

**BFS**

*The Truth about  
Energy Drinks  
p26*

*Slacklining  
for Functional  
Fitness  
p31*

*The ABC's of the  
Power Snatch  
p35*



*Baseball Powerhouse Waterloo High #9 Kane Osterhage Pg. 14*



Learn More Online

# The Centerpiece of 100s of Championship Weight Rooms

## The 2015 BFS Elite Plus Half Rack

2"x 3" 7 Gauge Steel Construction

**Starting at \$1,995**  
**Free Shipping on**  
**orders over \$4,000**

Available with modular  
platform to maximize  
space and efficiency.

Call BFS to learn all  
the options 800-628-9737



# BFS COACH'S MARKETPLACE

**NEW PRODUCTS FROM BFS CAN HELP YOU EXPAND YOUR PROGRAM TO THE NEXT LEVEL!**

## NEW PRODUCTS



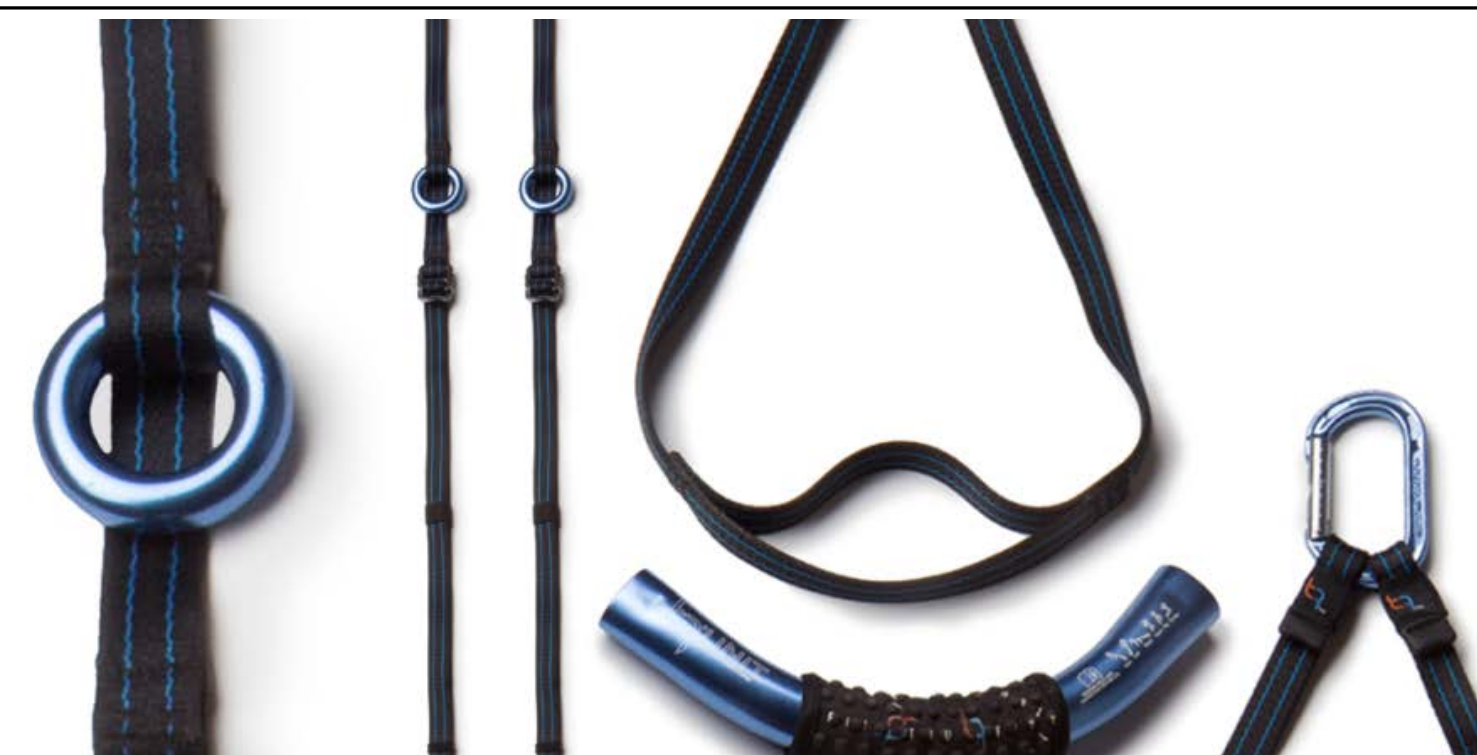
### **Bench Block \$24.95**

The Towel Bench is a core lift in the BFS Total Program. This innovative pad makes it quicker, cleaner and safer to run multiple athletes through a Towel Bench workout



### **Hand Armor Liquid Chalk (2 oz) \$4.95 USD**

Antibacterial- Kills 99.9% germs and bacteria such as staph, H1N1, MRSA, Ringworm, etc. Last up to 10 times longer than regular chalk. Better Grip.



### **TruFit \$199.00 USD**

UNIT™ 2.0 Main Features, Dual Anchor Attachment  
Allows for unilaterally off-load of the resistance.

## POSTER SETS



### **Training Posters 5 Poster Set**

Squat • Bench Press • Power Clean • Quick Lifts • Hex Bar/Dead Lift All BFS Poster and Chart Sets are Printed on 22" x 28" Extra-Thick, Glossy, Stock.



