

BIGGER FASTER STRONGER

Premier Digital Issue!
May June 2014
\$2.99

BFS

*Budget-Friendly
Racks and Rigs*

p16

*Biomechanics
Made Simple*

p12

*The Dufour-Lapointe Sisters
Striking Gold in Sochi*

p20

D1

D1 Double Half Rack: \$3595

#5D197D l-99" w-90" h-104"



PREMIUM RACKS & PLATFORMS FROM BFS

BFS is producing the finest weight room equipment available. With the D1 line our exceptional value for dollar is increased.

D1 is made for the most demanding, high profile programs. Built in the USA with 3" by 3", 11 gauge steel tubing and chromed and laser cut guides D1 racks, platforms and benches are a must see addition to the BFS universe!

STANDARD FEATURES



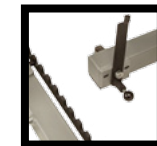
▶ 7-gauge chrome-plated adjustment system with laser cut numbering



▶ 4 upright Olympic bar holders



▶ Chrome-plated Olympic plate size horns angled for safety



▶ Bench Docking System for use with Bench #5D107



▶ Multi-grip pull-up bar



▶ Multiple pegs on each side for band resistance exercise

PACKAGE OPTIONS



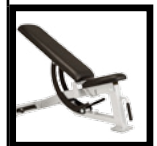
▶ A. Swivle Handle Chin Up Option: \$145



▶ B. Dip Attachment: \$225



▶ C. Land mine option for fulcrum lifts: \$205



▶ D. D1 Bench with docking system \$605



▶ E. Modular Power Clean Platform: \$1695

▶ Custom Logo Available \$299 Call BFS



D1 FULL CAGE: \$2795

#5D196 l-80" w-66" h-104"



MADE IN THE USA

PREMIUM RACKS & PLATFORMS FROM BFS

Racks and Benches built from massive 3" x 3", 11 gauge steel for the demanding environments of training team sports and commercial facilities.

Loaded with top of the line features like laser etched and numbered guides, chromed plate storage pegs and versatility enhancing band hold downs the D1 line has it all.

Add expansion items such as swivel handle chin-ups and "land mine" Olympic bar fulcrums to fully customize your racks for your individual requirements.

STANDARD FEATURES



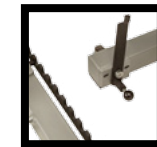
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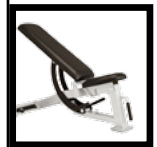
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▶ C. Land mine option for fulcrum lifts: \$205



▶ D. D1 Bench with docking system \$605



▶ E. Modular Power Clean Platform: \$1745

▶ Custom Logo Available \$299 Call BFS

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A Message from BFS Editor Kim Goss, MS



BFS Goes Viral

Although BFS's success is rooted in tradition, we make a point of keeping current with technology. This month we are proud to present the inaugural online-only issue of BFS magazine.

We've been publishing BFS since 1980, and in 2005 we changed from publishing quarterly to bimonthly. Only by printing six issues per year instead of four could we keep up with the demand for quality information about athletic fitness and character education for young athletes.

Then several years ago we began to put our past issues online – every issue, every article. While the earlier issues had to be converted into primarily a text format, for the later issues we have been able to pro-

vide free, downloadable PDF files of every article exactly as they appeared in the magazine. We've heard from countless coaches who make many of these articles "bulletin board" material, along with health science instructors who use BFS articles in their classes to expand their curriculum.

A win-win system, but not perfect; it can take several weeks from the time we start producing an issue to actually getting physical copies into our readers' hands. Then it takes more time to get the online version posted on our website. That's why we decided it was time for a change.

As of this issue for May/June 2014 we are continuing to produce six issues of BFS magazine a year, but three of these will be published as online-only issues that appear on our website without delay. You can share these online issues with others right away. Another benefit is that should we become aware of a published error, we can correct it immediately.

This issue contains many features we hope will interest you. Sesely Omlis is, pound-for-pound, one of the strongest multisport athletes we have ever seen. She has cleaned 190 pounds (at a bodyweight of 140 pounds), bench pressed 185 pounds, and squatted and deadlifted 300 pounds. Add to those accomplishments a 3.96 GPA, and you have what we at BFS like to call "A True 11."

Another great story we want to share with you is the accomplishments of the Dufour-Lapointe sisters at the 2014 Olympic Games in Sochi. Justine and Chloé earned gold and silver in moguls skiing, and their sister Maxime finished an impressive 12th in the world. Besides these unprecedented accomplishments, what also attracted our interest in the story was that these three sisters are trained by Canadian strength coach Paul Gagné. Gagné has been featured in several issues of BFS, including September/October 2010 as the cover story, for his unique approach to postural correction and advanced athletic training.

At BFS we're excited about this new, viral era of the magazine. We hope you enjoy this issue.

Kim Goss, MS

Editor in Chief, BFS magazine

kim@bfsmail.com

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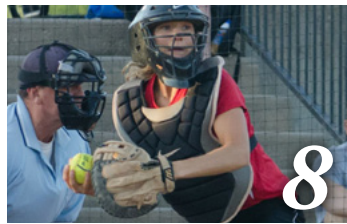
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BFS Magazine

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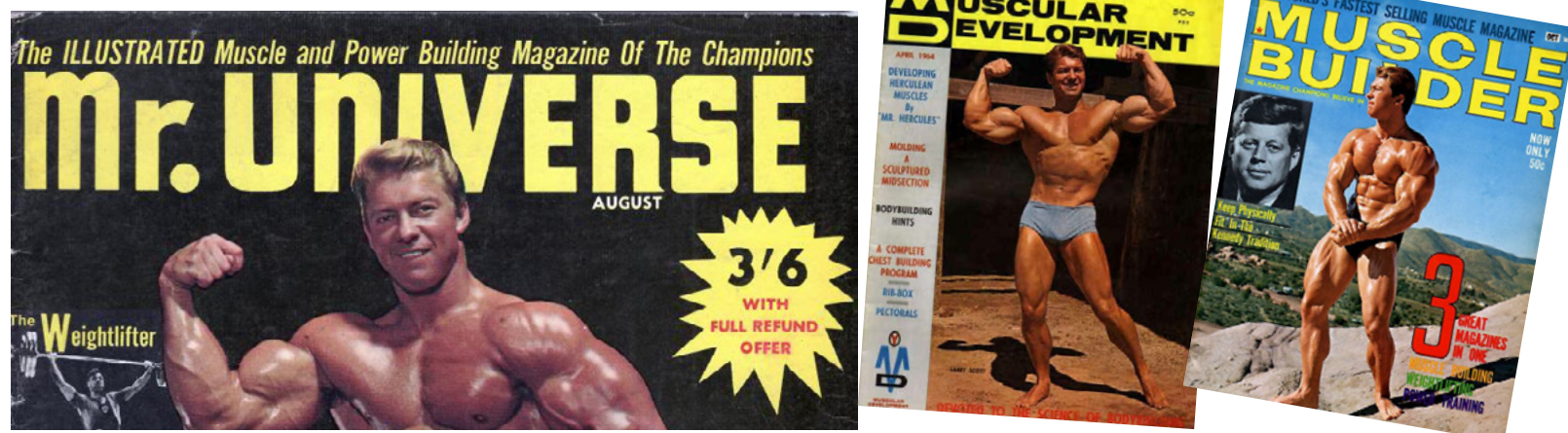
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Whats Happening



Mr. Olympia Larry Scott: 1938-2014

The Iron Game lost a legend on March 8 when Larry Dee Scott passed away at the age of 75. In 1965 Scott won the inaugural competition of the most prestigious bodybuilding competition in the world, the Mr. Olympia.

Scott competed at a bodyweight of 205 pounds, and his biceps were considered the best of his era and measured 20 inches. His favorite exercise was the barbell curl on the preacher curl bench, and he popularized this exercise to the extent that the bodybuilding community renamed it the Scott curl. Along with drawing attention to this exercise, he helped popularize the split system of training, in which major muscle groups are trained on different days, a method that Scott credits to Dave Fitzen from Salt Lake City.

