



**Spread The Chest Sit Tall, Lock-in Lower Back, Eyes Straight Ahead, Athletic Stance. Sit Down Under Control.**

**T**he Box Squat can give athletes one of the biggest advantages possible in strength training. Probably less than one in five high school programs and even fewer in the college ranks do the Box Squat. This is fantastic!

The Box Squat is like a gold mine. If you follow the BFS map on what to do, you'll be richly rewarded. And don't worry about other coaches going and getting that gold. It won't happen. That is fantastic!

Many have theorized that the Box Squat will cause injury to the lower back and compress the spinal column. Gee, all you have to do is put it to the test and then you'd know that theory isn't true. What a situation. It's like every time you reach in the Box Squat gold mine, you come out with gold. You look around and your competition doesn't see the gold mine, so you keep reachin' in and gettin' richer. It really is fantastic. Talk about a winning edge!

We have quite a laugh at BFS clinics at the non-believers. At the beginning of the clinic, we take one of the better athletes, usually a running back, and teach him how to safely Box Squat. We keep on adding weight until he gets up to a very challenging weight, usually between 325 and 400 pounds. Then, with the encouragement of all clinic participants chanting and clapping in unison, he will do eleven

# BFS BOX SQUAT BONANZA

**By Dr. Greg Shepard**

reps. Normally, the athlete is exhausted and very surprised he was able to Box Squat so much so many times. It's a wild intense time.

About an hour later, when we start discussing the reasons for doing the Box Squat, we bring that same athlete out again. We ask him to jog a little bit. He's surprised. His legs feel great. We ask him to Sprint fast. Again, his legs feel normal. Next, we ask him to touch the backboard on a vertical jump. He does it easily. Now, for the amazing part. We ask the athlete how high he's ever jumped in relation to the basketball rim. Once that is determined, we then tell him to beat his record and go higher than ever before. Almost without fail, he achieves that new record.

At that moment, all coaches and athletes know without reservation the secret of the Box Squat. They know first hand that the Box Squat will give them huge advantages and amazing flexibility of how leg strength can be increased during the in-season.

Some strength coaches have their athletes Parallel Squat three or more times per week during the off-season. This is brutal. The athlete will reach a plateau quickly and his legs will be dead. Productive Sprint, Skill and Plyometric workouts will be very difficult to experience.

The proper number of Squat workouts either in-season or off-season is two. Some coaches go heavy one workout and light the next. Instead of that wimp light workout, they should be doing Box



**Horrible Form. Lower Back Is Bowed Out Which Is Super Dangerous. Bar Is Too High On Neck.**

Squats. Not only will their Parallel Squat max improve more rapidly, but they will develop hip and hip tendon strength along with explosive power for jumping.

The Box Squat will give you huge advantages during in-season workouts. Since you recover almost instantly, this gives you the flexibility of lifting the day before a game or meet. Our system allows you the freedom to lift on Mondays and Thursdays during a high school football season and play an effective game on Friday. During a basketball season where games are played on Tuesdays and Fridays, you simply Box Squat on Mondays and Parallel Squat on Wednesday. It's perfect. During baseball season you can always get in a Box Squat workout.

The Box Squat is a favorite with our Utah Jazz big men. It has also been our experience at Bigger Faster Stronger that with tens of thousands of athletes doing our Box Squat technique and presenting it at BFS clinics, the Box Squat is certainly one of the safest exercises in the weight room both in short and long term perspectives. In addition, teaching basic squatting techniques to beginners with the Box Squat is far superior than first teaching the Parallel Squat.

If I were a strength coach or head coach at any level, I'd do the Box Squat and hope my competition didn't. I want the gold all to myself.....□



