

Look What Computerized Coaching Can Do For You

Make your job as a coach easier with the
BFS Beat the Computer and Athletic
Achievement Software



Our Summer 2004 issue featured the athletic achievements of Portage High School in Portage, Pennsylvania, a school that uses the Beat the Computer program. Head football coach Gary Gouse is shown here giving his football players their workouts.

If you can't measure it,
you can't manage it.

If you can't manage it,
you can't accomplish it.

This is a motto BFS has employed right from the start, because we know that a key method of ensuring continual results is to have a goal every time you train. If you're doing a Dot Drill, you want to complete the entire series in less time. If you're performing a bench press, you want to perform more repetitions or lift more weight than you did last time. The problem, especially when working with large groups, is administrating the program to ensure that athletes all have specific goals every time they train. Enter the BFS Set-Rep Logbook.

Using the coach-friendly screen to enter data (Figure 1), an athlete's training information is entered into the computer. After this step, all the current and past information can be viewed in another section of the program (Figure 2).

Figure 1

Changing an Athlete

Athlete Info Parent's Info

East Side High School

Athlete ID: [] Last Name: SMITH First Name: RYAN

Address: [845 W 2400 S] Apt. Number: []

City: [Salt Lake City] State: [UT] Zip: [84119]

Phone: [] (no dashes)

Height Ft./In: [5] [9] Weight: [135] Sex: ☒ Male ☐ Female

Grade: [9] Period: [5]

Sport 1: [FOOTBALL] Positions 1: [OG] [DL] []

Sport 2: [BASKETBALL] Positions 2: [G] [] []

Sport 3: [] Positions 3: [] [] []

Workout information:

Weekly workout schedule: [FH1] Franklin High One

Number of workout days per week: [5]

Short (3 set) or Long (5 set) workout: [L]

Number of weeks in program: [8]

Date to begin program: [4/12/04] April 12, 2004

Athlete's Scores [OK] [Cancel] [Help]

Figure 2

Browse Athlete's Scores

East Side High School

Lift or Event	Last Three Scores	
	Most Recent Score	Pre-WorkOut Test Score
	One Rep Max	One Rep Max
Core Lifts		
Parallel Squat		225 lbs 2/03/03
Bench Press		150 lbs 2/03/03
Dead Lift		345 lbs 1/08/03
Power Clean		140 lbs 2/01/03
Box Squat		255 lbs 2/05/03
Towel Bench		175 lbs 2/05/03
Snatch		
Aux Lifts		
Glute Ham		
Incline Press		135 lbs 2/11/03
Clean & Jerk		120 lbs 2/03/03
3-Way Delt		
Front Squat		105 lbs 2/03/03
Speed/Flex		
20 Yard Dash	2.80 sec 7/18/06	
40 Yard Dash	5.10 sec 7/18/06	
Dot Drill	63 sec 7/18/06	
Vertical Jump	29" 7/18/06	
Long Jump	6' 8" 7/18/06	
Sit & Reach		

SMITH, RYAN

Grade, Period: 9, 5

Workout Schedule: FH1

Program begin date: 4/12/2004

Sports / Positions: FOOTBALL - OG, DL BASKETBALL - G

To change a score or enter a new score, select the Lift or Event on the list, then double-click, press the Enter key, or click the button marked "Change or Add Scores".

[Change or Add Scores]

[Print Workout Schedule] [Print Iron & Power Rank] [Close] [Help]



Figure 3

July 19, 2006 1:14PM Page 1
East Side High School
Weekly Workout Schedule for the week of July 17, 2006
Bigger Faster Stronger
Visit BFS on the web: www.biggerfasterstronger.com

Athlete Information
SMITH, RYAN ID Number 9 5
845 W 2400 S Grade/Period 9 5
Salt Lake City, UT 84119 Sport / Positions FOOTBALL OG DL
Week # 3 of a 8 week workout. Workout Schedule: FH1

Notes on the Workout
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**
For Aux Lifts: Your last recorded lift is shown. Use the number of lifts shown, but try to increase the weight little.