### **BFS Six Absolutes Posters!**

Teach Perfect Sport and Lifting Technique with this 8 Poster Set. All BFS Poster and Chart Sets are Printed on 22" x 28" Extra-Thick, Glossy, Stock.



### **Safety Posters**

Knee Safety • Hamstring Safety • Back Safety, 3 Poster Set

## GREAT ASSETS

### **Slackline Fitness Stand (10 ft.)**

The Slackstand is a completely freestanding, portable structure allowing set-up indoors or out without the need for trees or other anchors. The Fitness Slackstand includes a 12 foot slackline, elastic workout band and a workout poster to help guide you through some exercises. Steel construction provides a solid base and sleek design keeps the unit as lightweight and compact as possible. Easy to assemble and it also breaks down into two sections for convenient storage.

### **THE FUEL Nutrition**

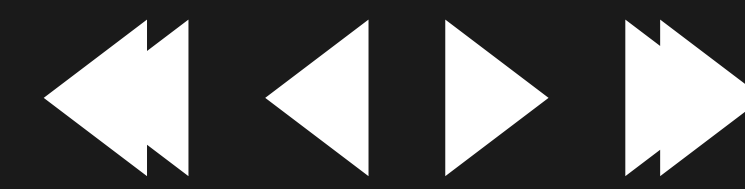
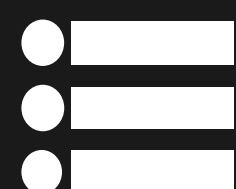
PERFORMANCE. RECOVERY. HEALTH.

That's what it all comes down to in sports. Your training, your diet, and your nutritional supplements must all support these goals. Sacrificing one for another is not acceptable. These three components are all ingredients needed for success. THE FUEL Nutrition products are designed to optimize both performance and recovery while also supporting the long-term health of the athlete. Being safe, effective, and certified to be free of any banned substances, coaches and players alike can feel confident that they are making the best choices to optimize results, both on and off the field.

