per month on Vertical Jumps and Standing Long Jumps.

BOX JUMPING: The super effective BFS Box Jumping Routine is done twice per week. (Each session lasts 10 minutes or less) Testing is done once per month.

FLEXIBILITY: We use the BFS 1-2-3-4 Flexibility Program which is done 10 minutes per day after warming-up on our famous BFS Dot Drill which takes only one minute. We stretch for Speed and Jumping power. Every tiny detail is important for Upper Limit development. Upper Limit athletes do a lot of this on their own.

