

# What's Happening

## As Seen in Super Bowl XXXVIII



### Kevin Faulk

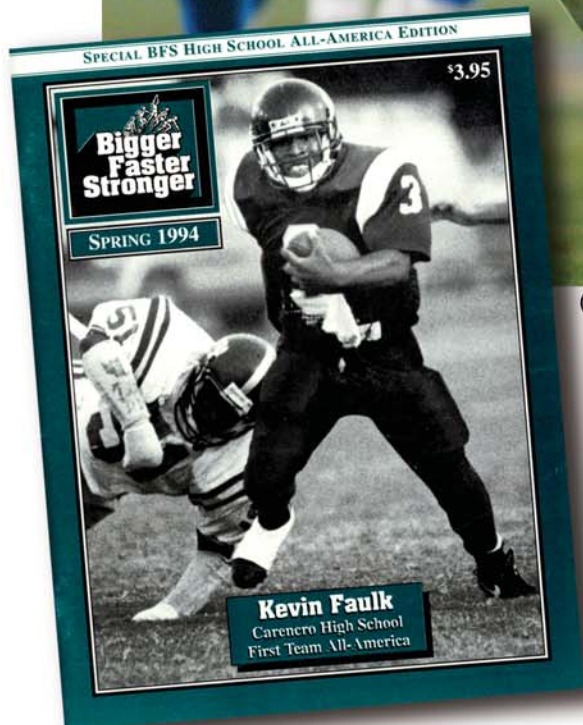
Millions world wide watched as running back Kevin Faulk #33 of the New England Patriots ran the ball against the Carolina Panthers during Super Bowl XXXVIII. The Patriots defeated the Panthers 32-29.

Many knew of what Kevin did during the Super Bowl, but did you know that Kevin appeared on the cover of BFS in Spring of 1994?

As a senior at Carencro HS, LA, Kevin was only 5-10, 185 pounds. He had a 4.35 forty, a 3.0 GPA, a 515-pound squat, a 345-pound bench, a 300-pound power clean, and numerous football honors.

Congratulation Kevin! Who knows which seniors this year will be storming down the Super Bowl field in years to come. Dream the Biggest Dream!

(Photo by Andy Lyons/Getty Images)



### SUPER "BILL" XXXVIII

- Players' shares: Winners get \$68,000 per man, losers \$36,500 each
- The cost of the 1st Super Bowl tickets was between \$6-\$12 today it's between \$400-\$500
- A program for Super Bowl I cost a dollar. Today a program costs \$18 each!
- Houston will have to pay between 3.5 and 4.5 (million dollars) to host the game. However, it could impact the local economy by as much as \$300 million and bring as many as 100,000 visitors.



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## LIMBO?...NO!



No, Ice Jets hockey player Chris Schnurr is not planning a trip to the Caribbean to compete in a limbo walk contest, but has found a way to increase the intensity of the BFS quad blaster. Chris's variation, which involves just bending at the knee, places extreme stress on the hip flexors so must only be performed by highly conditioned athletes and only used infrequently. Photo by Sasan Mehrabanzad.



(Photo: JACK GUEZ/AFP/Getty Images)



## Adam Nelson

Although he weighs only 255 pounds, Adam Nelson is one of the best shot putters in the world. His personal best is 73'10.25" (22.51m). The silver medalist at the 2000 Olympics, Adam's strength coach Charles Poliquin says Adam's training currently includes various forms of power snatches and work with lifting chains.