### **Beat The Computer Pro® Software**

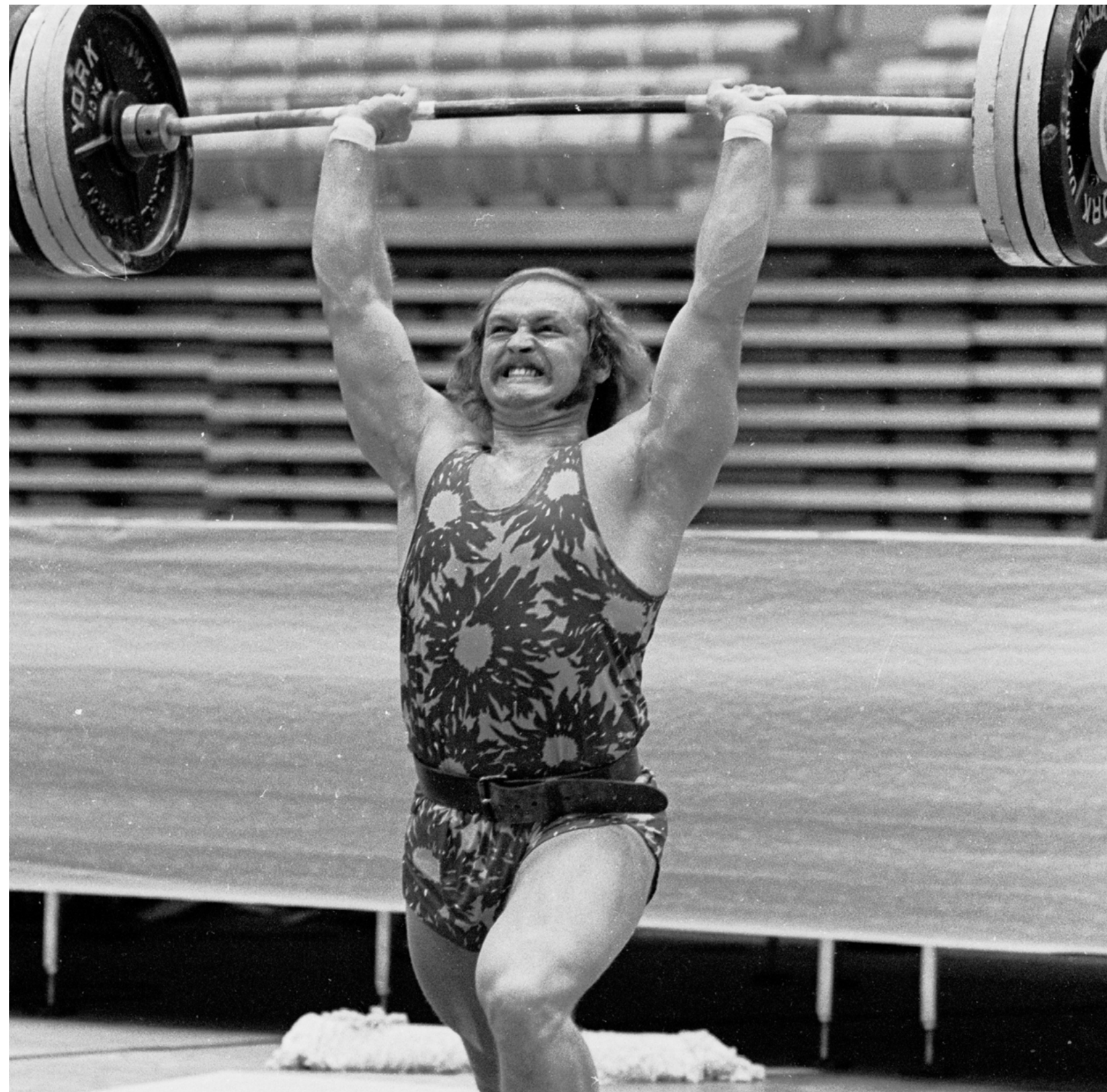
Here's How It Works:

Athletes Fill-Out a Form Using Current Core and Auxiliary Lifts  
Enter the Lifts into the Computer, which Calculates the Precise Weights for Each Set and Creates Individual, Sport-Specific Workouts  
At the Beginning of Each Week Simply Print Out the Athlete's BFS Set-Rep Program Weekly Workout Schedule  
Athletes Scores can be Updated at Any Time, or the Program Will Automatically Increase the Difficulty Level of the Workout.



