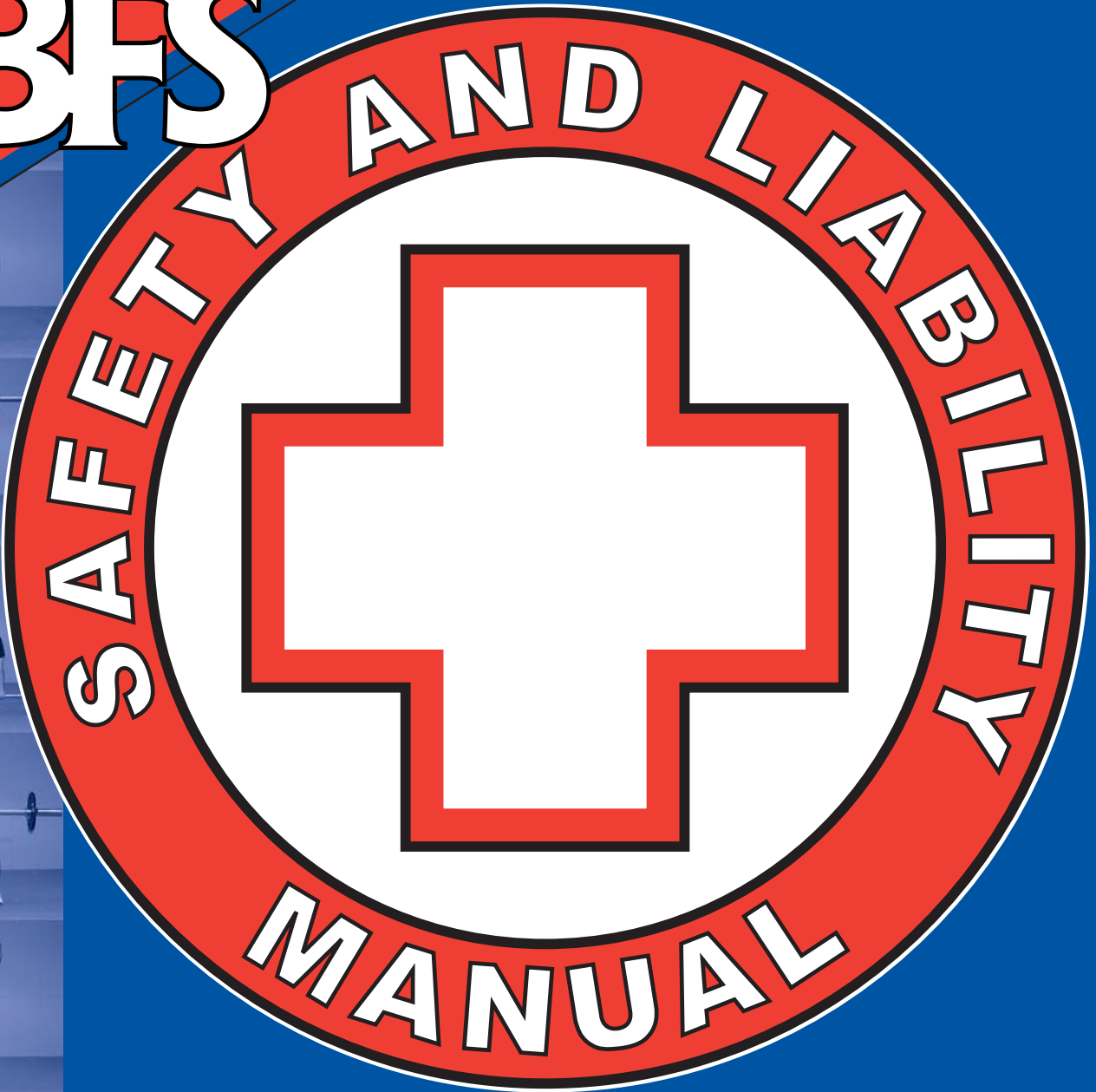


BIGGER FASTER STRONGER

BFS



HOW TO PREVENT WEIGHTROOM LAWSUITS



DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976



SHIELD YOUR WEIGHTROOM FROM ACCIDENTS AND LAWSUITS

Join BFS's mission to prevent lawsuits by making weightrooms safer

“First, do no harm” is standard practice in the healthcare professions, and it’s also great advice for coaches and physical education instructors. Unfortunately, in recent years commonsense safety procedures have been seriously neglected in school weightrooms. Failure to ensure safety for students and athletes not only puts them at risk for injury, it also invites litigation against schools and coaches. BFS is working to change that.