Scott's road to bodybuilding immortality wasn't an easy one. By the age of 16 Scott had reached his full adult height, 5 feet 8 inches, weighed only 120 pounds

and possessed relatively narrow shoulders.

Through hard work, good nutrition and intelligent training guided by bodybuilding guru Vince Gironda, Scott overcome his weaknesses and began winning bodybuilding titles. His first major victory was the Mr. America in 1962, followed by the Mr. Universe in 1963 and 1964. After winning his second Mr. Olympia title in 1966, he announced his retirement. The reason he gave was that just like his idol Rocky Marciano, he wanted to finish undefeated.

Scott always stayed in excellent health and still possessed an impressive physique in his 70s. He died of complications from Alzheimer's disease. Scott is survived by his second wife, Rachel, and their five children. In a statement after Scott's death, Arnold Schwarzenegger said, "We'll all miss the Legend, Larry Scott, a great man who inspired millions."

Team BFS Goes to the Arnold

The 2014 Arnold Weightlifting Championships were held February 28 to March 1, and Lindsey Cardinal, one of BFS's own, made a big impact. Cardinal, who represents the Team BFS Weightlifting Club, competed in the international team qualifier event.

Cardinal, who took up the sport last winter, broke two personal records and a total of the two lifts that exceeded the New England record, which has stood for 22 years. She made a personal record snatch of 80 kilos (176 pounds), which tied the New England record, and clean and jerked her official best of 101 kilos (223 pounds). Cardinal has competed in seven meets in just over four months, has made 35 out of 42 attempts, and has increased her total by 25 kilos (55 pounds).

A month after the competition, on April 4, Cardinal (formerly Lindsey Spencer) married former Team BFS weightlifter Michael Cardinal in a private ceremony in East Greenwich, Rhode Island. Both are graduates of Utah State University in Logan, Utah.

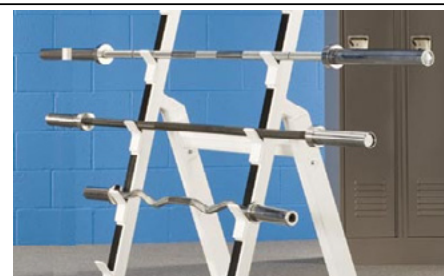
BFS COACH'S MARKETPLACE

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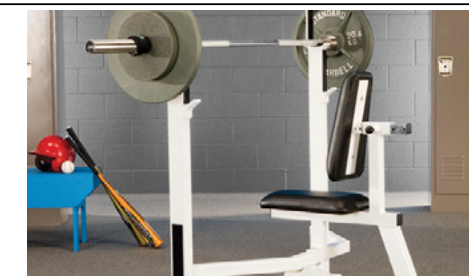
Adjustable Decline Bench

Item #: 50409
Promo Code 0414WETS1



5-Bar Horizontal Rack

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Varsity Olympic Military/Shoulder Press

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Plate Loaded Reverse Back Extension

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Plyo Bar

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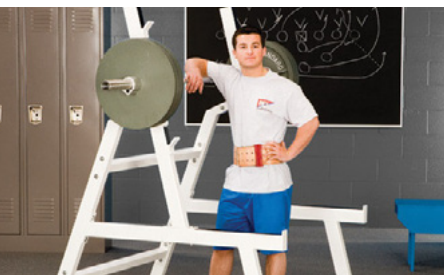
3-Way Hip Sled

Item #: 50720
Promo Code 0414WETS1



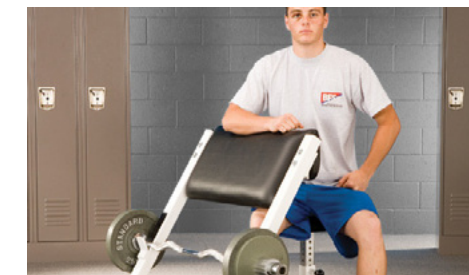
Olympic Plate Rack

Item #: 52844
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Angled Squat Rack

Item #: 50142
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Arm Curl Bench

Item #: 51011
Promo Code 0414WETS1



Varsity Power Clean Platform

Item #: 60154B
Promo Code 0414WETS1



Unilateral Power Press

Item #: 50195A
Promo Code 0414WETS1



Varsity Half Rack with Platform

Item #: 60198
Promo Code 0414WETS1



D1 Olympic Bench

Item #: 50401A
Promo Code 0414WETS1



45 Degree Hyper Extension

Item #: 51331
Promo Code 0414WETS1



Varsity Olympic Decline

Item #: 50403
Promo Code 0414WETS1

BFS is the complete solution!

BFS is the go to resource for equipment for every institution. Our Varsity line of racks, benches and platforms is top quality equipment designed to get the most out of even a limited budget. Right now many items from this line are on sale at even lower prices!

Many specialty, or individual use products on sale! Many weight rooms cater to specific training methods for specific results. BFS has the machines to fill these niches and right now many of these products are on sale at 25% off!

[Go to BFSsale.com](http://BFSsale.com) for complete list of sale items!



TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



Exercise Instruction
Character Education
Coaches Sessions
Weight Room Safety
Weight Training,
Weight Room
Evaluation



BFS PRESENTATIONS IN 4 FORMATS COMBINE FOR 11 OPTIONS TO COVER YOUR UNIQUE SITUATION

Bring BFS into your School



4 Building Blocks are the Foundation of the BFS Camps Clinics and Certification program. With two flavors of the **Total Program Clinic**, the character education benefits of the **Be An 11 Seminar**, and the Strength, Conditioning and Safety instruction of the **WRSC** you can find the combination that your program needs!

2 Day Total Program Clinic: Up to 12 hours of hands on strength & conditioning training for athletes & coaches, core lifts, auxiliary lifts, speed, plyometrics, etc... Coaches only break out session starts off the clinic to ensure you are able to immediately put the total program in use for your team. A BFS instructor will come to your school and show you how to unify your athletic program so athletes can progress year-round. The 2-day clinic permits more hands-on instruction for every coach, teacher and student/athlete.

1 Day Total Program Clinic: Up to 6 hours of Hands on Strength & Conditioning Training for Athletes & Coaches, Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic

Be An 11: Up to 3 hours of Character Education, Goal Setting, Team Building Activities, Championship Attitude Activities, Community Support, Unification, etc... See **page 24** of this magazine to learn how a Be An 11 seminar can inspire your teams and student body!

WRSC: (In-Service or Regional Certifications Available) A BFS Weight Room Safety Certification provides a minimum of 8 hours of Hands on Teaching Protocols, Program Implementation Details, Safety & Liability Details, Weight Room Evaluation, Core Lifts, Auxiliary Lifts, etc... WRSC includes one year of online video training support. See **page 48** to learn more!

Explore your options

Find a complete list of available camps clinics and certifications on page 7



Learn More about the Total Program at www.biggerfasterstronger.com



TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS

Start Your Championship Journey With BFS!



A BFS Championship Camp & Coaches WRSC
2 Days, 50 Athletes & 5 Coaches: \$6980 Product # 800A
Be an 11 Seminar · 2 Day Total Program Clinic · In-Service Weight Room Safety Certification

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 \$2990	\$1495
2 DAY TPC \$3990	\$3990
IN-SERVICE WRSC \$3195	\$1495
IMPLEMENTATION PACK-AGE \$3500	\$0
TOTAL: \$12,675	\$6980

Save Over \$6695!

WRSC: \$299 per coach over 5
Camp: \$40 per student over 50

Implementation package

Valued at over \$3,500 the implementation package contains equipment, instructional materials and ongoing support to allow you to take charge of your program immediately after the conclusion of your Championship Camp!

Includes:
Complete Weight Room Evaluation and 2D weight room layout design, Set Rep Logs, Youth Training Bar Package, Total Program DVDs, Be An 11 books, camp t-shirts, 4 month magazine subscription for all athletes and students attending, WRSC Support for certified coaches and much, much more!

Experience, Tradition, and Value:

The BFS Championship Camp delivers a winning culture to your school - in athletics and in life!