# *A Message from BFS Editor Kim Goss, MS*

## Getting Back on Track



On May 5, 1973, Al Feuerbach broke the world record in the shot put with a toss of 71'7", and a few weeks later placed second in the Senior National Weightlifting Championships. Elite athletes have always known that heavy free weight training should form the basics of athletic fitness training.

Bruce Klemens photo

Arthur Jones loved to fly, logging in over 44,000 flight hours, and his fascination and compassion for crocodiles and African elephants lead him to build a 350-acre wildlife preserve in Florida.

However, most of the world knows Jones as the developer of Nautilus resistance training machines, and his success in the fitness industry resulted in him earning a place on the Forbes list of the 400 richest people in the world.

Jones believed that developing the highest levels of strength and muscular size does not require a large investment in time. Often his workouts would take less than 30 minutes, three times a week (or even less frequently). Jones promoted the idea that to get the most out of training, the resistance curve of the exercise must match the strength curve(s) of the muscle(s) being trained. He was also able to convince many strength coaches, the general fitness industry and eventually a segment of the medical community on the idea that the best way to train muscles was with special machines he designed.

Eventually Jones's ideas were put into the proper perspective. We saw the strength coaching community, along with those whose primary interest was in physical fitness, return to primarily free weight training. Yes, machines have their place in any athletic training program, but it's lifts such as squats, bench presses, deadlifts and

power cleans that can help turn poor athletes into good athletes, and good athletes into great ones. This has been the message of BFS for the past four decades.

"Stretch, lift hard with free weights, vary your workouts, and concentrate on the big multi-joint lifts that develop the legs and hips. This means that all athletes, regardless of their sport, should focus their strength training on the squat and the power clean," says BFS Founder Dr. Greg Shepard. "These lifts may be augmented by doing a few auxiliary lifts, and the lifting and stretching should be complemented by doing speed and plyometric jump drills."

There will always be new fitness trends and new types of exercise machines. Some of these ideas and products will be good, some not so good, and some pretty much worthless. Feel free to experiment, but focus on the basics.

Kim Goss, MS

Editor in Chief, *BFS* magazine

[kim@bfsmail.com](mailto:kim@bfsmail.com)

# Table of Contents



**From the Editor**

**Getting Back on Track..... 2**



**What's Happening**

**News and highlights from the world of athletic fitness..... 4**

## *BFS Success Stories*

**Timpview High Football: State Champs!..... 8**

**How Bulldog Baseball Stays Strong ..... 14**

## *BFS Program*

**Revisiting the BFS Tuesday/Thursday Program ..... 18**

## *Features*

**The BFS Set/Rep Logbook Goes High Tech ..... 22**

**Finally, a Safe Energy Drink That Works ..... 26**

## *Training and Equipment*

**The Slackline Edge in Functional Training ..... 31**

**Developing Power with the Power Snatch ..... 35**

## *Physical Education*

**Rick Bojak: Teacher, Coach, Leader ..... 39**

**Training Tools You Need: True Squat App ..... 43**



*BFS Magazine*

**FOUNDER:** Dr. Greg Shepard

**CEO:** Robert Rowbotham

**PRESIDENT:** John Rowbotham

**EDITOR IN CHIEF:** Kim Goss, MS

**ART DIRECTOR:** Steve Kinslow

**VP OF SALES:** Doug Kaufusi

**COVER PHOTO:**

Kane Osterhage  
Waterloo High School  
Photo courtesy Waterloo High

**MAGAZINE DESIGN:** Steve Kinslow

**PUBLISHER:** Bigger Faster Stronger, Inc.

**BIGGER FASTER STRONGER**

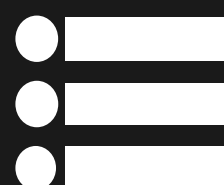
2930 West Directors Row

Salt Lake City, Utah 84104

1-800-628-9737 • Fax 801-975-1159

[info@bfsmail.com](mailto:info@bfsmail.com) • [biggerfasterstronger.com](http://biggerfasterstronger.com)

