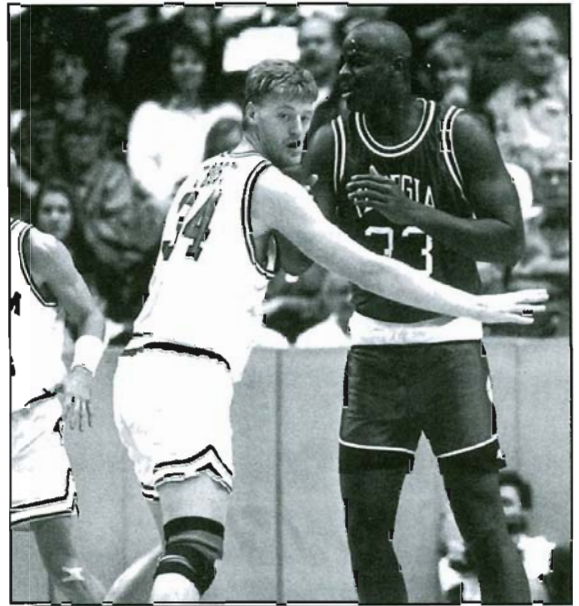


GARY TROST'S GIANT COMMITMENT



A Letter to All BFS Journal Readers from GARY TROST

As I reflect upon my athletic career, there are many accomplishments I have achieved through hard work. I put many hours into my basketball skills which allowed me to further my career to collegiate competition and to playing professionally overseas. I am proud of all I have achieved, but there is one area in which I do have some regrets. This is the area of strength training.

When I was young, I felt that my athletic ability was fairly good. I played all sports and enjoyed all forms of competition. However, there really was no emphasis on weight training. I was fairly lean entering high school and honestly fragile. Our school was not well equipped with a lot of weight training facilities. The weight gym was raw and there was not a strong push for weight training. Being very lean and weak, I was embarrassed to go to the weight room to workout. I grew three inches every year as my years in high school progressed. I did not put on any weight and the weight room got even more intimidating. I was not mentally strong enough to go in and workout among my peers. So as a result, I did not gain strength. Fortunately, I grew 9 inches in high school and I spent every hour working on my basketball skills. I did not have the strength but I was tall and my skills were adequate enough to get a college scholarship.

My four years at college were fantastic. I was a successful player. My body grew stronger naturally due to the maturation process. I had great facilities at my university but once again I felt inadequate next to those who were putting up huge amounts of weight. I did show some growth in strength but it was just not consistent. I never put in a full year of programmed effort. I felt once again intimidated by the instructors, my lack of knowledge of lifts and my strength. My progress was very slow but I had wonderful success in my basketball endeavors. I got by with what little effort in weight training that made me most success.

My jump to the pros was a giant eye opener when I finished college. The bodies were huge and I could not compete in the NBA. Those players were bigger, faster and stronger. Now, I realize that my efforts must be spent in that arena. I find the future a lot brighter with my redirected dedication to getting bigger, faster and stronger through weight training, stretching, agilitys, low level plyometrics and sprint training.

I came to Coach Shepard for help in taking me to a higher level. His approach has helped me overcome all my mental obstacles to weight training. First, I know all the lifts are geared solely to helping me be the best at basketball. Second, Coach Shepard made all the techniques of lifting, that I thought were hard, super easy. It's like I can't wait to show people my Power Clean, Snatch, Jerk Press and Squat. Third, the emphasis is not on how much I can lift compared to someone else but to myself. The thing I like is that I am always breaking my own personal records every workout. Fourth, Coach Shepard made sure that I understood everything about each lift, the reason why it was important and answered every question in detail. I have total confidence in my ability to succeed and know that I now have the tools to take my pro career to a higher level.



BY DR. GREG SHEPARD

I was at our Utah Jazz NBA rookie camp during the summer of 1993. About 15 hopeful rookies were in camp and Gary Trost, the Honorable Mention All-American 6-10 center from BYU, was among them. I remember it clearly and I've told this story before without identifying the player but when Gary came into the gym his mouth dropped and he exclaimed, "I'm in the wrong place."