Day Number — 1 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Set 4	Set 5	Auxiliary Lifts	Set 1	Set 2	New Weight
Bench Press	5x 125	4x 130	3x 135	2x 135	1x 140	Clean & Jerk	10x 105	10x 105	
Box Squat	5x 215	4x 220	3x 225	2x 230	1x 240	Front Squat	10x 80	10x 80	
Power Clean	5x 115	4x 120	3x 125	2x 125	1x 130	3-Way Delt	5x 0	5x 0	
						Glute Ham	5x 0	5x 0	

Day Number — 2 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Set 4	Set 5	Auxiliary Lifts	Set 1	Set 2	New Weight
Towel Bench	5x 145	4x 150	3x 155	2x 160	1x 165	Incline Press	10x 105	10x 105	
Parallel Squat	5x 190	4x 195	3x 200	2x 205	1x 210				
Snatch	5x 180	4x 185	3x 190	2x 195	1x 200				

Day Number — 3 — Did you BEAT THE COMPUTER on your last set? Write your Reps here!

Core Lifts	Set 1	Set 2	Set 3	Set 4	Set 5	Auxiliary Lifts	Set 1	Set 2	New Weight
Box Squat	5x 215	4x 220	3x 225	2x 230	1x 240	Clean & Jerk	10x 105	10x 105	
Towel Bench	5x 145	4x 150	3x 155	2x 160	1x 165	Front Squat	10x 80	10x 80	

The next step is to produce a workout based upon the athlete's current lifting maxes. Shown here is a sample of such a workout.



These manual workbooks were developed nearly thirty years ago to enable athletes to record their progress and set goals for their next training session. When used properly, the system is a perfect way to produce highly motivated athletes who strive for personal bests every training session. However, a manual system is time consuming, especially if a coach wants to closely monitor all his or her athletes' progress – or, for that matter, the overall progress of a team. For these reasons, 15 years ago BFS enlisted the help of Richard Knowley, director of computer programming at BFS.

Working with BFS Founder/CEO Dr. Greg Shepard, Knowley improved the BFS program by translating it into a computer-aided system. By simply imputing an athlete's current maxes, the computer would set up challenging workouts. The innovative software brought an additional and unexpected benefit by motivating athletes to *exceed* the computer's expectations. This unique feature inspired Knowley to call the program *Beat the Computer*. Figures 1, 2 and 3 show how the process works, from entering data to producing detailed, computer-aided workouts for every athlete.

The Beat the Computer program was a

Figure 4

July 19, 2006 1:16PM Page 1
East Side High School
Individual Ironman, Power, and Overall Rankings
Bigger Faster Stronger
Visit BFS on the web: www.biggerfasterstronger.com

Athlete Information
SMITH, RYAN ID Number: 9 5 Height: 5 Ft 9 In
Grade/Period: 9 5 Weight: 135 Lbs
Weekly Workout Schedule: FH1 Sport: FOOTBALL OG DL

Note: For all Lifts and Speed & Agility Events, higher Point Values are better.

Ironman Ranking

Core Lift	1 Rep Max	Point Value	Ironman Ranking	Rank within Grade	School
Squat	225 lbs	2	Good	3rd	44th
Bench	150 lbs	3	Great	9th	59th
Dead Lift	345 lbs	4	All-State	4th	39th
Clean	140 lbs	3	Great	11th	63rd
Point Total:		12			
Overall Ironman Ranking:			Great		

Power Ranking

Event	Most Recent Score	Point Value	Power Ranking	Rank within Grade	School
20 Yard Dash	2.80 sec	12	Great	1st	7th
40 yard Dash	5.10 sec	8	Good	2nd	6th
Dot Drill	63 sec	10	Great	1st	1st
Vertical Jump	29"	12	All-State	1st	1st
Long Jump	6' 8"	6	Beginning	1st	2nd
Sit & Reach					
Point Total:		48	Good		
Overall Power Ranking:		6,480			

Remember it is not where you start, it is where you finish.
Be totally committed to breaking your personal records each day, and you will learn the true path to success, happiness, and achieving your goals.