This is an official publication of Bigger Faster Stronger, Inc. It is published bimonthly. Subscriptions are \$19.95 per year and can be ordered at 1-800-628-9737. No part of Bigger Faster Stronger magazine may be reproduced in any form without the express written consent of Bigger Faster Stronger. Prices quoted in this issue are subject to change without notice. All equipment will be shipped the most economical way, F.O.B. Salt Lake City, unless otherwise noted by Bigger Faster Stronger ©2015. The material presented in BFS magazine is not meant to provide medical advice; you should obtain medical advice from your private healthcare practitioner.



## *What's Happening*



Coach Bobby Medina of the BYU Men's Basketball team leads a roundtable discussion on the importance of strength training from an early age

## BFS Hosts Concussion and Training Seminar

BFS has worked hard for the past five years to increase awareness of the problem of traumatic brain injury in athletics. Through out social networking channels we have shared research on

the latest ways to diagnose and treat concussions. Our coaching staff has teams with experts in the field of neuroscience and medicine to given formal and informal presentations to coaches,

administrators, parents and athletes on the subject. It was time for us to take the next step.

On June 13th, BFS hosted the Youth Athletic Development and Concussion Awareness Seminar

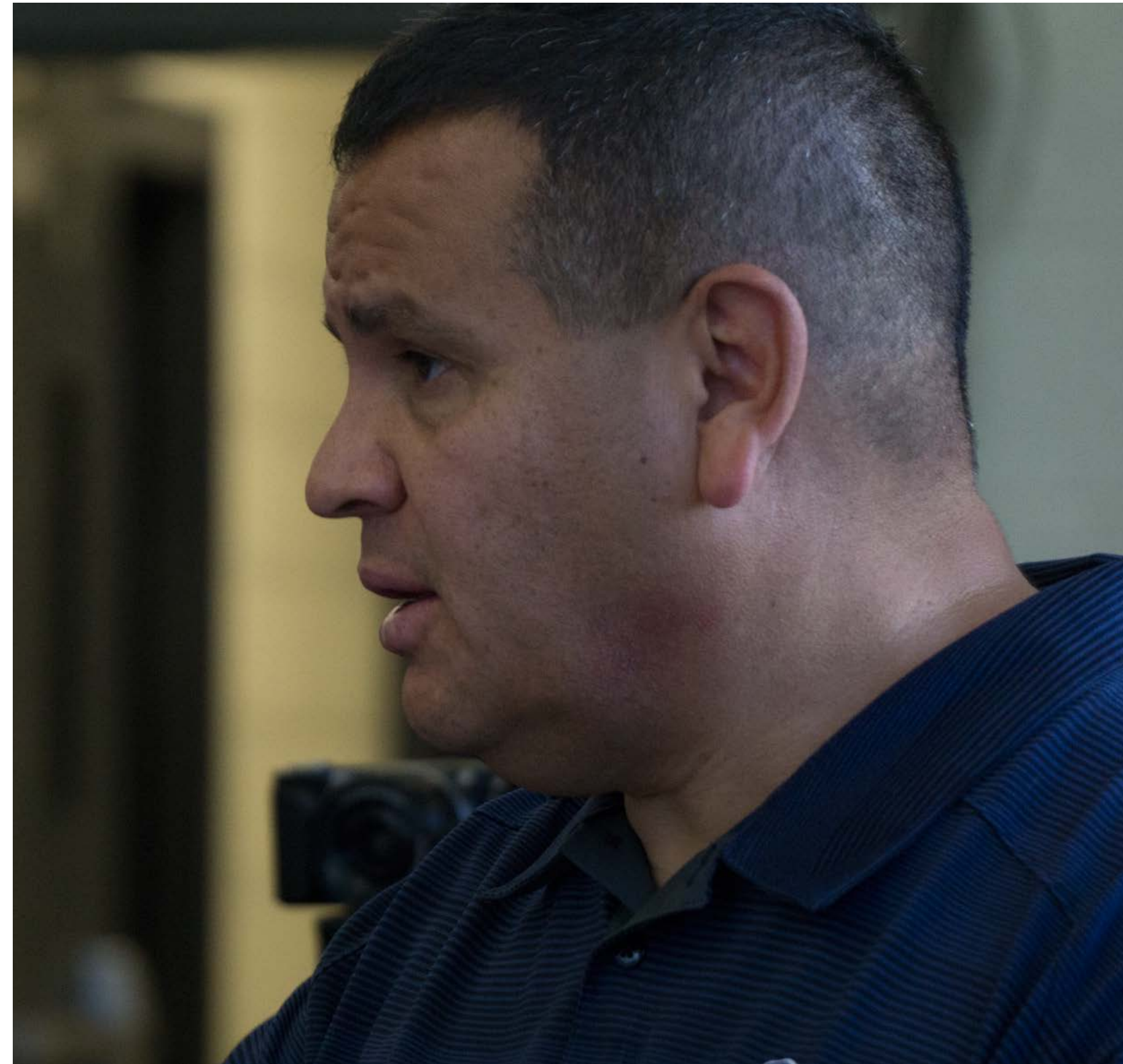
## *What's Happening*



**Mark D. Allen, PhD, Director of Concussion Research at CognitiveFX, speaks on concussion prevention and recognition in athletes.**

at Mountain View High School in Orem, Utah. The focus of the seminar was on the prevention and identification of concussions, and the proven “back to play” protocols. It was designed for sports coaches and physical education teachers, and included an impressive list of speakers.

The keynote speaker was Dr. Mark D. Allen, Ph.D. Director of Concussion Research at Cognitive FX in Provo, Utah. Dr. Allen shared the latest research on concussions including the development of an advanced brain imaging technology



**Bobby Median, Head Basketball Strength Coach for BYU, leads a discussion on strength training for athletes.**

called Neurocognitive imaging (fNCI). This type of MRI helps medical professionals determine the best treatment plan for those who have experienced traumatic brain injury and assess how quickly the patient is progressing in their recovery.

The seminar also included a presentation by Bobby Medina, a former BFS High School athlete, NBA strength coach and a strength coach at Brigham Young University. Coach Median discussed the importance of a sound strength and