First, through our magazine, *Bigger Faster Stronger*, we are showing our commitment to regularly publish practical information about safety in the weightroom. This booklet contains two of these articles. You can access other such articles through our website, biggerfasterstronger.com. This is a free and valuable service, so please check out these articles and look for more in future issues.

Second, for the past 32 years BFS has been conducting coaching clinics that teach athletes and coaches proper lifting and spotting techniques. Each year we conduct more than 400 such clinics throughout the country (the popularity of these clinics makes it imperative that schools make their reservations early). In addition, we have special one-day certification seminars for coaches that focus on safety. The completion of this seminar and a BFS theory course makes our BFS certification the standard in the profession.

We also offer an important safety package that will enable you to get started immediately with improving weightroom safety and reducing your liability. And in the near future we will be publishing a book by Dr. Marc Rabinoff, a legal consultant who has worked on over 300 cases involving fitness training injuries. If you don’t believe that safety is a serious matter or that coaches and schools are losing millions of dollars in lawsuits from improperly run weightrooms, this book will change your mind.

Please enjoy the information provided in this booklet, and I hope you can use it in your efforts to make your program safer and more effective.

Thank you,

A handwritten signature in blue ink, appearing to read 'Bob Rowbotham', is written over a white background.

Bob Rowbotham

President, Bigger Faster Stronger, Inc.

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America’s foremost authority on weight training lawsuits tells you the best way to avoid legal trouble

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Practical tips on designing safe and effective weightrooms

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Coaches and PE instructors must focus on doing their job when they are on the job



PROTECT YOUR PROGRAM AGAINST WEIGHTROOM LAWSUITS



ITEM #325077

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Prepare yourself with the information you need as a coach or administrator to avoid and/or win lawsuits that deal with the weightroom.

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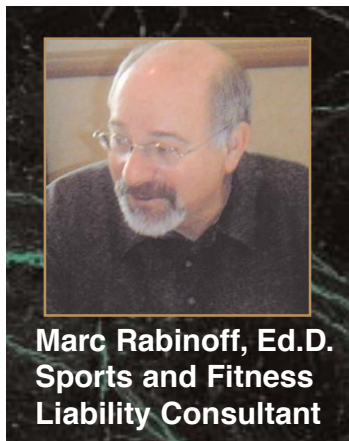
America's foremost authority on weight training lawsuits tells you the best ways to avoid legal trouble

There is a belief that when it comes to the possibility of getting sued, coaches have little to worry about. After all, most coaches are dedicated to helping athletes achieve their physical potential and would never consciously do harm.

Everybody understands that coaches should be held in high regard because they are teachers; and as such, isn't it reasonable to expect their good intentions would be rewarded with a degree of "legal immunity" from the legal system? Not quite. America has become an increasingly litigious society, and coaches are just as vulnerable as anyone else to becoming involved in a lawsuit.

There is no 100 percent guaranteed way to avoid lawsuits. The fact is you can be sued by anyone, at any time, for just about any reason. That's the way our legal system works. Your aim should be to not give anyone a reason to want to sue you and to put yourself in the best possible position to win a lawsuit. To help you accomplish these two goals, here's some expert advice from Marc Rabinoff, Ed.D.

Dr. Rabinoff is a full professor in the Department of Human Performance, Sport and Leisure Studies at Metropolitan State College of Denver, Colorado. Possessing graduate degrees in administration and a master's in physical education, Dr. Rabinoff is one of the most respected sports and fitness liability consultants in the nation. Since 1980 he has served as an expert witness in over 300 lawsuits involving coaches, physical educators, schools, health clubs and



Marc Rabinoff, Ed.D.
Sports and Fitness
Liability Consultant

equipment manufacturers. He has represented both plaintiffs and defendants, and as such has developed valuable insight into identifying the best approaches for his clients.

In this exclusive interview, Dr. Rabinoff shares strategies you can use to make your conditioning programs safe and discusses topics ranging from the value of strength coaching certifications to the relative safety of machines compared to free weights. We're certain you'll find many practical suggestions to improve your own programs.

BFS: Is it still true that most people are reluctant to sue coaches?

Rabinoff: In the past, lawsuits against coaches happened, but certainly not at the rate we're seeing now. Nowadays parents of athletes are not content to just sit back and look at coaches as if they couldn't do anything wrong. For example, we're seeing lawsuits that deal with how coaches are treating the athletes and even lawsuits involving sexual harassment.

BFS: What are the common reasons people sue?