Recommendation # 1
Flexibility is key to improving speed. Stretch with intensity every day with the BFS 1-2-3-4 Flexibility program.

Recommendation # 2
The key to explosive power is the Parallel Squat, Power Squat, and Plyometrics. You need to really emphasize this part of your total program.

Recommendation # 3
To get even faster you need to work on your sprinting and sprint techniques, and your Straight Leg Dead Lift.

Recommendation # 4
You need to do the BFS Dot Drill every day. Get Quick!

Visit BFS on the Web at www.biggerfasterstronger.com

To assess an athlete's progress, a report can be produced that shows the Ironman Ranking, the Power Ranking, and recommendations to help an athlete improve.



When used properly, the system is a perfect way to produce highly motivated athletes who strive for personal bests every training session.



hit, freeing coaches from painstaking administrative work. Then BFS decided to take the program to the next level with individual and team reports, so that coaches and athletes could compare an athlete not only to current team members but also to the all-time leaders on

the team and to BFS national standards. The result was Knowley's *Athletic Achievement Software*, which was eventually combined with the Beat the Computer and called *Beat the Computer Pro*.

The first goal of this latest software

is to produce individual progress reports on all the major exercises and field tests in the BFS program. Each report is divided into three categories – Ironman Ranking, Power Ranking, and Recommendations – and is illustrated in Figure 4.

The Ironman data shows the athlete's performance in the core lifts, while the Power Ranking compares the field tests. The ranking, based on a score of 1 to 10, divides the results into a point value based on national standards, school grade level, and the ranking in the school. Finally, the report contains a computerized assessment area that provides recommendations based upon the athlete's results, such as paying more attention to diet or flexibility.

The next goal of the program is to show athletes how they compare to current and past members in individual results. Athletes can choose to print a report that takes any of the benchmarks from the individual reports and provides Top 10 lists of all the major core lifts and field tests (Figure 5), or they can select a report that provides a historical perspective by producing Top 10 lists of the best-ever performances in those tests in the history of the school (Figure 6).

With the ever-increasing responsibilities involved in coaching, BFS wanted to find a way to motivate athletes and reduce paperwork without sacrificing quality coaching. We think we've found that answer with Beat the Computer Pro. Isn't it time you stepped up to the next level with this high-tech coaching tool? **BFS**