Indeed he was! He only weighed 240 pounds with some extra fat and you could tell he was weak. To make matters worse some of our veterans like Karl Malone were also there. I asked Gary why he never really lifted in college. Again he stammered, "I never thought it was that important." After introducing myself, I offered my help if he ever wanted to train. Gary was cut after two days and I thought I'd never see him again.

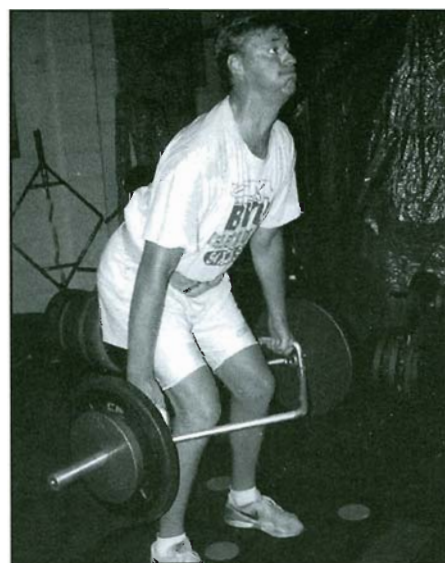
I have been involved as the strength coach for the Utah Jazz since 1981 and think I have a good perspective on what it takes to be successful at that level. I don't



Coach Rowbotham spotting Gary on the Box Squat.

believe college coaches and players, in general, have that same perspective. I believe the transition from college football to the pros is far easier than that same transition in basketball. More colleges play basketball than football. We get a far greater percentage of foreign players than football. Great players in the NBA stay in the league longer than football and obviously there are only 12 spots per team. You could be the best player in a great college conference and still not have a chance in the NBA. And you know what really burns my butt? It's some high school kid who averages 25 points per game who doesn't take his school work seriously because he is going to be an NBA star. It is amazingly tough to make it in professional basketball! Gary was correct. He was in the wrong place.

I was really surprised in early July because in comes Gary Trost two years later. He asked if we could train him. I was quite reluctant at first. Gary had been playing for minimums in a European League from Portugal but he was so earnest and willing to work that we gave him a shot.

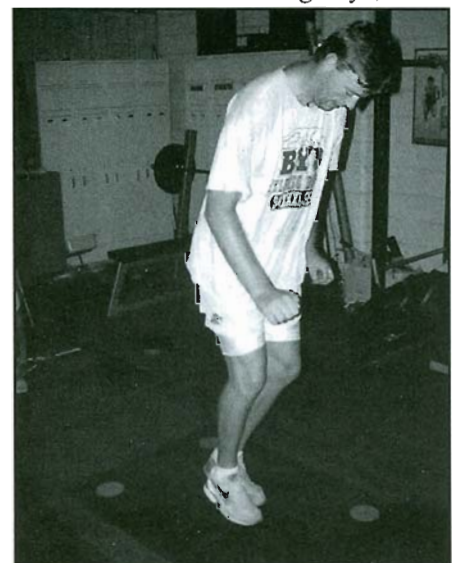


Gary on the Hip Bar (designed especially for taller athletes).



Gary played collegiate basketball at BYU.

We started him just like we would any other athlete at any other level. The BFS Dot Drill was first introduced followed by the 1-2-3-4 BFS Flexibility program. The first core lift taught is the Box Squat followed by the Towel Bench. We, of course, use the BFS Set-Rep card and did the 3X3 workout and established a set record and all of the rep records. In the following days, the



Gary doing the BFS Dot Drill



Gary & Coach Shepard with a BFS Record Card.

other core lifts were taught along with auxiliaries, plyometrics and speed/endurance training. Gary was a fast learner and was soon doing all of the lifts and conditioning phases with correct technique. I was continually impressed with his character and work ethic. As we became friends, I learned some interesting facets of his life which I'd like to share:

Gary is married and has a beautiful blond two-year old daughter. He



Straight Leg DeadLifts strengthen the Glutes & Hamstring

averaged 24.9 points and 15 rebounds at Granite High School in Salt Lake City and earned three letters in both basketball and baseball. Gary was All-State and the MVP in the state all-star game. He also maintained a 3.6 GPA in high school. Gary majored in physical education and served a two-year mormon mission in Philadelphia after one year of basketball at Brigham Young University. He was a two-time first team All-WAC selection in both Junior and Senior years. The Associated Press named Gary to their Honorable Mention All-American team in his senior year as he averaged 15.2 points and 7 rebounds per game. Gary had the second best field goal percentage in a BYU career at .566, finished with 1,205 career points, which is 15th in BYU history. He also finished with 496 free throws attempted (4th best) and 359 free throws made (6th).

