

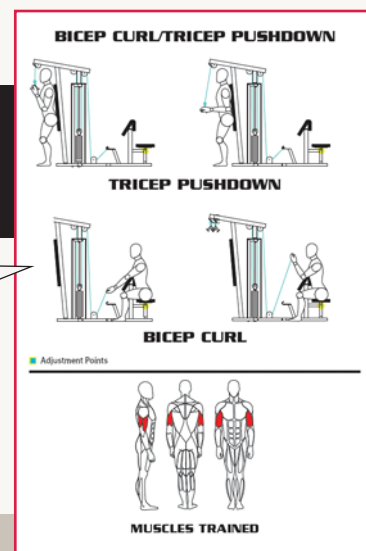
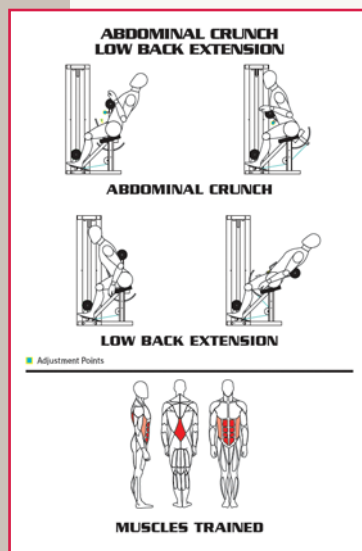
The *Evolution* of Circuit Training

If your budget is tight and your weightroom is small, BFS has the solution

BY RICH ANDERSON, VICE PRESIDENT, BFS



Austin (left) and Chase Taylor show how to double your weightroom potential with the BFS 2-in-1 Selectorized Machines. The twins are exceptional multi-sport athletes from Salt Lake City, Utah.



“Space: the final frontier!” This is not only the destination of the starship Enterprise but also one of the biggest concerns of PE and athletic directors trying to set up circuit training programs at their schools. That, and the expense of buying at least a dozen large machines to provide for a total body workout.

Space, or a lack of it, in weightrooms has become a big issue today because so many kids want to participate in weight training classes. However, single-station circuit training machines take up a lot of space, and most high schools have relatively small weightrooms – many are simply extra classrooms that have been converted into weightrooms. Safety is also a major concern, as cramming too much equipment into a small facility is just asking for injuries.

In the '60s, “jungle gyms” were developed to help solve the space issue. These multi-station machines offered the opportunity to perform a dozen exercises on any particular machine.

Circuit training is here to stay, and the demand for such training is only going to increase.

However, many of the exercises were simply bodyweight exercises, such as chin-ups on a crossbar and sit-ups on an incline board; and the designs of the equipment often did not fit a variety of body types.

Regarding the ever-present issue of budget, it's not cost effective to purchase machines that allow only a single exercise.

In the past a clever way to resolve this problem was to promote one-set-only circuit training programs; that way a large number of students could complete their workouts with relatively few machines. But except for beginners, such workout programs are considerably inferior to multi-set programs.

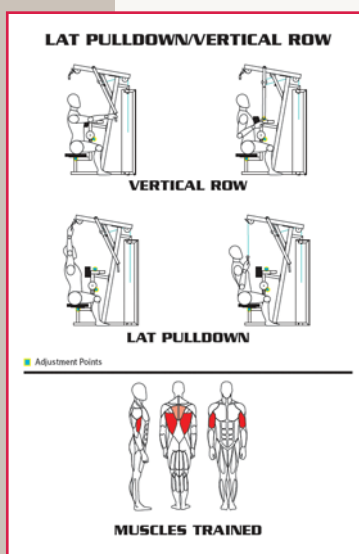
To help resolve these problems, BFS has developed the 2-in-1 Selectorized Machines. These six machines enable the trainee to perform two or more exercises on one machine, three with opposing muscle groups. An added bonus to being able to perform multiple exercises with one machine is that it reduces traffic flow, as students do not have to move around the room as much as with single-station units.