Figure 5

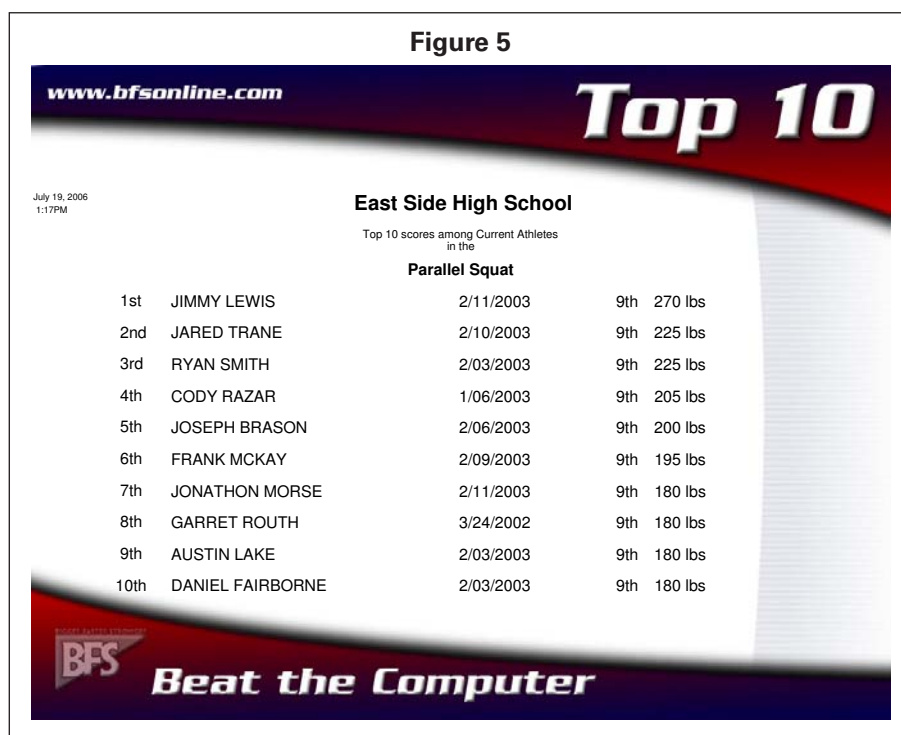


Figure 6



The computer can produce Top 10 lists of the results of current players (Figure 5), or All Time Top 10 reports of the best-ever performance to a historical perspective of a school's workout program (Figure 6).

Create personalized, sport-specific workouts using the most successful Set-Rep Computer Software Program ever created.

Beat the Computer Pro®



Here's how it works

1



Athletes fill out a form listing current core & auxiliary lifts.

2



Enter the lifts into the computer, which calculates the precise weights for each set and creates individual, sport-specific workouts.

3



At the beginning of each week simply print out the athlete's BFS Set-Rep Program weekly workout schedule.

Here's what you get



2 Enter athlete's lifts into the computer

10/17/2005 1:09 AM

Beat the Computer Pre-Workout Test Sheet
East Side High School
Bigger Faster Stronger

Name: _____ ID Number: _____ Sex: _____
Address: _____ Weight: _____ Height: _____
Phone: _____ Grade/Period: _____
City, St, Zip: _____

Weekly Workout Schedule: _____ Sport: _____ Positions: _____
Number of Workout Days per Week: _____ Sport: _____ Positions: _____
Short (3 sets) or Long (5 sets) Workout: _____
Number of Weeks in Program: _____
Date to Begin Program: _____

Core Lifts
Select a weight for each core lift that is challenging enough to get between 1 and 10 reps on the Bench and Squat exercises, and between 1 and 3 reps on the Hex Bar Dead Lift and Power Clean.

Core Lift: _____ # of Reps: _____ Weight: _____ Date: _____

Parallel Squat _____
Bench Press _____
Hex Bar Dead Lift _____
Power Clean _____
Box Squat _____
Towel Bench _____

Speed and Flexibility
Enter Your Scores in the following events:

Event: _____ Score: _____ Date: _____

20 Yard Dash _____
40 Yard Dash _____
Dot Drill _____
Vertical Jump _____
Long Jump _____
Sit & Reach _____

Print Test Sheets

Forms for weights and field testing

October 17, 2005 1:04 AM

East Side High School
Individual Ironman, Power, and Overall Rankings
Bigger Faster Stronger

Athlete Information
Deans, Carver
ID Number: 2 Grade/Period: 9 1
Weekly Workout Schedule: FB-O

Note: For all Lifts and Speed & Agility Events, higher Point Values are better.

Ironman Ranking

Core Lift	1 Rep	Point	Rank within
	Max	Value	Grade
Squat	225 lbs	2	4th
Bench	165 lbs	2	3rd
Dead Lift	205 lbs	1	Beginning
Clean	125 lbs	1	Beginning
Point Total:	6		
Overall Ironman Ranking:	Beginning		

Power Ranking

Event	Most Recent	Point	Rank within
	Score	Value	Grade
20 Yard Dash	2.85 sec	12	3rd
40 Yard Dash	4.95 sec	10	3rd
Dot Drill	72 sec	7	7th
Vertical Jump	1'1"	5	5th
Long Jump	4' 7"	6	9th
Sit & Reach	2"		9th
Point Total:	34		
Overall Power Ranking:	5,440		

Remember it is not where you start, it is where you finish.
Be totally committed to breaking your personal records each day, and you will learn the true path to success, happiness, and achieving your goals.

Recommendation # 1
Flexibility is key to improving speed. Stretch with intensity every day with the BFS 1.0-2.4 Flexibility program.

Recommendation # 2
This key to explosive power is the Parallel Squat, Power Squat, and Pigeonize. You need to really emphasize this part of your total program.

Recommendation # 3
You need to be in the BFS Dot Drill every day. Get Quick!