Rabinoff: Most of the litigations I've worked on commonly relate to duty, standards of care, instructor qualifications, failure to warn and lack of supervision, equipment design defects and deficiencies, and inadequate equipment maintenance. Over the past two decades there has been a tremendous increase in the number of lawsuits against equipment manufacturers and weightroom operations.

BFS: What do you mean by “duty”?

Rabinoff: This refers to the concept that there is a responsibility, a duty, of one person to another for their safety. In a lawsuit, the plaintiff first needs to establish that the defendant had a duty to him or her at the time of an injury. No duty, no lawsuit.

BFS: If a duty is established, what happens next?

Rabinoff: The next step is for the plaintiff to show that the duty was breached and that the injury was a result of the actions of the defendants. Then the plaintiff must show that the breach actually happened at that facility, a legal concept known as proximate cause. Finally, the plaintiff must prove that there were damages.

BFS: Many strength coaches and personal trainers believe that generally they are safe from lawsuits because people will go after the organizations they work for, such as schools and health clubs.

Rabinoff: Not quite. Plaintiff lawyers try to name as many defendants as possible to share fault, a concept known as the “deep pockets” theory. In most states it is the responsibility of the court to determine the balance of responsibility of the defendants to the plaintiff. In a case I worked on in 1997, \$2.3 million was awarded to the plaintiff, with \$1 million coming from one insurance carrier, \$750,000 from another insurance carrier, and \$850,000 from one manufacturer.

BFS: Can’t a health club or school avoid problems simply by hiring independent contractors?

Rabinoff: No, it doesn’t work that way—the trainee can still sue the health club. If a health club is saying to the client that their trainers are working in their facility and using their equipment, they support them being here; and when the club is named in a suit, the trainer will be named also. That being said, I strongly recommend that a health club or any organization involved in physical fitness have an attorney review their contracts for independent employees as to what their liability is.

BFS: Will a waiver protect a health club?

Rabinoff: I’ve found that waivers usually don’t hold up in a court of law. Instead of a waiver, what a health club wants is assumption-of-risk documents that prove that the person involved in an activity understands the risks involved.

BFS: Are there any specific trends you see in lawsuits against coaches?

Rabinoff: Probably the most frequent lawsuit trend I’m seeing is in the area of professional instructor qualifications, i.e., when a gym or health club does not have a staff of instructors with recognized academic degrees, certifications or appropriate courses in continuing education. The idea is that instructors named in lawsuits must provide evidence that what they were

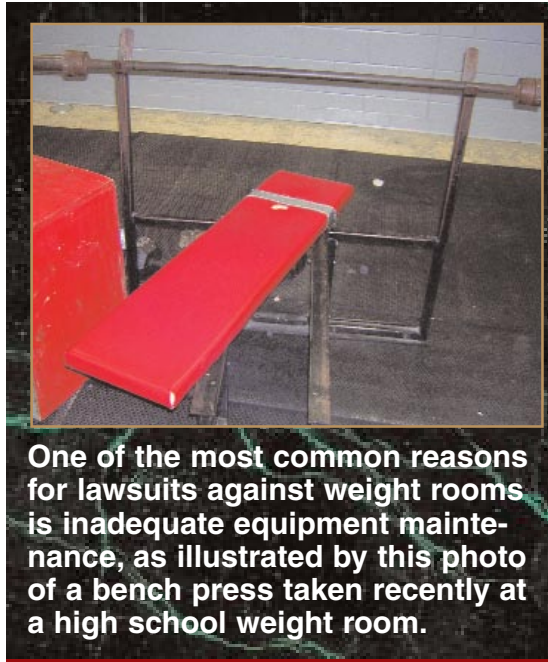
doing was professionally correct according to current standards and that the injury was unforeseeable.

BFS: What is the value of a certification for a strength coach or personal trainer?

Rabinoff: In theory, a certification means you went through some course of study, you were tested and evaluated, and you are now certified to perform a particular task. A certification is a document that says you care, that you put out the effort, cost and time to learn, that you want to learn more and that you’ve achieved a measure of proficiency. The critical idea is to apply that knowledge and those skills to your job.

BFS: So the first thing a strength coach or personal trainer should do is become certified?

Rabinoff: That’s one approach. But what I recommend for anyone in this field is to get a degree, whether it be an associate degree or a four-year degree in such areas as human performance of sport, physical education, adult fitness or exercise science. These kinds of programs are offered in colleges and universities throughout every state. It’s the longest course of study available to prospective trainers: you take actual college-level classes, you actually do have to perform and you do learn the basics. After earning a degree, you can then focus on getting certified through groups in partic-



One of the most common reasons for lawsuits against weight rooms is inadequate equipment maintenance, as illustrated by this photo of a bench press taken recently at a high school weight room.

ular fields of expertise.

