

**FOR  
WOMEN  
ONLY**

# BETTER FASTER STRONGER

**NEW  
BFS  
VIDEO**

By Dr. Greg Shepard



*The Lady Topper Basketball Players From Western Kentucky*



*BYU-Hawaii NAIA National Volleyball Champs*



*Stella Edwinson Prominent Collegiate Hurdler*

Better Faster Stronger is our new name for women on the BFS program. For women to rise to their Upper Limit potential, they must train very similar to the advanced men's programs.

Women should use our BFS Dot Drill to warm-up and our BFS 1-2-3-4 Flexibility program to stretch for speed and jumping power. They should do the same Core Lifts: Box Squat, Parallel Squat, Bench Press, Towel Bench, Trap Bar or Straight Leg Dead Lifts and Power Cleans. The Auxiliary lifts are also similar which are chosen as how they will help us win.

To compliment the lifting program, women should do Plyometrics and Box Jumping, being tested regularly on the Vertical Jump and Standing Long Jump. Finally, women should be taught how to sprint and add the BFS Speed Development package to their total program.

We do not use terms like "Pumping Iron," "Getting Buff", or "Bulking Up." Those are bodybuilding terms. Our sole purpose is to enhance every athletic and mental ability to our Upper Limit potential so that we can WIN in the arena of competition in main stream school sports.

We guarantee that our new BFS Video for women will give you the Absolute Winner's Edge!

## **BETTER FASTER STRONGER**

### **The Total BFS Program For Women**

**Brand New Video: \$29.00**

Rent: \$15.00

Shalane and Mandy Demonstrate Each Phase of the BFS Total Program For Women To Perfection: The Core Lifts, Auxiliaries, The BFS Dot Drill, The BFS 1-2-3-4 Flexibility Program, Plyometrics, Box Jumping and Speed. Shalane Is A 5-7 <sup>1</sup>/<sub>2</sub> 8th Grader Who Is a 3-Sport Athlete. Lithe, Strong, Graceful and Athletic, Shalane Is The Perfect Example! Mandy Is A 12th Grade Two-Sport Athlete Who Is A Great Example of What Can Be Done Over A High School Career.

**CALL 1-800-628-9737**