**Chad Blevins, Head Strength and Wrestling Coach for Mountain View, shares his experience in getting multiple teams to “buy in” to a unified program.**

conditioning program in helping to prevent concussion.

The program also included an introduction to the BFS Total Program by Chad Blevins Head Strength and Wrestling Coach for Mountain View with demonstrations of the BFS core lifts and the BFS set-rep system.

The seminar was a tremendous success, and in future issues of BFS magazine we will share some of the highlights of the event.

# 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, aux lifts, speed, plyos, etc. Coaches-only break out session starts off the clinic to ensure you are able to immediately put the Total Program in use. A BFS instructor will show you how to unify your athletic program so athletes can progress year-round. The 2-day clinic provides 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

**CLICK**

**Learn More about the Total Program  
at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)**

# TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS

## Start Your Championship Journey With BFS!

All Pricing Includes Travel, Air Fare and Expenses



### **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

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 :		\$13,675 \$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 So you can take charge of your program immediately after your Championship Camp!

#### Includes:

Complete Weight Room Evaluation, 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, WRSC Support for certified coaches and 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

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

#### 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

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

#### 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

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

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

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

#### 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

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

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

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

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

#### 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

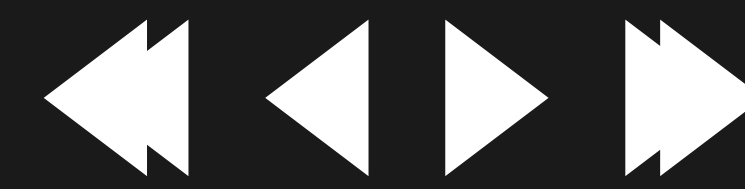
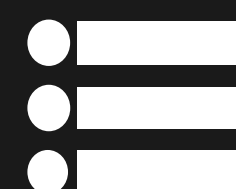
Be An 11: \$30 per student over 50  
Implementation package worth over \$1,000.