BFS: Are certification organizations liable for the actions of those who receive certifications from them?

Rabinoff: I get asked that question all the time. I sit on the boards of some of these certification organizations and I say, “Look, at an entry level, if giving out information is what your certification is for, then go ahead and do it. However, if you say that this person can actually perform a skill, such as being able to mechanically spot a squat, that’s different. A certification may not reflect the person’s actual competence unless you’ve asked the right questions and truly have measured the level of his or her knowledge.

So far I haven’t seen plaintiff attorneys take on national certification organizations for being inadequate or incompetent in their programs, but I believe that will change. We could start seeing some lawsuits coming back to these organizations because the certifications weren’t rigorous enough academically and from a practical perspective did not prove that the persons certified could actually do what they said they could do.

BFS: It appears that you don’t have such a high opinion of certifications that do not have any hands-on training or evaluation.

Rabinoff: I’m from the old school in that I believe in physically watching someone do something. That’s the way I was certified in gymnastics—somebody had to watch me. Unfortunately, most of the certifications for personal training, exercise leaders and strength coaches don’t require their graduates to physically perform those skills. What they should be saying in these types of certifications is that in order for you to truly know, for example, how to safely spot a squat,

you’ve got to practice spotting a squat. But if you say if you watch this video or read this textbook you’re OK to go out and teach squatting, there’s a problem.

Think about it: If you knew of a medical school that did everything “virtual,” would you want to be the first patient of a doctor who had just graduated from there? Would you want to be the first client of someone who had never pleaded a case in court, even though he had graduated from law school and had passed the bar exam, which is a written exam? Would you want someone who had just become a dentist to work on your teeth even if he had the newest, best drill on the market but no one had really made him or her try it? I wouldn’t!

BFS: Many strength coaches and personal trainers give dietary advice. Is this a problem, and are there certification courses in nutrition that you see as valuable?

Rabinoff: That’s a really dangerous place to go, because nutrition is very complex. I truly believe that to give nutritional advice, you need a degree in nutrition and have studied all of the effects of food and nutrition on the body—and that’s a very long course of study and very in-depth work. You can’t just do that in a weekend course—you will not have learned enough.

BFS: With many insurance companies you have to be a member of an organization to purchase the insurance. How does paying a membership fee make you more qualified than anyone else to receive insurance? Can a coach or personal trainer get insurance without paying membership dues?

Rabinoff: There may be some carriers that offer personal liability insurance to those who are not members of a professional organization, but these are the excep-

Women’s Total Program

- Total Program for Women DVD
- Exercise Instruction DVD
- Bigger Faster Stronger Book
- Womens’ Set Rep Logbook
- Record Card
- Be an 11 Manual
- 1 Year Subscription
- Online Web Access

tion. Usually the criterion to qualify for insurance is you have to be a member of a professional organization, because that then validates the fact that at least you're getting the journals and you may be going to some seminars. Again, it's not enough to have degrees or certifications; you must show that you are keeping current on what is going on in your field. If not, it is often difficult for a gym or health club to stand behind the skills and abilities of its instructional staff.

BFS: What is the biggest mistake you see coaches making?

Rabinoff: We all know athletes get hurt in sport. As professional physical educators we have to do everything we can to ensure that the athlete can move on to a higher level. But you can't have gymnasts, on only the second day of practice, perform double twisting backs when they can't even do a forward roll. And just because a freshman is big and heavy doesn't mean he's ready to play on the varsity team, especially if he can't run 20 feet without gasping for air. There's a learning curve, with intermediate steps that must be achieved and documented to show that the athlete was able to perform physically and mentally at that level. Otherwise, you're putting the athlete in jeopardy and the risk of injury skyrockets.

One of the most common mistakes coaches make today is that they rush their athletes too fast. As a matter of fact, if you talk to most sports medicine doctors, they will tell you that 85 percent of the injuries they see are overuse injuries. That's because the trainees' muscles were not ready to do what they were asked to do.

BFS: The coaches who promote slow training protocols claim that their training methods are safer than traditional athletic training protocols, such as those that incorporate Olympic lifting exercises. What is your opinion?

Rabinoff: From the studies I've read, I believe this type of training may have its place, such as when training low-level athletes or when emphasizing technique, but I don't believe it is necessarily safer than conventional forms of training. I say this because I believe most athletes need to do some ballistic training to perform at a high level and prepare the body for the stresses it will encounter in the sport.