ADDITIONAL REPORTS: Ironman & Power Rankings

Compare to national standards

October 16, 2005 1:02 PM

East Side High School
Weekly Workout Schedule for the week of October 17, 2005
Bigger Faster Stronger

Athlete Information
Deans, Carver
ID Number: 2 Grade/Period: 9 1
Sport / Positions: FOOTBALL CB WR
Weekly Workout Schedule: FB-O

Notes on the Workout:
For Core Lifts: For Squat and Bench lifts, we recommend a max of 10 reps, and for Dead Lifts and Cleans, a max of 5 reps. Use the weight and reps shown for each set, except for the last set. On the last set use the weight shown, but try to get more reps than the computer shows so that you **Beat the Computer!**

For Aux Lifts: Your test recorded lift is shown. Use the number of lifts shown, but try to increase the weight lifts.

Day Number: 1

Did you BEAT THE COMPUTER on your last set? Write your name here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Set 3
Box Squat	3x 215	3x 225	3x 235	Glute Ham	10x 0	10x 0	0
Towel Bench	3x 160	3x 165	3x 175	Neck Exercise	10x 65	10x 65	0
				Straight Leg Dead Lift	10x 45	10x 45	0

Day Number: 2

Did you BEAT THE COMPUTER on your last set? Write your name here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Set 3
Power Clean	3x 155	3x 160	3x 165	Lunges	10x 100	10x 100	0
Hex Bar Dead Lift	3x 170	3x 175	3x 185	Incline Press	10x 115	10x 115	0
				Neck Exercise	10x 65	10x 65	0
				Power Squat			0

Day Number: 3

Did you BEAT THE COMPUTER on your last set? Write your name here!

Core Lifts	Set 1	Set 2	Set 3	Auxiliary Lifts	Set 1	Set 2	Set 3
Parallel Squat	3x 190	3x 200	3x 210	Glute Ham	10x 100	10x 100	0
Bench Press	3x 140	3x 145	3x 150	Straight Leg Dead Lift	10x 45	10x 45	0
				Power Squat			0

Generate Individual Workouts

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Top 10

October 17, 2005 1:04 AM

East Side High School
Top 10 scores among Current Athletes in the

Parallel Squat

Rank	Name	Date	Weight
1st	John Titus	5/24/2004	315 lbs
2nd	Jason Merrill	7/12/2004	255 lbs
3rd	Andy Selcho	7/11/2004	245 lbs
4th	Carver Deans	7/11/2004	225 lbs
5th	Amy Coulam	7/12/2004	205 lbs
6th	Kelly Vinyl	7/12/2004	160 lbs
7th	Jason Castleton	7/12/2004	155 lbs
8th	Carolyn Robertson	7/12/2004	145 lbs
9th	Celina Tamayo	7/12/2004	135 lbs
10th	Sara Clarke	7/12/2004	125 lbs

BFS
Beat the Computer

ADDITIONAL REPORTS:

Produce Top 10 Lists

Challenge your athletes to improve

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not longer!**

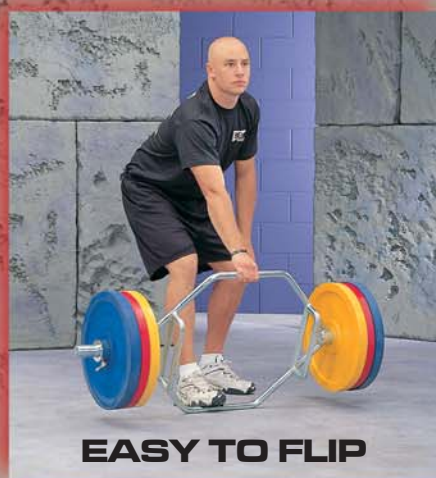
BIGGER FASTER STRONGER



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www.biggerfasterstronger.com!

Each program is customized with the school name and CANNOT BE RETURNED. Please get the demo version if you are unsure of your purchase. Demos are available via download from biggerfasterstronger.com or call BFS. System Requirements: Pentium 133 or better, 8 megs of RAM, Windows 95/98, ME or XP, 10 megs of disk space, CD-Rom drive.

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