B BFS Championship Camp
2 Days, 50 Athletes \$5485
Product # 800B
Be an 11 Seminar · 2 Day Total Program Clinic

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
2 DAY TPC \$3990	\$3990
IMPLEMENTATION PACK-AGE \$2500	\$0
TOTAL: \$9480	\$5485

Save Over \$3995!

Camp: \$40 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, Weight Room Evaluation, Total Program DVDs, Be An 11 books, camp t-shirts and much more!

G Be An 11, Coaches WRSC
50 Athletes & 5 Coaches:
\$4735 Product # 800G

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 SEMINAR \$2990	\$2990
IN-SERVICE WRSC \$3195	\$1745
IMPLEMENTATION PACKAGE \$2500	\$0
TOTAL: \$8685	\$4735

Save Over \$3950!

Be An 11: \$30 Per student over 50
WRSC: \$349 per coach over 5

C Be An 11, Coaches WRSC
1 Day Total Program Clinic,
50 Athletes & 5 Coaches:
\$6480 Product # 800C

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1495
IMPLEMENTATION PACK-AGE \$3000	\$0
TOTAL: \$12,675	\$6480

Save Over \$6195!

Be An 11: \$20 per student over 50
1 Day Clinic: \$20 per student over 50
WRSC: \$299 per coach over 5

Implementation package valued at over \$3,000. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, WRSC Support and much more!

H Coaches Weight Room Safety Certification
10 Coaches Minimum
\$5190 Product # 800H

Pricing

INCLUDES TRAVEL, AIR FARE AND EXPENSES

10 COACHES
10 COACHES X \$399 - \$3990 + 1200 DEPOSIT
Total: \$5190

WRSC: \$399 per coach over 10
Implementation package worth over \$2,300.

D Be An 11 Seminar,
1 Day Total Program Clinic
50 Athletes: \$4985
Product # 800D

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IMPLEMENTATION PACK-AGE \$2500	\$0
TOTAL \$8980	\$4985

Save Over \$3995

Be An 11: \$20 per student over 50
1 Day Clinic: \$20 per student over 50

Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, Be An 11 books, and much more!

I 2 Day Total Program Clinic,
50 Athletes \$3990
Product # 800I

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

2 Day Clinic: \$30 per student over 50
Implementation package worth over \$1,500.

E 2 Day Total Program Clinic, Coaches WRSC
50 Athletes & 5 Coaches:
\$5735 Product # 800E

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE: 50 STUDENTS	PACKAGE
2 DAY TPC \$3990	\$3990
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACK-AGE \$2500	\$0
TOTAL: \$9685	\$5735

Save Over \$3,950!

2 Day Clinic: \$30 per student over 50
WRSC: \$349 per coach over 5
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

J 1 Day Total Program Clinic,
50 Athletes \$3490
Product # 800J

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

1 Day Clinic: \$30 per student over 50
Implementation package worth over \$1,500.

F 1 Day Total Program Clinic, Coaches WRSC
50 Athletes & 5 Coaches:
\$5235 Product # 800F

Pricing and Savings

INCLUDES TRAVEL, AIR FARE AND EXPENSES

RETAIL PRICE	PACKAGE
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACK-AGE \$2500	\$0
TOTAL: \$9185	\$5235

Save Over \$3,950!

1 Day Clinic: \$30 per student over 50
WRSC: \$349 per coach over 5
Implementation package valued at over \$2,500. Includes Set Rep Logs, equipment, Total Program DVDs, WRSC Support and much more!

K Be An 11 Seminar
50 Athletes \$2,990
Product # 800K

PRICING INCLUDES TRAVEL, AIR FARE AND EXPENSES

Be An 11: \$30 per student over 50
Implementation package worth over \$1,000.

Package Details and Information: All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit www.biggerfasterstronger.com/camps. Here you will also find helpful hints and instructions on what you can do to prepare for your BFS clinics. **All** dates must be booked 30 days prior to clinic date.
Book early to lock in your preferred dates.

Combine your clinics and save!

Call 800-628-9737 to learn about bringing BFS to your school



Learn More about the Total Program at www.biggerfasterstronger.com





Multisport Powerhouse Sesely Omli

Good things come in small-town packages

by Kim Goss, MS

It's been said that "talent prevails," but the talent pool at a small school rarely teems with athletes who reach exceptional levels. This was the case with Ell-Saline High School, located in the city of

Brookville, Kansas, population 262. That is, until Sesely Omli showed up.

"In 38 years of coaching I have never worked with a student who comes to class more prepared to improve than Sesely," says the Cardinals' head

football and strength coach, Terry King. "Sesely is an amazing talent." What makes this high school senior so impressive?

Sesely is, first of all, a student-athlete. She carries a 3.96 GPA and plans to attend college to study kinesiology and dietetics. She also is involved in many activities at school and church and in her community, such as Big Brothers Big Sisters, Relay for Life, and Gravity Youth Ministry. She also works as a student aide, helping with the freshman PE classes. King says, "Sesely does a great job working with these students – she genuinely likes to help others with less ability."

As a talented multisport athlete, Sesely contributes to the overall success of the entire athletic program. She was an All-State catcher in softball in her sophomore and junior years, with the Cardinals reaching the state finals all three years. She has been an all-state setter in volleyball – her team placed second in state in her junior year – and she has been a starter on the basketball team for three years.

Although her favorite sport is basketball, Sesely believes that her best sport is softball, which she has been playing since the second grade. Sesely explains that she reached her full height in middle school, and when she transferred into high school



Sesely is a multisport athlete who plays basketball, volleyball and softball at Ell-Saline High School in Brookville, Kansas.

she was considered relatively short for basketball and had to move into a guard spot. “This transition was tough for me because I didn’t have the ball handling skills that I needed.”

Her accomplishments in athletics, academics and community activities are remarkable, and on a scale of 1 to 10 Sesely is definitely an 11 – but there’s more.

At Ell-Saline, Coach King has implemented a year-round weight training program to help Cardinal athletes fulfill their physical potential. He encourages

all athletes to focus on the BFS core lifts, such as the power clean, back squat and bench press, and his athletes continue to train hard both off-season and in-season. Sesely has embraced the program, working side-by-side with the strongest boys in the school. As a result of her hard work and physical gifts she has become, pound-for-pound, one of the strongest multisport high school athletes in the country.

At a height of 5 foot 4 and a bodyweight of 140 pounds, in her sophomore year Sesely broke state weightlifting records in the clean, squat, bench

press and total. In her junior year, her best lifts were a 160 clean, 300 squat and a 170 bench press; this year she has done a 190 clean (full squat style), 300 squat and 185 bench. In competition Sesely squats to parallel, but in training goes slightly below parallel. She also can deadlift 300 pounds, although she hasn’t done a 1-rep max on that lift recently. Sesely says her favorite lift, but also the most challenging from a technique standpoint, is the clean.

Sesely recalls that when she signed up for her first weight training class, she didn’t have any fears of becoming muscle bound. “When I started lifting, I



BFS Success Story

was a bit chubby, and after I started lifting I saw myself leaning down, so I wasn't worried about gaining muscle." Sesely also has two brothers who play college football, Tate and Toby, and they have been very supportive of her lifting. She also has a sister, Sydney, a freshman at Ell-Saline and multisport athlete who also plays softball, basketball and volleyball and believes she has the potential to break all her sister's weightlifting records.

Brookville is a rural community located in central Kansas. Sesely's graduating class will number about 40 kids, many that she's known nearly all her life. In a school environment such as this, everyone knows everyone else, Sesely says. "That keeps you grounded – we don't have any cliques at our school." She also says that the community is supportive of their athletic programs with good turnouts

for games and bonfires that ignite the spirits of the team and spectators alike. Although Sesely has a full plate of activities at school and in the community, she works part time as a lifeguard at a local water park.

Coach King points out that Sesely is disciplined and determined and will not be sidetracked in her goals of success: "She strives hard each day to reach her full potential and become the best person she can be, and gets better every day. Sesely will not back down, comes to every class with a plan, and executes that plan to perfection to achieve her goals." Sesely Omlie is a model student-athlete who has taken advantage of all her opportunities and is enjoying the high school experience. We look forward to seeing what this hometown success story does next!



