

# BFS SETS & REPS

by DR. GREG SHEPARD

Last month I did a 2nd BFS Clinic for a high school football coach. His team won eleven games in a row last season and he was the State 4-A Coach-of-the-Year. However, as I looked at the athletes' record cards, I realized they were only keeping track of the set records. No rep records were being broken; only set records.

When it was time to repeat the 3x3 workout, they would look at the total record of 430 pounds, as illustrated, and try to break that on Week Five. This is wonderful, but it does not take full advantage of the BFS Set-Rep System.

We guarantee that every player will break 8 or more records every week for as long as they're in high school. However, to do that you have to keep track of all rep records. This creates a greater intensity and a greater sense of accomplishment. Now, why did this fine coach keep track of only the set records? He told me that it was taking too much time in the first several weeks to explain the whole system and he wanted to get on with the business of lifting. He had only 33 minutes of lifting time so there was a certain amount of pressure. As I pondered the problem, I decided to rewrite the way you begin our system to help coaches who feel they are in a similar situation.

## The First Week

Begin each core lift with a weight that is very easy and do 3 reps. This might mean 60 to 70% of a max if you know that poundage. If you don't know, be very conservative. What you want is to get your technique down, spotting procedures in place and learn the recording system.

On the second set of three, add a little weight, then on the third set, when you do 3 or more, make sure you can do ten reps on the bench or squat or five reps if you are doing the Power Clean or Trap Bar Lift.

**THE ATHLETE WILL NEVER LIFT LESS THAN THAT AGAIN!**

Let's use the example shown: the athlete should have been able to do 10 reps at 150 pounds on the Bench or Squat Core Lifts on his 3rd set. Now record what you've done, as illustrated on the left, to establish your 3x3 set record of 430 pounds PLUS ALL of the established Rep Records as illustrated on the right.

3 X 3 SET RECORD			
3	135	TOTAL	430
3	145		
3+	150		
		DATE	5-20

Bench Press Rep Records				
MAX	150			
2	150			
3	150			
4	150			
5	150			
6	150			
8	150			
10	150			

# MADE VERY EASY!

3 X 5 SET RECORD			
5	155	TOTAL	475
5	160		
5+	160	DATE	5-27

**The Second Week**

We will start with 155 because last week we did 150 x 10 reps. Therefore, we should be able to do 155 x 5 reps. Remember, dealing with 150 pounds or less is completely out of the question. Now, on the second set you can try more if 155 goes with some power to spare. In our illustration, 160 was done on both the 2nd and 3rd set, but on this last set our athlete got six reps. Therefore, we broke 6 records! This is illustrated in the shaded area to the right.

MAX	150	160		
2	150	160		
3	150	160		
4	150	160		
5	150	160		
6	150	160		
8	150			
10	150			

5 - 3 - 1 SET RECORD			
5	165	TOTAL	515
3	170		
1+	180	DATE	6-4

**The Third Week**

What is the 5 rep record? It is 160 pounds. Do you want to win? If you do, then you've got to try 165 pounds and get 5 reps. That went OK, so our athlete did 170 pounds for 3 reps and then got 180 pounds for 2 reps on the last set. We broke 5 records this time. This is illustrated in the shaded area to the right. If we break 5 records on each of our six core lifts, that's 30 records in one week! Man, we should be feeling great!

MAX	150	160	180	
2	150	160	180	
3	150	160	170	
4	150	160	165	
5	150	160	165	
6	150	160		
8	150			
10	150			

10 - 8 - 6 SET RECORD			
10	155	TOTAL	480
8	160		
6+	165	DATE	6-11

**The Fourth Week**

What is the 10 rep record? It is 150 pounds. Do you want to win? If you do, then you've got to try 155 pounds and get 10 reps. Now break your 8 rep record and finally smash your 6 rep record. This is illustrated in the shaded area. On the fifth week, not only will you keep on trying to break rep records but you will also try to break your set records. Do you want to win? If you do, then you must break at least 8 records per week between all six core lifts. It's

MAX	150	160	180	
2	150	160	180	
3	150	160	170	
4	150	160	165	
5	150	160	165	
6	150	160	165	
8	150	160		
10	150	155		



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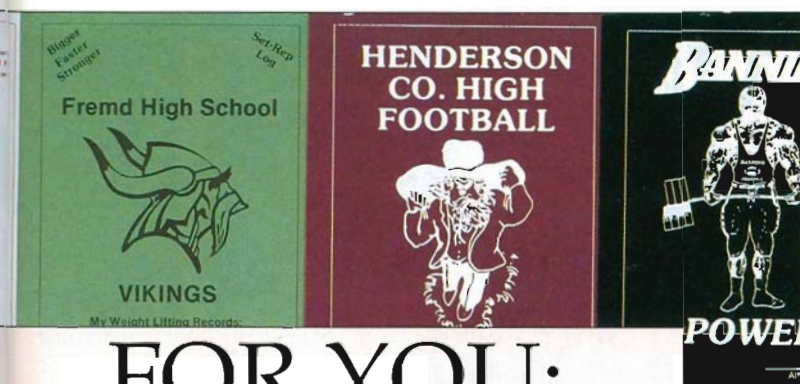
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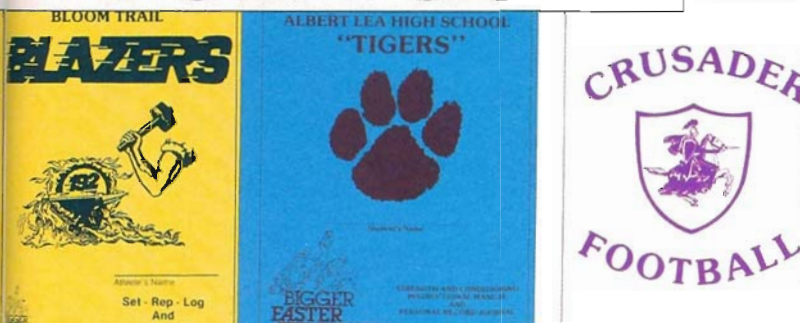


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