

# What is the Readiness Program?

The Bigger Faster Stronger Readiness Program has been specifically designed for those athletes who are just starting out, as young as 7th grade. The philosophy is the same as with our advanced program. The main idea of the Readiness Program is to teach athletes how to lift with precise technique, all set out in a week to week format explaining exactly what is to be done. When the requirements are met athletes move on to the advanced BFS Program. The Readiness Program also covers Speed, Agility, Flexibility, Vertical Jump and More! **Excellent for Junior Highs.**

## Record Card

UPPER LIMIT  
READINESS RECORD CARD

Bar Speed	Pin	Squat	Clean	Bench	Speed	Agility	Flexibility	Vertical Jump
100								
110								
120								
130								
140								
150								
160								
170								
180								
190								
200								
210								
220								
230								
240								
250								
260								
270								
280								
290								
300								

The **Record Card** is a double sided heavy card stock record sheet. Set up to record all lifts, until graduation to the advanced BFS system. Recommended for those already on the program

If an athlete cannot reach the following requirements with perfect form, then the **Readiness Program** is what you need.

**Parallel Squat** 145 lbs. - 2 Sets of 5 Reps  
**Clean** 105 lbs. or 90% of Body weight - 2 Sets of 10 Reps  
**Bench** 105 lbs. or 90% of Body weight - 2 Sets of 10 Reps

**Record Cards** (in school colors).....**50 Each** (25 minimum Order)  
**Readiness Manual**.....**\$4.00 Each**  
**Readiness Program Video**...**\$15.00 Rental \$29.00 Purchase**

## SPECIAL OFFER

**50 Record Cards, Manual & Video ONLY \$49**

**ORDER TODAY!**

**1-800-628-9737**

## Readiness Manual

### THE BFS READINESS PROGRAM



Record Book  
And  
Instructional Manual

The **Readiness Manual** is 22 pages of instruction for each lift complete with photographs. A full record section to record all lifts and agility workouts. A must for first time Readiness users.

# Who Says Lifting Can't Be Fun

"Coaches are amazed at our BFS Clinics. We can now teach the Power Clean and Snatch to anyone in about 90 seconds!"  
 -Dr. Greg Shepard



**It Looks like A Lot  
 But It's Only 25 Pounds.  
 15 lb. Bar and 10 lb. Training Plates**

- **Full Sized Olympic Bar**
- **Solid Aluminum Stress Proof Shaft**
- **Zinc Plated 2" Steel Sleeves**
- **Sleeves Rotate On Oil light Bushing**
- **200 lb. Stress Capacity**
- **Comfortable Knurling**

**Aluminum Bar  
 \$119  
 Training Plates  
 \$59**

**NEW!**

**15LB. ALUMINUM BAR**

• Available in 5ft - 6ft - 7ft Lengths