Sesely visiting with Team BFS weightlifter Lindsey Cardinal on a recent trip to Rhode Island. Sesely carries a 3.96 GPA and plans to attend college to study kinesiology and dietetics.

At a height of 5 foot 4 and a bodyweight of 140 pounds, Sesely's best lifts include a 185-pound bench press, a 190 clean, and a 300 squat.



“Be An 11 has
changed my life!
I WILL
BE AN 11!”
- Katie Heinlen

“The most inspiring night of my life!”
~ Kyle Meyers, Rutherford B. Hayes High, OH

BE AN 11 Seminars!



“Every school in the nation should schedule a Be An 11 Seminar today!
It is without a doubt the best thing that has happened to our school.”
- Coach T. Cox

“Reaffirmed the reason I entered coaching 25 years ago.”
- Coach Al McFarland

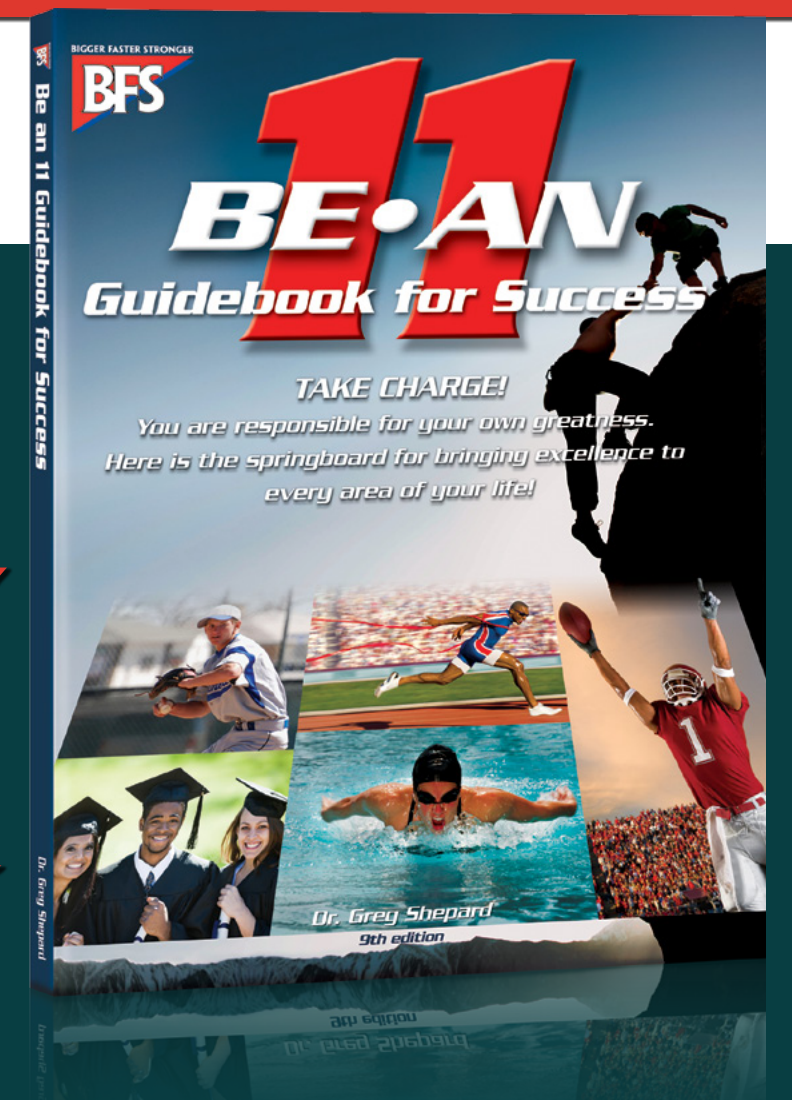
“This is exactly what our school - and community - needed.”
- Coach Fox

HERE'S HOW IT WORKS - BE AN 11 SEMINAR \$2,990 ITEM #800K

- ▶ A BFS Presenter will come to your school and will spend up to three hours inspiring, motivating and educating your athletes how to become true elevens!
- ▶ The cost is only \$2,990 for 50 athletes. Additional athletes only \$30 each. Includes the Be an 11 Guidebook!
- ▶ All travel fees included in price. No hidden fees!
- ▶ Book your dates now! First come - First Serve.

INTERESTED SCHOOLS CAN REQUEST A FREE BE AN 11 BOOK & SEMINAR LITERATURE

- ▶ Christian B11 Seminar is also available
CALL FOR DETAILS
- ▶ Package your Be An 11 Seminar with a Total Program Clinic or a BFS Weight Room Safety Certification (WRSC) and save while bringing the BFS program to your school. See the inside front cover of this magazine to learn about how to bundle and save on BFS camps and clinics!



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Online





BFS Program

Upgrade Your Coaching with the Six Absolutes

A simple way to teach optimal lifting and sports technique

In the coaching profession there is an overwhelming amount of information available about biomechanics. If you want to know the optimal position of your thumbs at the start of a 40-yard dash, you could probably find some research study on it. Although these details are important at the highest levels of competition, most coaches simply need to know the basics of human movements. That is where the Six Absolutes come in.

Rather than presenting complex science terms and mathematical equations, BFS offers a simple way to teach basic biomechanics for athletes. It's called the BFS Six Absolutes, created by BFS founder Dr. Greg Shepard.

The Six Absolutes are six training principles that are amazingly effective in teaching perfect technique, not just in sports but also in the weightroom. Coaches who practice the BFS Six Absolutes can dramatically

elevate their athletes' strength and their own coaching ability.

What are the Six Absolutes? Here they are:

1. Use an Athletic or Jump Stance
2. Be Tall
3. Spread the Chest (lock-in the lower back)
4. Align the Toes
5. Align the Knees (knees over toes)
6. Eyes on Target

As with the BFS concept of developing a total program for all athletes, the Six Absolutes are used to unify the terminology coaches use when training athletes, whether it's on the court, on the playing field or in the weightroom. Let's say an athlete is performing a deadlift. One coach may say, "Stick out your chest!" and another may say, "Pull your shoulders back." Instead, both coaches can say, "Spread the chest!" Likewise, when a batter is slumped over the plate, a coach can shout, "Spread the chest!" to help the athlete get into a better hitting posture.

Charles Cook of Parish Episcopal High School is using the concept of "Eyes on Target" to make a big play. This Texas school was featured in our January/February 2011 issue.



BFS Program

The concept of the Six Absolutes was created by BFS Founder Dr. Greg Shepard. Here is Coach Shepard spotting when he was a strength coach at Brigham Young University.

The Six Absolutes are discussed in detail in our clinics and certifications. For now, here is a quick overview of each Absolute.

1. Use an Athletic or Jump Stance. In most sports and weight training exercises there are two basic foot stances, a jump stance and an athletic stance. With a jump stance the feet are directly under the hips, and this is the best stance for generating speed and jumping power. An athlete would use this type of stance when performing a vertical jump or a deadlift. With an athletic stance the feet are approximately shoulder-width apart, which is the best stance for providing stability. When an athlete catches the bar in a snatch or clean, an athletic stance will provide more stability.

2. Be Tall. Good posture improves athletic performance and reduces the risk of injury. An athlete can't slump or lean forward outside their center of gravity and expect to perform well. The Be Tall Absolute should be used with most lifts in the weightroom. When performing the hex bar deadlift, focusing on being tall throughout the entire lift helps ensure that the spine is in proper alignment and that the legs



are being properly used during the lift. Outside the weightroom, the Be Tall Absolute should be used as often as possible. For example, after athletes reach full speed in sprinting, they should be sprinting “tall” (Be Tall).