The above stats are all wonderful but what will a man do under real pressure. Gary got his chance to find out three summers ago on an Idaho highway. He and his wife, Sheri, were the first ones on the scene of an accident. They saw a car in flames. Gary ran to the car and found seven people, some of whom were unconscious; all were seriously hurt. Without regard to his own safety, Gary began pulling the people out one by one. Sheri who had training as a nurse administered

They saw a car in flames. Gary ran to the car and found seven people, some of whom were unconscious; all were seriously hurt.



Gary & Coach Rowbotham doing the Towel Bench.

first aid. Gary again approached the fiery car and began opening the door when he heard a loud bang. "My first thoughts were that this car is going to blow up just like in the movies," Gary later related.

The loud bang was a tire exploding from the intense heat. Finally, several bangs later, the final unconscious victim was pulled from the wreckage and to safety. The headlines the next day praised Gary and Sheri for saving the lives of all seven people. I admire Gary. It took a lot to admit that he needed help in the strength and conditioning area. Average people work only on their strengths or what they are good at doing. Upper Limit people cover all bases by working hard on their weaknesses as well as their strengths. Gary now personifies that attitude. He has now signed a better contract to play for an Austrian team. Gary has promised that he will train hard (twice a week) during the season. The goal is to not only add bodyweight but to also reduce his bodyfat percentage just like past Utah Jazz centers Mark Eaton and Felton Spencer. Wouldn't it be great to see Gary in the NBA next year? But, that would take a giant commitment, a commitment Gary is ready to fulfill.....□

What Is A BFS Clinic?

The most dynamic, instructional and motivational day an athlete and coach can ever experience. It is the best kept secret to winning in the nation. BFS Clinics organize all sports, both boys and girls at all grade levels, into one unified state-of-the-art year round strength and conditioning program. For football alone, a BFS Clinic has meant 2 to 3 more victories the following year! Having a BFS Clinic is the most significant thing you can ever do to win!



We Attack Three Areas!

INSTRUCTION

Every athlete and coach will gain an amazing level of knowledge in all areas of strength and conditioning: Agility, Flexibility, Strength, Speed, Jumping, Nutrition, Skills, etc.

Athletes and coaches will learn in great detail how to Clean and Squat in easy to understand terms.

All participants will become teaching experts.

INSPIRATION

At our BFS Clinics, each clinician has an unmatched array of overheads, videos and incredible stories to inspire every athlete right down to the core of the soul.

Everyone who attends will have a deep desire to always Ride the High Places, to be an Upper Limit person and, on a scale of one to ten, to give an eleven on and off the the field.

UNIFICATION

In the average High School, for example, a three sport athlete will have to learn three different ways to stretch. This is absurd!

Each clinic has a special two hour coaches session, where we get everyone on the "same page" with all facets of strength and conditioning.

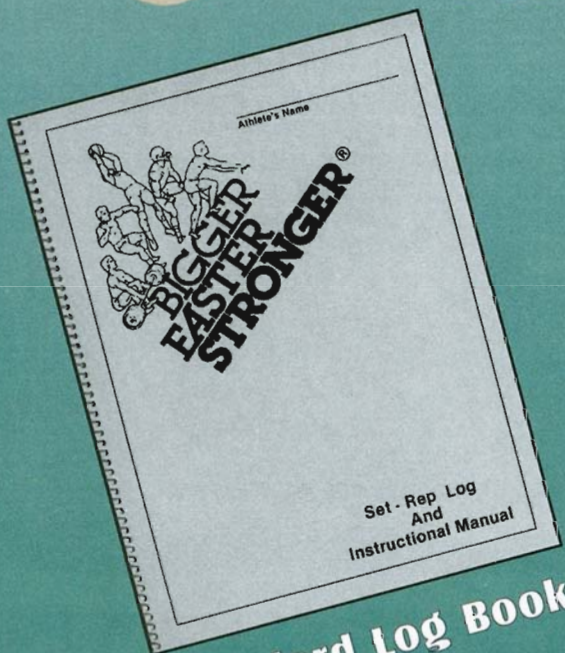
That's why our schools win and win big!