BFS: Are there legal obligations of equipment companies for their equipment?

Rabinoff: Absolutely! I am member of the committee for exercise and fitness equipment of the American

Society of Testing Materials. Whether you're a PE instructor in a high school or a football coach or a health club director, there are always minimum standards, and the ASTM is where you go to find them. We revise the standards all the time as we find things that are happening in the field. For example, there are standards for not only the design and use of treadmills but also the placement of treadmills, the distances from the side, the front and the back. People fall off treadmills all the time, but we see a major problem when they fall off and hit their heads on walls because the treadmill is placed too close to a wall. I've done two death cases already, and one case involving serious, permanent injury. What I'm recommending to manufacturers is that we revisit the treadmill standard and see if we need to increase the space around the treadmill.

BFS: What about the belief that machines are safer than free weights? What is happening in the courts?

Rabinoff: It seems people have this false sense of security with machines, but the fact is that machines are machines—they have moving parts that can cause injury if you do not use them properly: You have to insert the pins correctly, you have to read the warning signs and follow the instructions and so on. Most of the lawsuits I've been involved with deal with accidents that occur with machines, not free weights. That's why machine manufacturers are getting better with their instruction plaques and warning statements they put on machines. It may be common sense to most people that you should not try to adjust a machine that is jammed, but to protect themselves, equipment manufacturers and gym owners need to take steps to make certain their clients are aware of such dangers.

BFS: Any final thoughts you'd like to share with our readers?

Rabinoff: Just because you have a 19-inch neck or look good in a leotard does not qualify you to work in the field of fitness and athletic training. All of us in this field, from coaches to gym owners to administrators, have to follow established rules and procedures for conducting our programs in weightrooms and exercise facilities. Only through communication and education can we provide the best training environment for our athletes and provide the best insurance against litigation. **BFS**



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The BFS Total Program consists of the Core Lifts, Auxiliary Lifts, Flexibility, Speed, Plyometrics, Agility and more.

The BFS System creates unbelievable intensity and progress in the weightroom. We guarantee that every athlete will break at least eight personal records per week - week after week, month after month, year after year. No other program comes even close!

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The BFS Readiness Program has been specifically designed for those athletes who are just starting out, as young as 7th grade. The philosophy is the same as with our advanced program. The main idea of the Readiness Program is to teach athletes how to lift with precise technique, all set out in a week to week format explaining exactly what is to be done. When the requirements are met athletes move to the advanced BFS Program

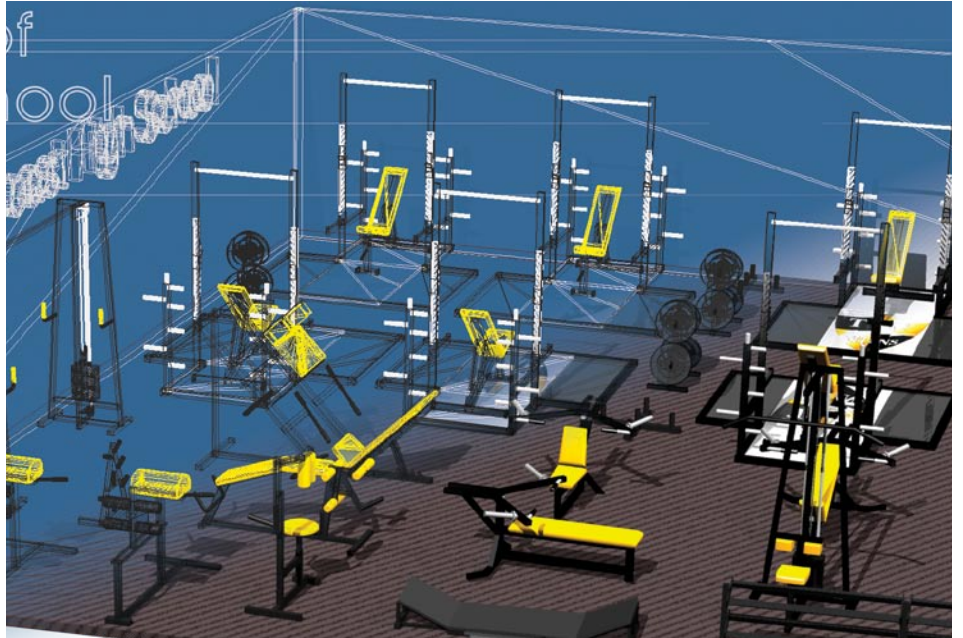


SUPERIOR WEIGHTROOMS = ATHLETIC DOMINANCE TRUST BFS - "FROM CONCEPT TO COMPLETION™"