3. Spread the Chest (lock-in the lower back). The lower back must assume a concave position, or “neutral spine,” which is how exercise physiologists refer to this position. When athletes spread their chests, the lower back will start to lock in properly in a concave position. When an athlete performs a back squat, spreading the chest helps ensure that the spine is



BFS Program



The Six Absolutes can be applied to lifting and stretching. In the snatch lift, for example, the athlete moves from a jump stance to an athletic stance. In the hamstring stretch shown, both the toes and knees must be in alignment to get the desired effect from the exercise.

of injury. If a football player looks down during a tackle, their head will drop and this could result in a neck injury.

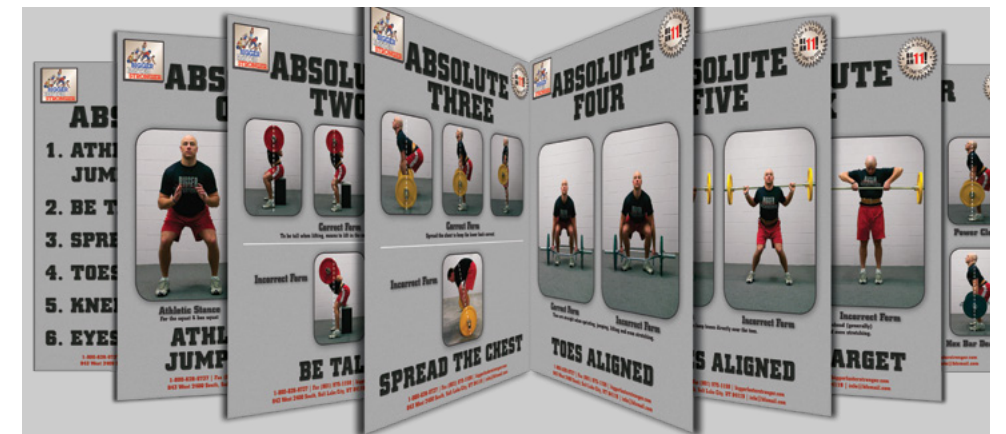
The study of biomechanics is complex and ever expanding, but a great place to start is by applying the Six Absolutes. Give them a try and you'll see significant improvements in weight training technique and athletic performance.

in this safe, neutral position. When a baseball player steps up to the plate, spreading the chest will position their upper body to generate the most power to their swing.

4. Toes Aligned. Athletes should always strive to have their toes in optimal alignment. When using a jump stance, the toes should be straight ahead; when using an athletic stance, the toes should be pointed slightly out to improve balance. This principle of Toes Aligned can also be used with stretching, jumping and sprinting.

5. Knees Aligned (knees over toes). In addition to having the toes in alignment, athletes must also keep their knees aligned with their toes. In jumping, landing with the knees buckled inward places the athlete at a high risk of injury. Likewise, not having the knees aligned will reduce speed and power.

6. Eyes on Target. Eyes on Target refers to the importance of focusing the eyes on the athlete's immediate goal. Eyes on Target is a useful tool to use in the weightroom because the spine will follow the head, and the head will follow the eyes. If an athlete looks down during a deadlift, their head will drop and their spine will round, placing their lower back at risk

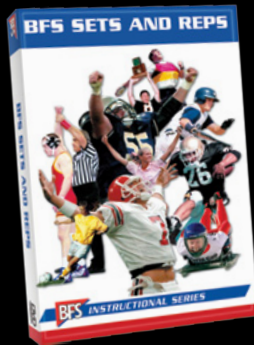


Posters describing each of the Six Absolutes are great learning tools to remind athletes of the importance of always focusing on perfect technique.

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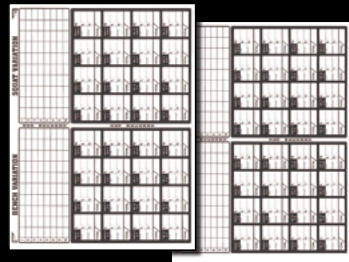
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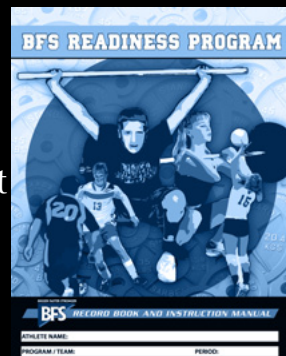


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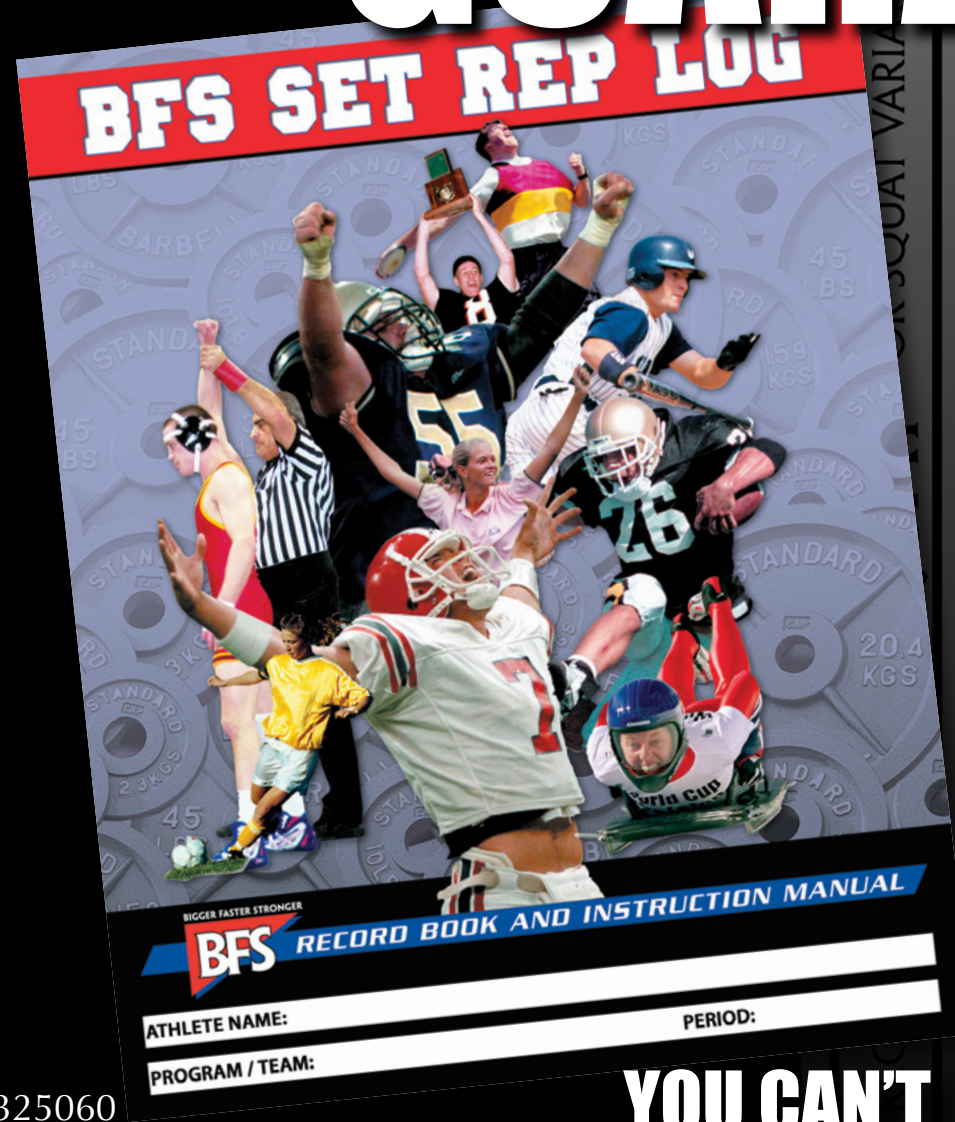
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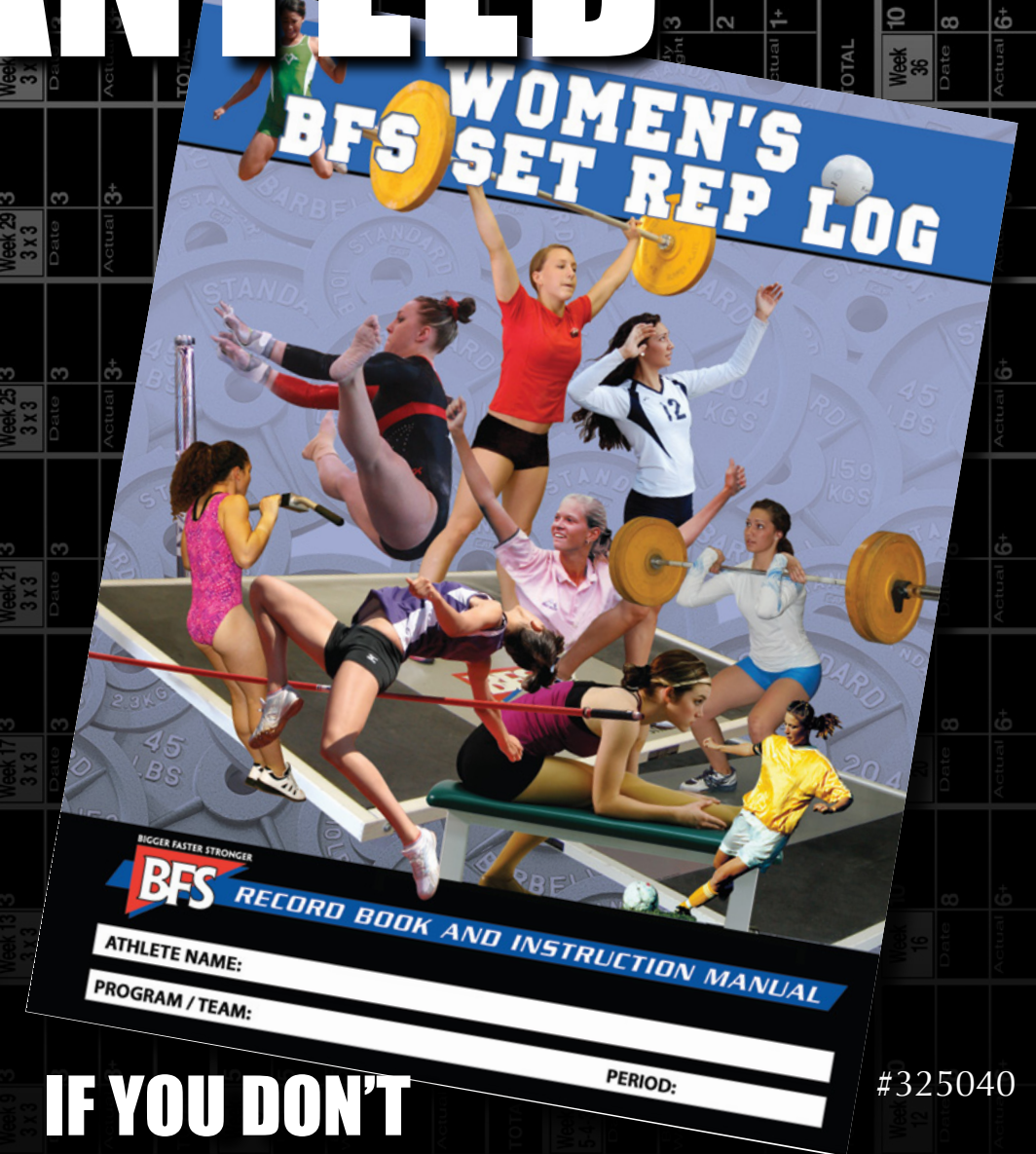