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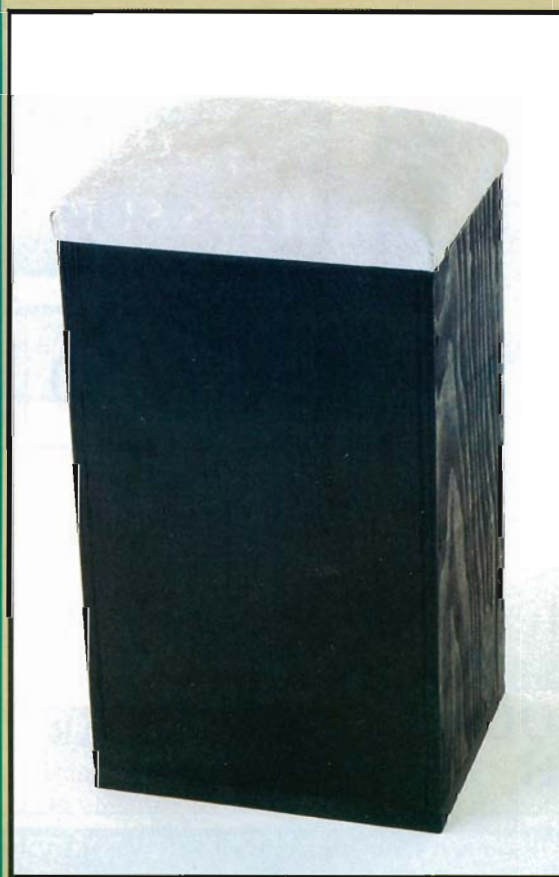
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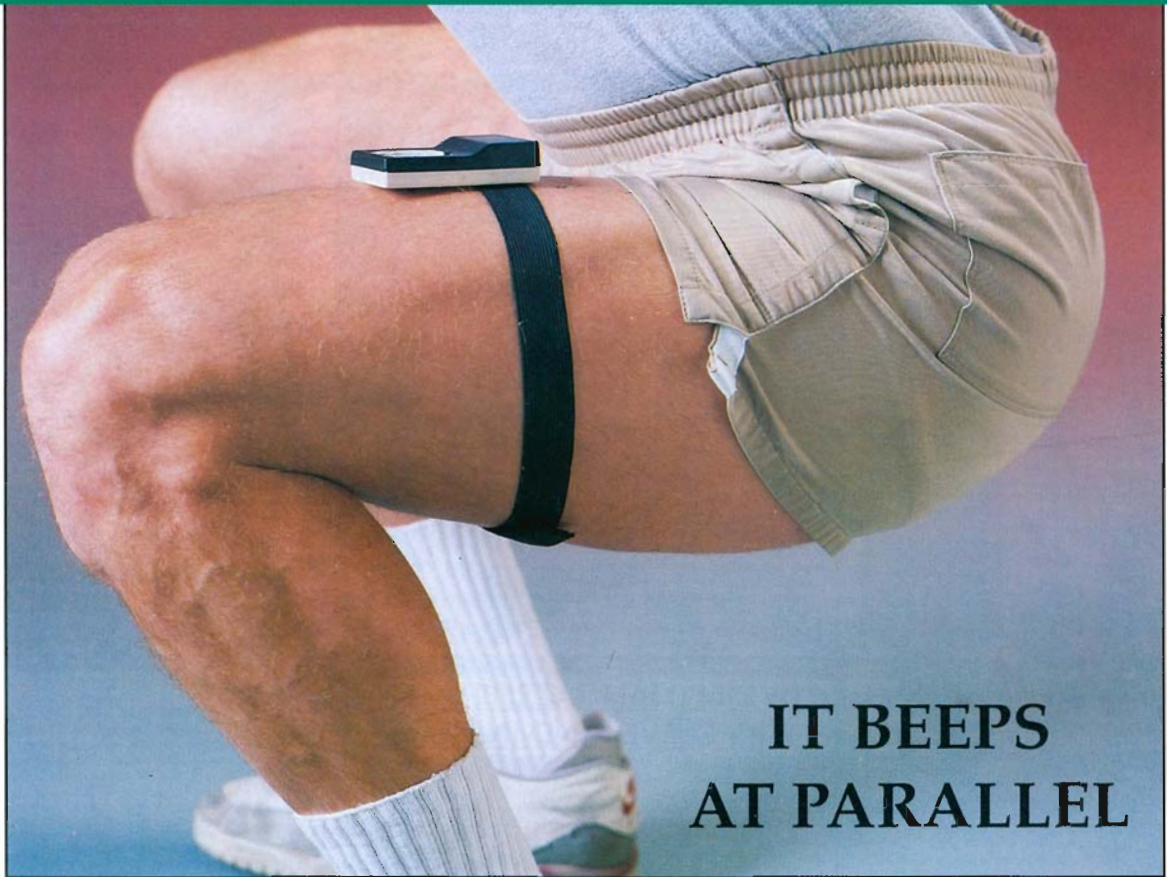
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When the thigh reaches parallel, the Safety Squat will BEEP! It eliminates all guess work in judging proper depth. Great motivational device and coaching aid!

Some athletes don't go down far enough. They think they are, but they lean forward at the waist. They might even argue. Now, they can't! It will aid in their form. Also for those who go too low, usually by going down too fast, the Safety Squat will BEEP at just the right time.

We highly recommend the Safety Squat! You should try at least one. Then, you'll want to get one or two for each Squat Station!