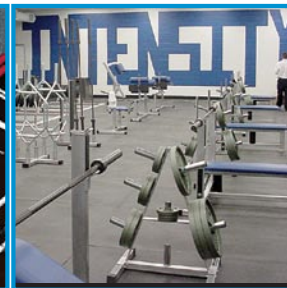
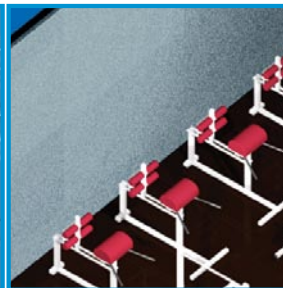
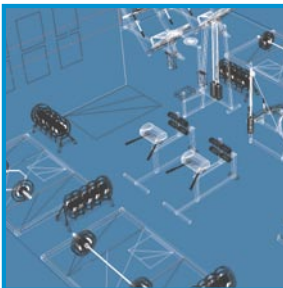
By using the latest in 3-D image rendering technology, BFS is able to provide state-of-the-art layouts of new weightroom concepts.

This tool is invaluable when promoting your ideal weightroom plan to administrators, boosters and the community.

With our many custom options the look of your facility is limited only by your imagination!



A new or updated weightroom is a source of pride and motivation for any program and can help build strength and character in all athletes. BFS will help you see your project through from planning to implementation.



BFS provides unmatched, ongoing support. With instructional clinics in safety and technique as well as coaches' certification courses BFS provides all the tools for raising your program to **THE NEXT LEVEL!**



Clinics Certifications **SUCCESS**



The safe, impressive weightroom at Poplar Bluff High School in Poplar Bluff, Missouri. It was designed by BFS Clinician Jim Brown, who is also a coach at the school.

ABCs of Weightroom Design

Practical tips on designing safe and effective weightrooms

“If you fail to plan, you plan to fail” is an axiom by Benjamin Franklin that applies to many different aspects of sports and physical fitness training. If a football coach does not scout the competition and devise the appropriate game plan, the team could lose to even inferior opponents. If a strength coach does not plan workouts to progressively

use heavier weights, athletes will not become stronger and may even regress physically. And in terms of weightroom facility planning, if you fail to carefully plan your facility, you will dramatically increase the risk of injuries to those using the facility. Nobody knows this better than Dr. Marc Rabinoff.

Dr. Rabinoff, whose work in the legal aspects of sports and fitness train-

ing is regularly profiled in *Bigger Faster Stronger* magazine, has been an expert witness in numerous lawsuits arising from faulty planning of weight-training facilities. He has been an expert witness in several cases involving athletes who were fatally injured by falling off treadmills because the machines were placed too close to a wall. Additionally, Dr. Rabinoff was consulted on five

cases in which individuals became paralyzed from using improperly designed Smith machines, one dying before the case went to trial. You might not hear about these types of lawsuits, as many are settled before they come to court. But the reality is that such cases are not uncommon; Rabinoff says that a few years ago one major health club chain had several hundred lawsuits pending against it. The saddest thing about this fact is that many of these injuries could have been prevented.

“I would estimate that 50 percent of all the litigations I have been involved with were a result of poor facility design,” says Rabinoff. “One of the major problems is having too much

equipment for the space available. Often this is a result of school administrators or gym owners listening to the advice of equipment manufacturers, who ignore safety considerations so they can sell as much equipment as possible to increase their bottom line.”

One of the services BFS offers is weightroom planning through the use of 3-D illustrations such as the ones provided in this article. These illustrations are drawn to scale to show you exactly how your weightroom can look, thereby ensuring proper use of available space and the best design for safe traffic flow. For example, whereas three feet of space between equipment might be adequate, treadmills might

require twice that amount. Having a 3-D illustration is also a great way to help generate funding for a new facility.

For detailed design standards and recommendations for equipment and facilities, the bible in this area is the *Annual Book of ASTM Standards*. Founded in 1898, ASTM International is a nonprofit organization that Rabinoff has served on that consists of committees working to provide standards for materials, products, systems and services. In many of the cases Rabinoff has participated in, the recommendations in ASTM’s annual publication provide much of the primary authoritative reference material. But to get you started, Dr. Rabinoff has come up with the following checklist to help you make your weightroom as safe as possible. BFS



One of the services BFS offers is weightroom planning through the use of 3-D illustrations.