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BXI racks and rigs are built with primarily 3-inch x 3-inch steel tubing for maximum durability.

Boot Camp and Strongman Training on a Budget

The BXI line of rigs and racks is revolutionizing an industry

At the college level, strength coaches often purchase equipment to impress new recruits and booster club sponsors. Fancy details such as chrome framing and custom logos certainly improve the esthetics of exercise equipment, but they don't improve their function or durability. Getting max benefits at a lower cost makes better sense for the majority of programs. That's the inspiration for offering commercial-grade equipment at a BFS price.

If you're on a budget and can't afford all the bells and whistles associated with ultra expensive equipment, consider BXI equipment. This line of equipment now includes many of the racks and rigs associated with popular "boot camp" programs used for general physical fitness, and with specific types of conditioning required in athletic fitness programs.

Training and Equipment

BFS has always promoted the off-season and in-season use of basic multijoint exercises that work the major muscle groups, such as squats and power cleans. However, we also encourage the use of auxiliary exercises, such as those performed on chin-up stations and with strongman equipment. In strength and conditioning programs, for example, many strongman exercises are used as “finishing” exercises to improve muscular endurance.

One example of a strongman exercise is the farmer’s walk, an exercise that originated in agricultural Scotland hundreds of years ago. At that time there were many events at local festivals and fairs designed to test strength, and the farmer’s walk was one of the most popular.

The BXI farmer’s walk implements have two heavy-duty handles that are attached to two large cylinders – the entire unit is made of heavy-duty steel designed for both indoor and outdoor use. The sleeves on each end of the cylinders allow for adding additional resistance in the form of weight plates. The BXI cylinders are designed to fit Olympic-standard bumper plates – which are a must if they are being used indoors to protect the floor – and Olympic-standard steel plates. Collars will prevent the plates from slipping.

A farmer’s walk consists of simply picking up the cylinders and walking with them. The cylinders are



The BXI farmer’s walk implements are made of heavy-duty steel designed for both indoor and outdoor use.

much better for this purpose than dumbbells, which can bang against your thighs and also adversely affect your walking mechanics; likewise, hex bars are not recommended because their design restricts your stride length.

The distance you carry the implements in the farmer’s walk depends upon your goal. If increased strength is your primary goal, shorter distances and heavier weights should be used. If increased muscular endur-

ance is your goal, lighter weights and longer walking distances are the appropriate protocol. One indicator that the weight is too heavy for you is poor biomechanics, such as looking down and rounding your shoulders. As a point of reference, consider that in competition Canadian strongman Hugo Girard carried two cylinders, each weighing 374 pounds, a distance of 25 meters in 21.39 seconds!

Training and Equipment



The BXI Dog Sled offers a great way to develop sprinting power, running speed, and muscular endurance.

Push sleds are also great equipment for athletic conditioning. The BXI dog sled is just the tool for this type of training, made of heavy-duty steel designed for both indoor and outdoor use. When you push a

sled, your arms are stationary, thereby enabling you to focus more on your leg drive. To increase resistance, in the middle of the sled there is a post that fits Olympic-sized plates.

How much weight you use with the BXI dog sled determines the training effect. When you push heavy weights, you develop strength and power; when you use light weights, you can focus on perfecting your sprinting technique. You can also use a form of contrast training to develop speed, such as by pushing a sled for about 10-15 yards, releasing the handles and then taking off into a sprint. Here's what happens with this type of contrast training: When you push the sled, you activate the powerful fast-twitch muscle fibers, and these fibers are still activated when you release the sled. Athletes who use this method often report that when they release the handles, it's as if someone was pushing them from behind to make them run faster.

The BXI line also includes a complete line of racks and auxiliary equipment designed for the strongest athletes. The racks are built primarily with three-inch by three-inch steel tubing for maximum durability. If you're on a budget but don't want to compromise on quality, check out the BFS online store to see the wide variety of functional and economical BXI equipment.

DISCOVER THE THE BXI WEIGHT ROOM

All new and built for the heaviest workouts in a space conscious design. Power racks, built in two depths and in bolted or welded

together options, are massive 3" X 3" steel. With 30 settings for bar catches and safeties this rack accommodates every athlete.

Well thought out weight room storage keeps bars and bumpers close at hand but out of the way.

BXI auxiliary equipment includes heavy duty dog sled and framer's walk bars. See the ad on pg 8 even more add-ons to extend your workouts!