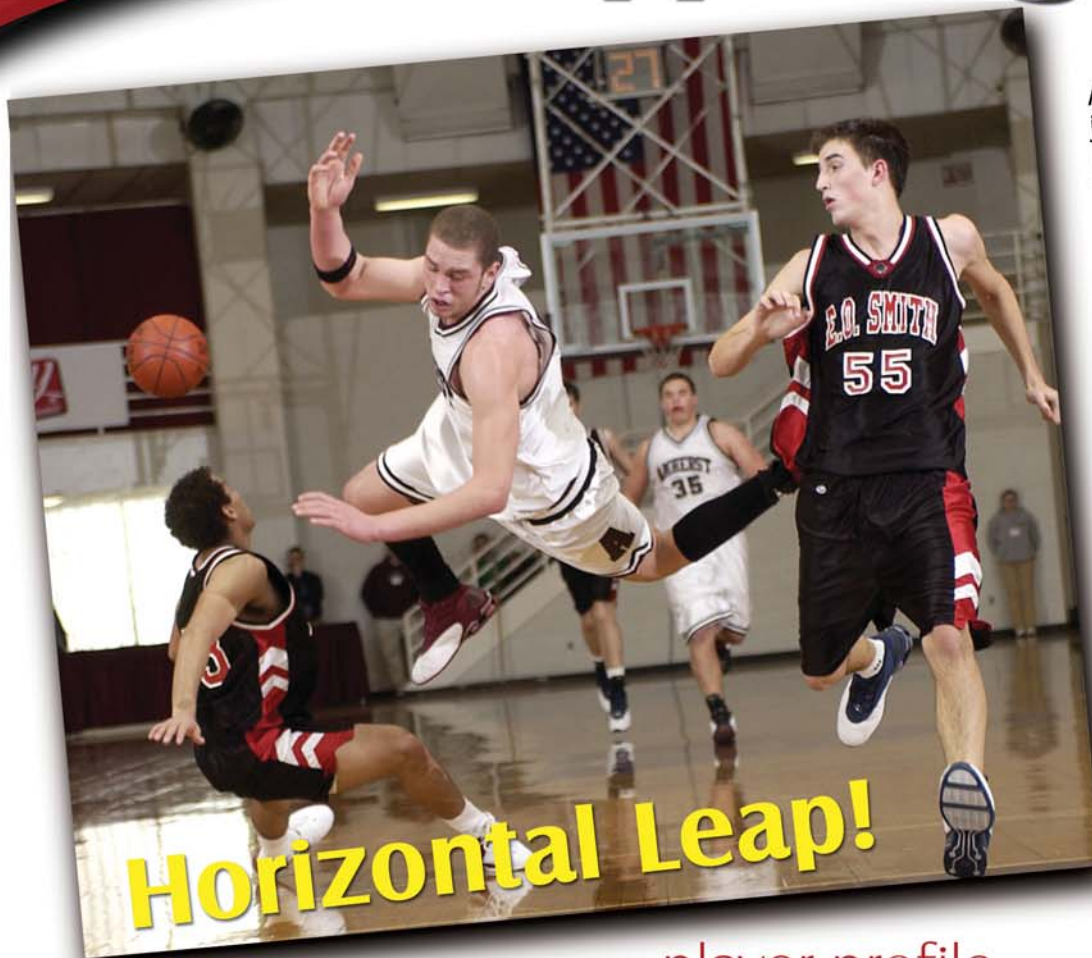


## HEX-ELLENT

Canadian strength coach Paul Gagne has developed numerous auxiliary lifts and functional rehabilitation exercises to perform with a hex bar as shown here. Look for more details about these and other exercises that can be performed with the hex bar in future issues of BFS.



# What's Happening



A high vertical jump has always been of key importance to basketball players, but from the looks of this photo a good horizontal jump may also be important. This photo was taken by Richard Orr, the sports photographer who provided us with this issue's outstanding cover.

bfs quote of the day

**Success is neither magical or mysterious. Success is the natural consequence of consistently applying the basic fundamentals.**

**Jim Rohn**

player profile

## Leonard Williams

Won the Pepsi Spirit Award given for heart, determination and dedication.

6'1" 190 lbs.  
Clean 320  
Bench 285  
Squat 485  
3-yr letterman  
NG, MLB, FB

50-tackles, 37-assists  
7-sacks, 10-pressures

Cedar Shoals HS



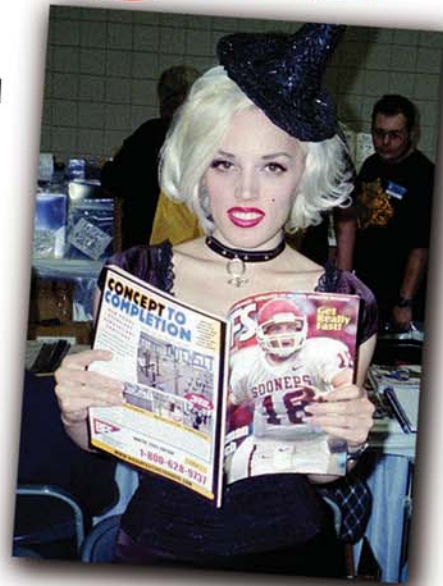


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## Look who's reading BFS!



Marvel Comics' editor-in-chief Joe Quesada and Marilyn Monroe impersonator and "horror hostess" Jami Deadly were recently spotted reading BFS magazine at the Wizard World Pop Culture Convention in Dallas.



### Quote of the Day

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BFS clinician Patti Hagemeyer reunites with her friend Kathleen J. DeBoer at the 2003 NCAA Women's Volleyball Championships in Dallas in December. DeBoer was Kentucky's head women's volleyball coach for nine years and her teams advanced to the final 16 of the NCAA tournament four times. She was in Dallas promoting her new book, *Gender and Competition: How Men and Women Approach Work and Play Differently*.



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### The BFS 1-2-3-4 Flexibility Program

Each stretch should be held either once for 30 seconds or for 30 seconds, 3 times. The 1-2-3-4 stands for One on the Bench, Two on the Bench, Three on the Bench, Four on the Bench. Remember, you are stretching.

#### ONE ON THE BENCH

**Hamstring & Back Stretch**  
Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds.

#### TWO IN THE AIR

**Lats Stretch**  
Cross your hands and raise your arms above your head and as far back as possible.

**Pectoral Stretch**  
Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall.

#### THREE ON THE WALL