Weightroom Design Checklist

Yes No

1. Weight Training Area

- Space allows for easy access to equipment
- Walls free of protruding objects

2. Signage (BFS Safety Package)

- Instructional signs visible and undamaged
- Signs posted emphasizing safety
- Signs posted stating spotting requirements, warnings and acknowledgment of assumption of risk
- Entry/exits visible, marked and unobstructed

3. Environment

- Air exchanges and ventilation adequate
- Lights functioning properly
- Ceiling space sufficient for overhead lifts

4. Flooring

- Nonslip
- Shock absorbing
- Easily cleaned, repaired and replaced
- Free of debris
- Platforms available for Olympic lifting exercises

5. Mirrors

- Positioned higher than largest weight plates
- Secured and unbroken
- Positioned away from activity
- Above and away from dumbbell racks
- Easily cleaned and replaced
- Cracked and distorted mirrors replaced quickly

6. Equipment maintenance and service

- Receipts and all paperwork available associated with purchase
- Manufacturers' contact information available (phone, E-mail, fax)

7. New member/student orientation (BFS Safety Package)

- Acknowledgement form signed (assumption of risk)

8. Weight training equipment

- Collars and clips
- Weight storage, dumbbell racks adequately positioned, easily accessible

Benches:

- Braced firmly
- Surfaces cleaned/disinfected regularly
- Warning signs visible and undamaged on equipment
- Weight machines, weight racks and anchor points securely anchored to wall/floor, where required
- Weight machines, squat racks have properly functioning safety stops

Weight machines, weight racks and pulley mechanisms:

- Cables not broken or frayed
- Mechanisms lubricated
- No nude-metal stress
- Corrosion free
- Nonslip material on pedals
- Nonslip rubber grips on machines

9. Cardiovascular/Circuit Training Area

- Warning signs visible and undamaged
- Climate controlled
- Nonslip flooring and drip mats
- Restrictions enforced for using area (regarding age or disability, etc.)
- Housekeeping: potential sites of infection controlled/disinfected
- Machine and equipment maintenance done regularly and documented
- Area supervised

10. Supervision by qualified staff

- Certified with practical and theory courses (BFS certification)

THE DARK SIDE OF SPORTS

Working Out During Class

Coaches and PE instructors must focus on doing their job when they are on the job

QUESTION: In the weightroom I am a coach who practices what he preaches. I don't believe in prescribing anything to my athletes that I can't do myself, so during class time I often work out with my athletes. I think this is something all coaches should do, as it really motivates my students, especially when they try to beat the old man. However, one of my fellow teachers says that from a liability standpoint this "may not be wise." Is there really a problem here?

ANSWER: Is what you're doing wise? No.

As soon as you do your own workout, supervision goes down the drain. You cannot supervise your class while concentrating on your own workout – it's like being in two places at the same time. It can't be done.

Regarding the issue of modeling technique for your students, that would be fine if you're

demonstrating while your students or athletes have stopped working out to watch you and therefore are not training. In fact, it often has a powerful impact when a PE instructor or coach can perform exercises or sport skills with perfect technique. You're a role model. But once you start doing your own workout in a gym, then you have a supervision issue that is nondefensible in a court of law. Why? Because you are

working out and not supervising.

You might argue that you did your own workout between the sets of your students that you were supervising, but it doesn't matter – it's irrelevant. You are not being paid as a professional physical educator or coach or trainer – whatever term you want to use – to work out. You're being paid to supervise, train and instruct students or athletes. And if you think that whatever happens in class is an accident for which you have no responsibility, you'd better think again.

It's called the "stand-alone defense." If you are working out during a class that you were supposed to be teaching, then you are not doing your job – consequently, you are in violation of your contract with the school. In effect the school administration is saying, "We're going to defend ourselves on what we do, but we're not defending you." Let me give you an example.



BFS Clinician Rick Bojak (far left) supervising proper lifting and spotting technique at a BFS clinic.

Let's say a student sues both the school and you for negligence because he or she was hurt during a class and you were working out at the time. The school can say that you were in violation of your contract and therefore are not covered by their school insurance policy – you will therefore have to pay your own legal fees and settle all court decisions out of your own pocket.

Now what happens if a kid is spotting you and you get hurt? Well, if it's in the act of you demonstrating an exercise to the class and no one was working out, then it's simply an accident. Let's say that you were demonstrating a bench press in your high school freshman weight training class and you missed the lift and injured a rotator cuff muscle because your spotter wasn't paying attention. Could you sue the school or the 15-year-old who was spotting you? Sure – you can pretty much sue anybody for just about anything at any time. Will any attorney take your case? I doubt it.