36" Bolted BXI Power Rack



9 Bar Storage



Farmers Walk Bars



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For Women Only



Olympic Legends: The Dufour-Lapointe Sisters

*The strength and conditioning
program that enabled three
remarkable young women to make
Olympic history*

An unprecedented highlight of the 2014 Olympics was seeing the three Dufour-Lapointe sisters, Justine, Chloé and Maxime, dominate in mogul skiing. Justine won gold, Chloé came away with silver, and Maxime, the oldest at age 25, rounded out the trio by finishing an impressive 12th. The photos of Justine and Chloé holding hands before receiving their medals captured the attention of the world.

Considering the superb caliber of Olympic athletes, being able to qualify for the Games, much less win a medal of any color, requires an outstanding support team. For the Dufour-Lapointe sisters, that team included strength coach and fellow Canadian Paul Gagné. Gagné has been featured in *BFS* magazine on several occasions, even appearing with Justine on the cover of our September/October 2010 issue.

Chloé, Maxime and Justine celebrate after their remarkable performances at the Sochi Games.

For Women Only

This success story began 11 years ago when sports podiatrist Dr. Michel Joubert introduced Maxime to Gagné for training. Her rapid improvement translated into enhanced sports performance, which encouraged Justine and Chloé, who were preteens at that time, to join Maxime for training.

Because Gagné started training the sisters when they were so young, he was able to help them develop a wide base of general conditioning. Gradually, he began developing their conditioning to meet the highest criteria of sport-specific strength and power. As a result, the sisters can keep up with the NHL players they train alongside with, even in many tests of explosive strength.

Posture Makes Perfect

One aspect of Gagné's training is the performance of specific stretching exercises and strength training exercises to improve posture. Among these exercises are power balance drills, which BFS has been recommending for nearly two decades.

Power balance drills are variations of the overhead squat, which simulates the position achieved in a full snatch. Holding a barbell overhead in a low squat with the trunk upright and heels flat on the floor requires considerable flexibility.

For Gagné, power balance drills are valuable tools in assessing postural imbalances, and if they are performed regularly, they enable athletes to achieve the dynamic flexibility levels displayed by competitive weightlifters. The drills can also help develop the "core" muscles of the abdominals and lower back. Gagné elaborates, "A skier with weak core muscles will bend more from their waist and shoot their hips back when they jump, a technique that will affect jumping ability and how they are scored. This is one aspect of mogul skiing that many people don't understand – you're judged not just on what you do on the snow but how you look while doing it!"

In the base-of-strength training exercises Gagné prescribes to female athletes, he doesn't hold back on squats and deadlifts. In fact, in the November/December 2011 issue is a photo of Justine performing a hex bar deadlift, with Gagné supervising. He says it's especially important for female mogul skiers to perform exercises for the upper back to correct postural imbalances from sport-specific training and to help stabilize the shoulders, which receive considerable stress during falls.

In terms of auxiliary exercises, one of Gagné's favorites for mogul skiers is the glute-ham raise. He says that having high levels of hamstring strength helps control the landings during jumps, which in turn



The Dufour-Lapointe sisters finished with gold, silver and an impressive 12th in moguls skiing in Sochi. Such an achievement is unprecedented in Olympic history.

reduces the risk of injury. The glute-ham raise is especially valuable because it works the two primary functions of the hamstrings: knee flexion and hip extension.



For Women Only



Strength coach Paul Gagné and Justine appeared on the cover of the Sept./Oct. 2010 issue of *BFS* magazine.

Gagné says that mogul skiing requires not just exceptional strength and power but also high endurance. Although the events only last about 30 seconds, Gagné says that mogul skiers have to perform numerous practice runs, and fatigue can adversely affect coordination, decision making and other aspects of performance. Because max V02 is a measure of aerobic endurance, Gagné wants his skiers to be at a level of 60, a level often displayed by professional hockey players.

Another unique aspect of Gagné's training is an emphasis on in-season training. While it's a challenge for his skiers to eat well and get in strength training workouts during the season, especially since their competitions often take them to different countries, he says that reaching the highest levels of sports performance requires year-round training and eating well.

To give his athletes an edge, Gagné invested in an OptoJump® to continually test their balance and athletic fitness. He uses the OptoJump to measure balance and the strength and power of each leg. He uses six testing protocols with his skiers, one being the drift protocol. The data furnished by OptoJump helps Gagné determine which aspects of conditioning he needs to address with each athlete; also, the

objective nature of this data reinforces the value of Gagné's program to an athlete's sport coach.

Further, because there is a high risk of concussion in mogul skiing, Gagné uses the OptoJump as an objective tool to monitor these athletes for brain trauma. If he finds asymmetries that developed after a practice or competition, he will refer these athletes to medical personnel for additional evaluation and any treatment that is necessary to return them to baseline. Gagné says that being able to establish baseline levels of an athlete's central nervous system with the OptoJump enables him and his medical staff to determine when an athlete who has suffered a concussion can safely return to training and competition.

When it comes to mogul skiing, extreme challenges are just part of the landscape. To win in this sport, athletes must have exceptional talent and masterful training. The Dufour-Lapointe sisters have it all. Their accomplishments at the Olympics have made them international celebrities, even outside the world of skiing. They fulfilled their Olympic dreams by training with the best coaches and working hard in the weightroom and on the slopes. We look forward to seeing what they will do next!

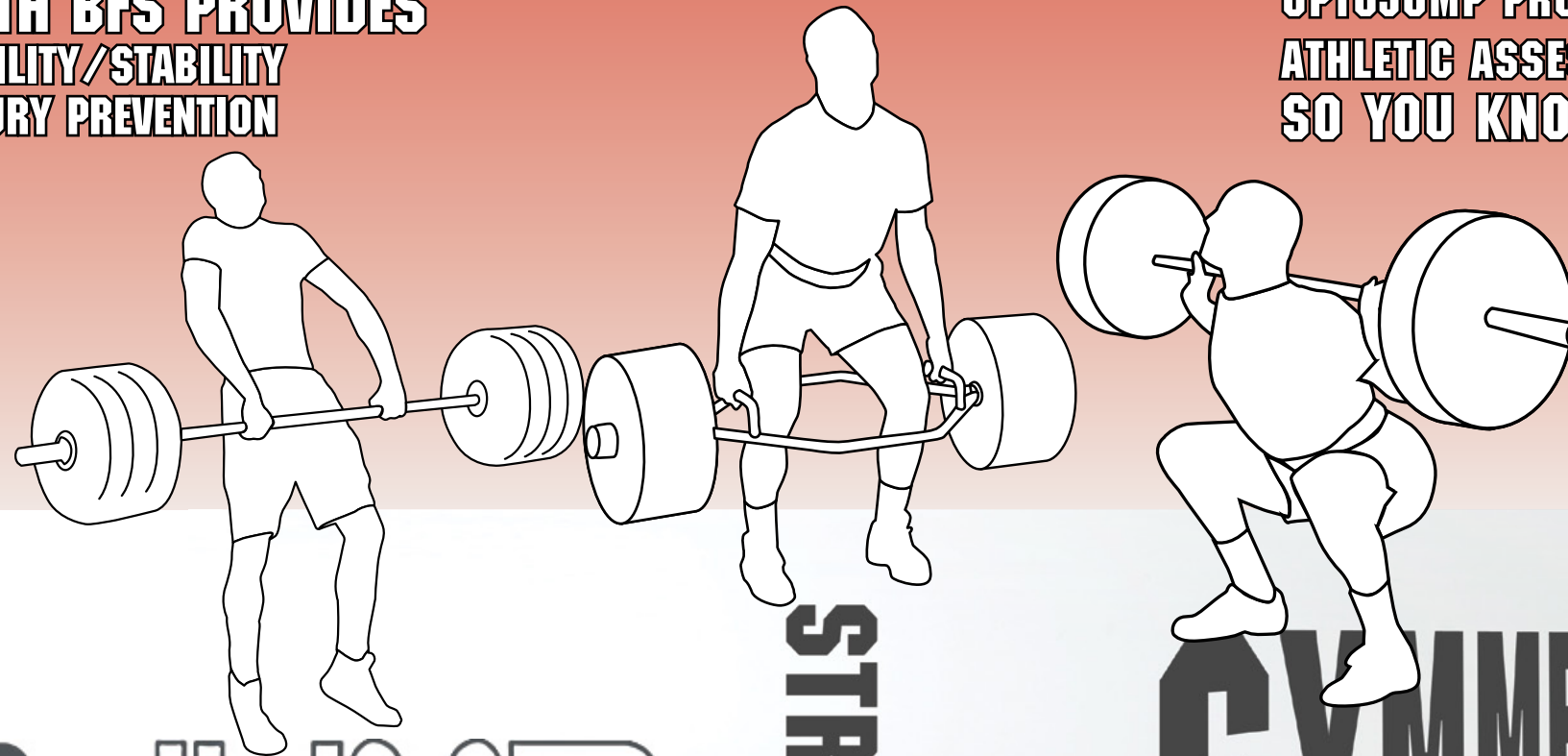


Free weights, energy system training with pulling sleds, and computer-aided testing equipment have contributed to the success of the Dufour-Lapointes.

