



KNOWING HOW TO DO IT

By Dr. Greg Shepard

OK. Now you're past the hurdles of knowing what to do. The next step is knowing just how to do it, with no mistakes. How do you warm-up, stretch, perform each lift, sprint, jump, do sets and reps, and do it perfectly? We have never found a college athlete or high school program that we could not substantially help in every one of the above areas. I cannot go into detail on every BFS difference, but the following will give you an idea:

WARM-UP



Shown is Milwaukee Buck, Blue Edwards, doing the famous BFS Dot Drill which is now done by Pro Baseball Teams, like the Cleveland Indians & NBA teams like the 76ers, Charlotte Hornets, Utah Jazz and hundreds of football teams.

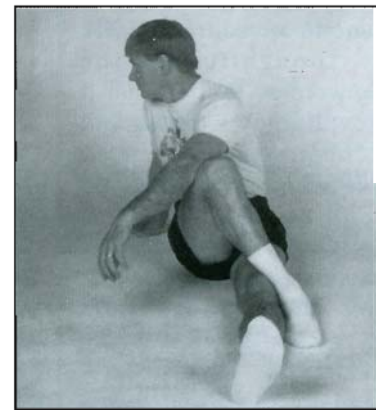
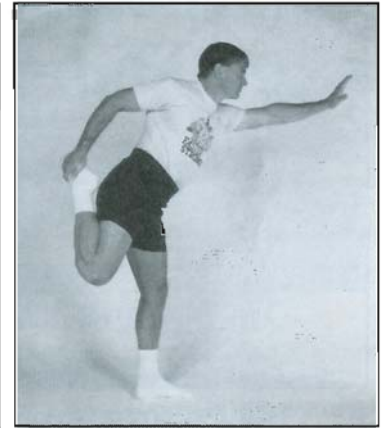
WARM-UP

At BFS clinics we ask participants how we should warm-up. Seventy-five percent of high school athletes consistently answer: Stretch. This is clearly wrong. Then we ask, do you want to stretch a cold muscle? Everyone then answers: No.

You need to raise the body temperature and work up a little sweat. This process should be done before stretching, lifting, jumping, running or doing skill activities. How do you do it? Many coaches do jumping jacks or have their athletes jog around the gym or goal posts. We don't. We do the BFS Dot Drill. We have national standards. We have contests. We can measure performance with a stop watch. We can see ourselves getting quicker feet on a daily basis. We have fun. It only takes about one minute. It is clearly superior to jogging a lap. That's the BFS difference.

More Info On Inside Cover And Catalog

STRETCHING



WHAT'S WRONG?

Most people stretch primarily to prevent injuries. We think that's important, but the primary reason we stretch is for SPEED AND JUMPING POWER. That's the BFS difference.

Nothing much is happening in the bottom photo. He's supposed to be stretching his gluteal muscles but he's not. The top left photo to us is a laugher: Its the complete antithesis of speed development. The top right photo is attempting to stretch the quadriceps but a lot of undesirable pressure is being placed on the patella - knee area. We realize nearly every book and flexibility chart shows this position. Not us.

We also realize most coaches would not think there's anything wrong with the above photos. That's all the more reason you should do the BFS 1-2-3-4 Flexibility Program which only takes 10 minutes.

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TIMES PER WEEK:

We train three times per week with weights. Normally this is done on a Monday-Wednesday-Friday routine. This leaves Tuesday-Wednesday-Saturday for Speed, Plyometric and Skill Development work.

A thrower would never weight train six days per week and would tend not to even train four days per week. Some high school coaches have asked our advice in a class situation where there is only 30 minutes of lifting time per class. In this case, we have advised to lift five times per week and motivate these athletes to stretch on their own, go out for sports after school or work on speed and plyometrics after school.

An athlete who trains hard with weights six times per week will most assuredly give up other training essentials and never, I repeat, never reach his athletic potential. It almost always leads to overtraining.

Another huge violation of a strength training principle is doing the same lifts, especially a core lift, three times per week. To Parallel Squat heavy 3 times per week, six weeks in a row would be a disaster. It would be extremely counter-productive for long term growth and gains.

LENGTH OF WORKOUTS: For the hard core lifter, our BFS principle of a maximum of four hours in the weight room per week may be hard to swallow. In the off-season, we do two core lifts and five auxiliary lifts. The maximum time this takes with the strongest of athletes is one hour and fifteen minutes. We have found with efficient planning and adequate equipment, the BFS program in high school can be done in 45 minutes per workout.

Research shows us that working out hard over this maximum time is counter-productive. The second an athlete enters the weightroom, it should be all busi-

ness, serious business. The BFS athlete challenges himself on every set and every rep. The objective is to win everyday and you can do it to your maximum potential in less than four hours a week.

MACHINES - HAMMER?

Machines and Hammer type equipment are OK for bodytoning, auxiliary work or for older pro-athletes trying to maintain. However, for athletes in high school, college or pro, who are in the development stage, machines and hammer type equipment will never allow those athletes to reach their potential.

If a highly developed thrower competing at a world class level were to leave his free weights and start using machines and hammer type equipment, that athlete would immediately get smaller, slower and weaker with decreased performance. It would be a complete disaster. For junior high, high school and college athletes, free weights are absolutely critical in reaching one's potential.

IN-SEASON: Most books and articles declare that the purpose of in-season training is to maintain. For the mature college athlete who plays only one sport, this philosophy is perhaps acceptable. However, for high school athletes this philosophy is a no win deal.

Many high school athletes participate in more than one sport. What about the 3-sport athlete? If he maintains, then you have an athlete set-up to maintain his entire high school career. The BFS in-season program is done twice per week for 30 minutes per workout. We continue our guarantee during the BFS in-Season Program: **EVERY ATHLETE WILL BREAK AT LEAST 8 PERSONAL RECORDS PER WEEK SPOTTERS:** This difference creates a tremendous advantage for our BFS coaches. Our spotters have three specific jobs and we have been able to successfully instill this system in our 2 or 3 day BFS clinics.

Our spotters never put their

hands on their hips nor fold their arms. They take an active responsible role on every set and every rep. Their job is to pull the best from their partner. We work in groups of four and usually have three spotters, especially on the squat. Their first job is to be a great coach. They look for ways to help their partner to lift technically correct. Second, they act as judges. After the lift is complete, the spotters judge the lift, especially on the Parallel Squat. If it isn't low enough, it doesn't count. On the other lifts, the spotters look for one way to help their partner do better on the next set. The third job is to be a great teammate by always offering encouragement and being positive. We want team unity and a winning atmosphere.

AUXILIARY LIFTS: Our primary criterion in selecting an auxiliary exercise is rating its ability to help us win. Secondary criteria include injury prevention value and how a particular exercise might compliment a core lift. We believe this is superior to a 4-day split routine of upper body one day and lower body the next.

We do the Power Snatch on Mondays for quick explosive power and it perfectly compliments the Power Clean, a BFS Core Lift done on Wednesdays. Incidentally, with our BFS Training Plates, it normally only takes us 90 seconds to teach a novice how to Power Snatch at BFS Clinics.

Light Straight-Leg-Dead-Lifts are done twice per week to develop speed. Leg Curls and Extensions are done primarily to strengthen the knee joint area. We love the Glute-Ham machine which develops the whole belly of the hamstrings and glutes far better than other machine exercise. Inclines and Dips compliment the Bench Press. The Jerk Press gives explosive upper body power and at clinics, we teach a strong novice to do 200 pounds in ten minutes.....□

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