Beyond the Gym

It's important to understand that the legal problems of working out while you are teaching or supervising extend beyond the weightroom. The liability issues apply to all sports. I learned that a long, long time ago when I was student teaching swimming back in 1969 at the age of 21.

One of the first things my supervising teacher told me back then was “No matter what you do, Marc, do not go into the water during class.” When I asked him why, he said, “As soon as you dive into the water, you've lost control of your class. And if one kid turns around and punches out another one while you're underwater, we're done.” He told me that in 1969; and since then, no matter what classes I've ever taught, I make certain to never lose

contact with my class.

Going beyond theory, I'm currently consulting on a case in which a PE instructor was teaching a condition-

didn't watch it, he wasn't right there, and he didn't see it. And that's how the instructor testified in his deposition. When asked where he was when this



There is a time to coach and a time to train. Here is Dr. Marc Rabinoff (far right) with fellow weight training instructor Glenn Morris (far left) supervising assisted pull-ups in a weight training class at Metro State College in Denver, Colorado.

ing class, and part of the class time was spent running around an indoor track. The teacher decided to run with the class in the back of the group, running slowly because he was trying to rehab a recent injury. During the class, in the front of the group, a heavyset kid picked up a smaller kid, smashed him to the ground, breaking the smaller kid's elbows, wrists and jaw. The teacher didn't have any idea what was going on since he was so far in back. He

incident occurred, he said he was in the back of the pack working out!

Finally, you need to realize that whatever rules apply to you as a PE instructor or coach, they also apply to your student teachers, interns and older athletes who are helping you teach the class. During a class in which they are supposed to be coaching or supervising is not the time for them to be working out. They need to do their job, as do you. Period. **BFS**

(The “Dark Side of Sports” is a question-and-answer feature by Dr. Marc Rabinoff that answers questions about safety and liability based upon actual litigations. The questions are based on questions BFS clinicians have heard through their seminars, e-mails and phone conversations with coaches and parents.)



THE BFS TOTAL PROGRAM



THE BFS TOTAL PROGRAM

The Bigger Faster Stronger Total Program is a total conditioning program for all athletes regardless of sport, age or gender. The BFS program improves all aspects of athletic performance, including strength, power, speed, agility and flexibility. It also creates unbelievable intensity and progress in the weightroom. We guarantee that every athlete will break at least eight personal records per week—week after week, month after month, year after year. No other program comes even close!

Since 1976 the BFS Total Program has been used by over 10,000 high schools not just to improve performance on the football field, but to unify all sports programs to improve all school sports. Such unification makes the organization and administration of all strength and conditioning programs much easier so that coaches can spend more time coaching.



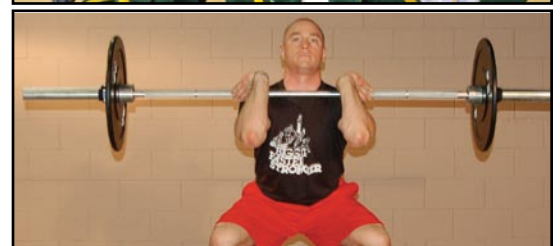
PROGRAM OVERVIEW

The BFS Total Program workout is set up on four-week cycles. Each cycle consists of three 45-minute workouts per week to build strength with weight training, and two workouts devoted to improving agility, running speed, jumping ability, and muscular endurance. Flexibility training is performed every day. During the season, the athlete only trains twice a week but still strives to break personal records – after all, why train your body to be weak?

One of the most important principles of our strength program, especially our Readiness program for middle school athletes, is to never sacrifice technique to lift heavier weights. To help achieve perfect technique BFS has developed six training principles called “Absolutes” that are amazingly effective in teaching perfect technique, not only in the weightroom but also in any sport. Learn the BFS Six Absolutes and you can elevate your strength and sport coaching abilities dramatically.

THE BFS TOTAL PROGRAM BUILDS BALANCED ATHLETES

- STRENGTH TRAINING
- YEAR ROUND TRAINING
- RECORD KEEPING
- SPRINT TRAINING
- AGILITY TRAINING
- ENDURANCE TRAINING
- FLEXIBILITY TRAINING
- PLYOMETRIC TRAINING
- REST & NUTRITION
- SKILL TRAINING
- GOAL SETTING
- TEAM BUILDING
- TAKE CHARGE!**



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~Tom Stewart,
Rush-Henrietta High School, NY
District Director of Physical Education



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