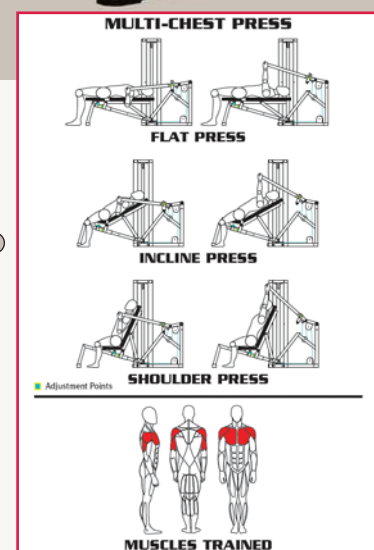
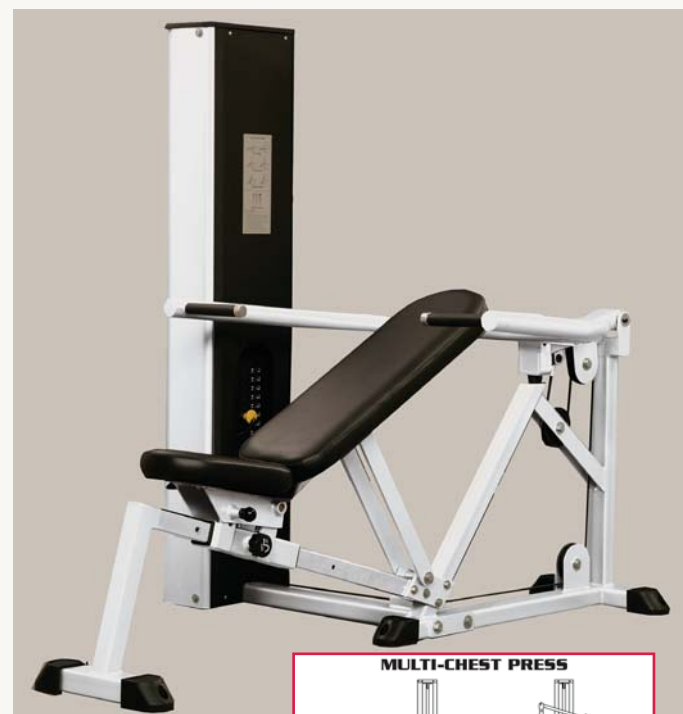
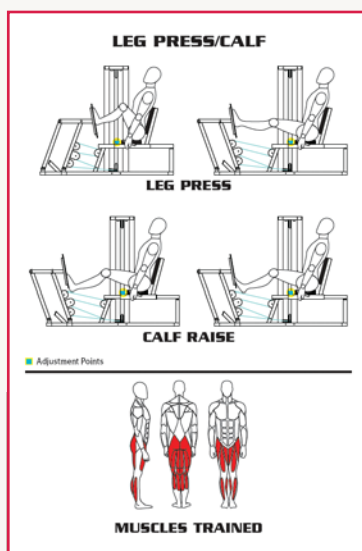
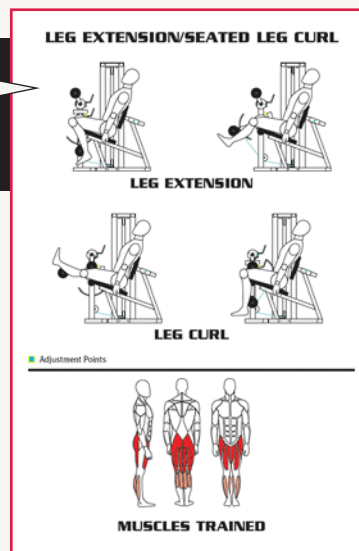
Unlike other multi-use machines, these BFS units share a single weight stack. Such a feature not only further reduces the space requirements of having such equipment, it also reduces the overall cost of the machines. In addition, the weight stacks are shielded to prevent accidents.

There are six machines in the 2-in-1 Selectorized Machine line: Leg Press/Calf Raise, Leg Extension/Seated Leg Curl, Multi-Chest Press, Lat Pull/Vertical Row, Bicep/Tricep, Abdominal/Low Back. Such a selection enables students to work all the major muscle groups, and they can do so in comfort: these machines have necessary

adjustments to fit all sizes.

Circuit training is here to stay, and the demand for such training is only going to increase. Shouldn't your school be prepared with machines that are designed to fit your facilities and your budget? **BFS**





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