Call For Details 1-800-628-9737

THE BFS SET -

**NEVER
PLATEAU!**

**Every Athlete
At Least 8 Personal
Week After Week
400 EVERY YEAR**



**Standard Log Book
24 pages**

Why The BFS Set Rep System Is By Far, The Best

The BFS Set-Rep System is based on highly complex scientific principles using Hans Selye's General Adaptation Syndrome Theories. Great variation within a structured format is our system's foundation and we have managed, with great success, to make the highly complex very, very easy. The BFS Set-Rep System is explained in the Total Program Book (\$17.95), the Set-Rep Log Book (\$4.00) and in great detail in our 63-minute Set-Rep Video (\$29.00).

The BFS Set-Rep System is tailor made for high school athletes. It was designed especially to fit the time constraints of a P. E. class, yet flexible enough to accommodate athletes who train after school. The real beauty for ease of coaching is the natural and easy back and forth flow from in-season to off-season workouts. The BFS System is also perfect for college and we use it exclusively for Pro-Athletes.

Over 300,

Custom Set Rep Logs

Standard Log Book

Lasts One Year!

One: \$4.00 Each

2 thru 9: \$3.00 Each

10 thru 25: \$2.50 Each

Over 25: \$2.25 Each

Organizes Every Workout: Athletes have specific goals with every set, every rep and every workout.

Contents: Each Log Book contains a section explaining the weekly lifting schedule. The second section explains the lifts - their proper execution, spotting techniques, and why we do the lift. The next section explains recording and contains the actual weekly workouts and recording areas. The fourth section contains record charts for all core lifts and all repetitions. The last section contains a running record chart, an explanation of the BFS Dot Drill, and a goal record chart.



**Custom Set-
Rep Log
Books With
Your Logo &
Colors!**

\$2.⁷⁰ Ea.

(100 Minimum)
Please Allow
8-10 Weeks For
Delivery



Athlete's Name

REP SYSTEM !

**Easy
To Do!**

**Will Break
Records Per Week.
Month After Month
WE GUARANTEE IT!**

The image shows a sample of the 'UPPER LIMIT ADVANCED RECORD CARD'. It is a grid-based record card with columns for 'WEEK 1' through 'WEEK 16'. Each week has sub-columns for 'SET RECORDS' and 'REP RECORDS'. To the right of the grid are sections for 'SQUAT VARIATION REP RECORDS' and 'BENCH VARIATION REP RECORDS', each with a 'MAX' column and a scale from 1 to 10.

Record Card
Four Compact pages

MOTIVATION: Athletes strive on the competitive nature of the BFS

System. Breaking records consistently is the ultimate motivational factor in building great confidence! **NO PLATEAUS:** All other systems reach plateaus, some quickly and some after three months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 8-12 reps or 3 sets of 10 reps reach this point very quickly, but even complex computer cycle-periodization systems will eventually have problems, especially at the high school level.

CONTEST OR RESEARCH STUDY: If any age group of athletes were

to be split into two groups for 12 weeks, one group doing the BFS Set-Rep System and the other group doing any other system, what would happen? Absolutely no question! The BFS group would be stronger, more motivated and more ready to win!

000 Sold

Ideal For All Sports

Every Athlete Needs His Own
Log Book Or Record Card

See Dr. Shepard Explain How The

System Works With The

SET REP VIDEO ..\$29.00

Order Now!

Bigger Faster Stronger

805 West 2400 South

Salt Lake City, Utah 84119

1-800-628-9737

BFS Record Cards

Good For 16 Weeks

100 Thick Stock Cards \$79.⁰⁰ (100 minimum)

•Available In School Colors•

All the recording sections in the Standard Log Book are in the BFS Record Card with two exceptions. In the Standard Log Book on Week II and III, the athlete has the option of doing 5 sets instead of 3 sets; otherwise it is exactly the same. All 75 records can be recorded and broken with the BFS Record Card. It is also excellent for in-season programs. Since it lasts 16 weeks, it can easily be used for a full semester. It is economical and you can get them in your school colors. It records all core and auxiliary lifts, vertical and standing long jumps, sit and reach, 40's and 20's.