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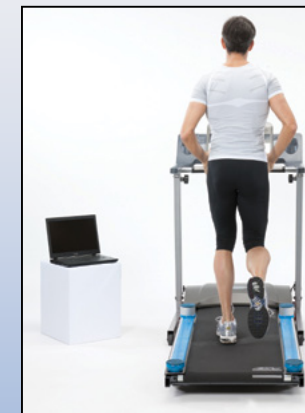
VERTICAL JUMP

BFS SCIENCE LAB

BFS is committed to advancing every coaches and teacher's ability to track the improvement of their students and athletes. On November 1, 2011, BFS opened the "BFS Science Lab" with Dr. Peter Gorman, President of MicroGait USA, at his facility in New York.

"This will be a great addition to the BFS organization," says BFS President Bob Rowbotham. Look for more details about this exciting facility in future issues of BFS and on our website, www.biggerfasterstronger.com

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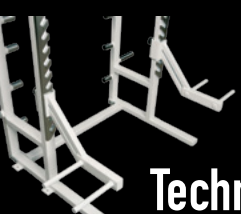


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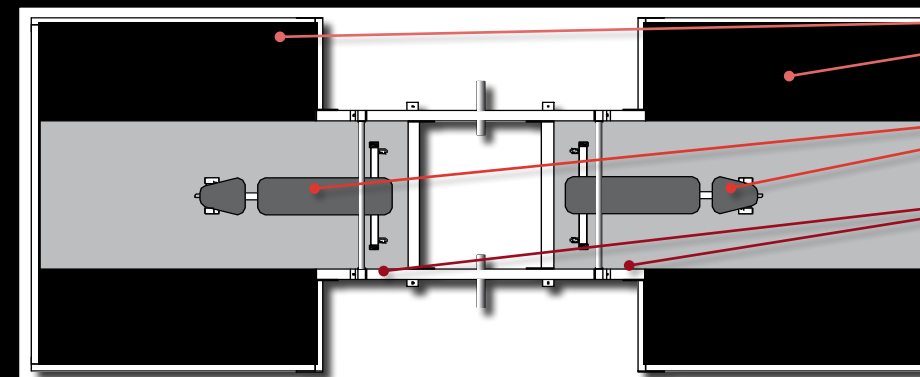
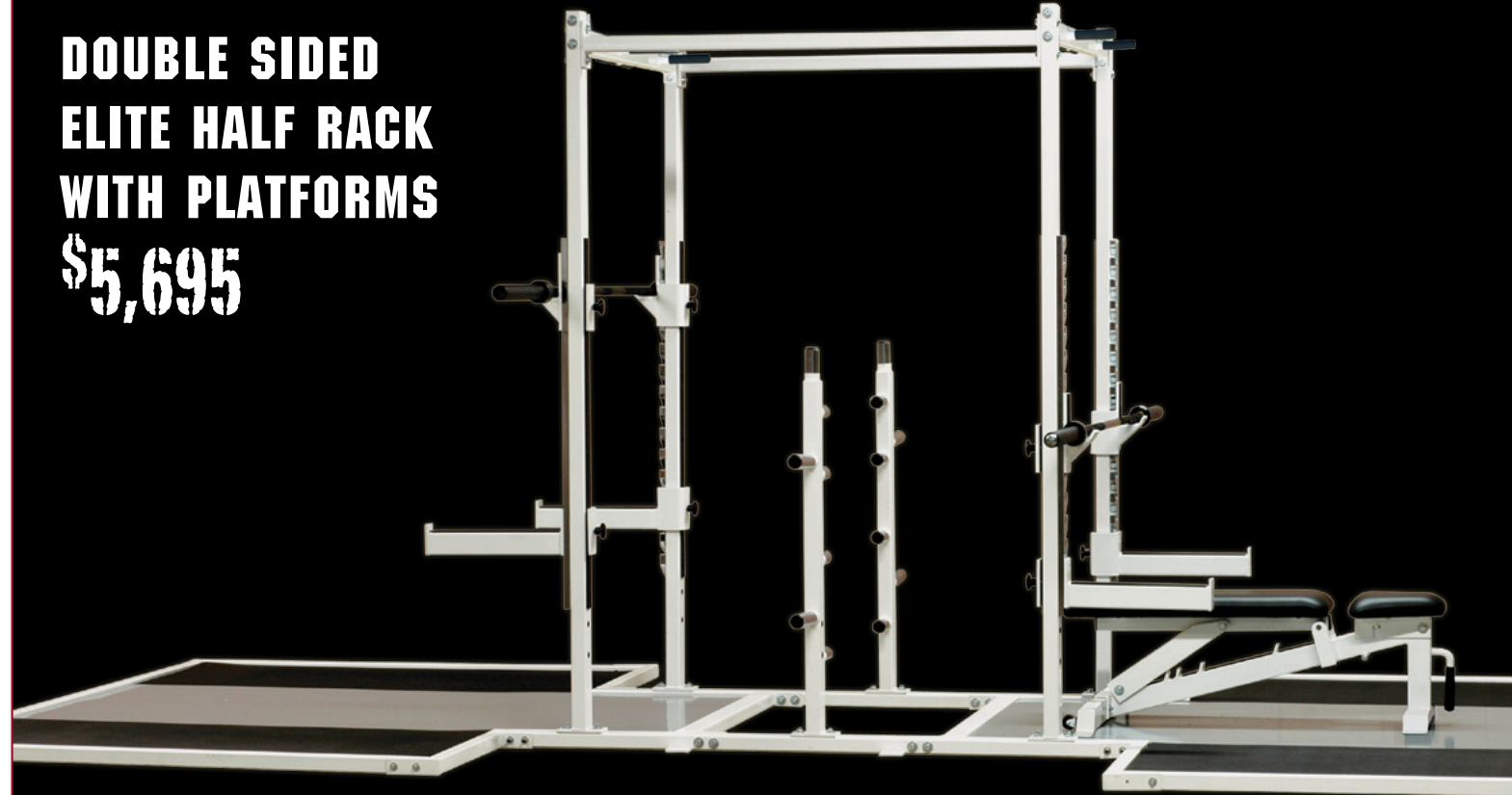
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Date	Location	City	State
11/20/13	NYSAPERD	Verona	NY
1/18/14	St. Olaf College	Northfield	MN
1/18/14	White Plains HS	White Plains	NY
1/18/14	Bryant High School	Bryant	AR
1/26/14	SUNY Cortland	Cortland	NY
2/1/14	Monte Vista	Spring Valley	CA
2/10/14	Mont City HS	Mont. City	MO
2/22/14	Dulaney HS	Timonium	MD
2/22/14	St. Marys HS	Medford	OR

Date	Location	City	State
3/22/14	Manchester HS	Manchester	MI
3/22/14	Shorecrest HS	Shoreline	WA
4/26/14	Fitchburg HS	Fitchburg	MA
5/17/14	Ripon College	Ripon	WI
5/31/14	Ferris HS	Ferris	TX
6/30/14	Knox College	Galesburg	IL
JUST ADDED!			
7/19/14	Seaside HS	Seaside	OR
Check the BFS calendar for updates biggerfasterstronger.com			

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Joseph Trongone, Head Coach, North High School

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