**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](http://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.



Learn More about the Total Program at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

**Combine your clinics and save!**  
Call 800-628-9737 to learn about bringing BFS to your school





# Timpview High Football: 3 X State Champs!

## *The Whittingham family knows football!*

Fred Whittingham was a coach for the Los Angeles Rams from 1982-1991, his son Kyle is the head football coach for the University of Utah Utes, and Kyle's younger brother Cary is the head

Fred Whittingham, center, was a coach for the Los Angeles Rams from 1982-1991. He is flanked by his sons Kyle, left, and Cary, right.

coach for the Timpview High School Thunderbirds in Provo, Utah. This is Cary's story.

Cary played linebacker at Brigham Young University from 1981-1985, earning a National Championship title in 1984, and played for the Los Angeles Rams in 1987. His accomplishments as a high school coach are equally impressive. Since he took over as head coach at Timpview High in 2012, the Thunderbirds have won three consecutive 4A state championships.

Photo courtesy the Whittingham Family.





**#4 Jordy Espinoza scored the first touchdown for the Thunderbirds in the state championship game, and their stubborn defense kept their opponents scoreless in the second half.**



One of four high schools in the Provo School District, Timpview High School serves approximately 2,000 students in grades 9 through 12. It lies in the beautiful, mountainous valley of central Utah. As a graduate of Provo High School and BYU, Cary was familiar with the football environment in Provo and this no doubt led to a smooth transition into the head coaching position.

In the state championship game the Thunderbirds were facing an undefeated Roy High School, a team that won their semifinal game by a score of 39-0. The Royals shocked the Thunderbirds in the first half by holding them scoreless and giving up only 14 yards rushing. The last time the Thunderbirds didn't score in the first half of a game was in 2007, a string of 103 straight games.

However, thanks to its stubborn defense, the Thunderbirds were only down by seven, 0-7.

Timpview's motto is, "Trust yourself, trust your team and trust your coaches," and that turned out to be good advice in the second half. Cary and his staff were able to make the necessary adjustments, beginning with a 12-yard touchdown pass from quarterback Britain Covey to Jordan Espinoza



**Quarterback  
Britain Cover**

Timpview's motto is, "Trust yourself, trust your team and trust your coaches."

in the third to tie the game. The momentum continued to shift to the Thunderbirds as this was followed by a 70-yard punt return by Will Watanabe for a score. The Thunderbirds scored twice more and kept the Royals out of the end zone the entire second half to achieve a 28-7 final result.

With all the combined football knowledge in the Whittingham family you might think that Cary has learned many secrets to gridiron success. Not so. Cary says that among the keys to success in high school football are hard work, monitoring, and accountability. "You have to be sure the work is happening," says Cary. And although he has

the inside track on what his brother Kyle is doing with the Utes, he says that many of the offensive and defensive schemes used at that level are too advanced to implement at the high school level. Likewise, Cary sticks with the basics in his strength and conditioning program.



**Head Football Coach Cary Whittingham took over the Timpview program in 2012 and has already won three state championships.**

“The BFS core lifts are the most important exercises for football: power cleans, squats, Hex bar deadlifts, and bench presses,” says Cary. His program also includes plyometrics, medicine ball training, ladders, and the dot drill. As for auxiliary exercises, one of his favorites is the Turkish get-up, which he believes is a valuable exercise for developing core strength.

Although some parents believe that year-round specialization increases the odds of a high school athlete moving to the next level, Cary encourages his football players to participate in multiple sports. He believes that playing multiple sports teaches athletes how to compete. “Learning to complete carries over to the football field.” Such a philosophy has helped Timpview win state championships in both girls and boys

sports; in fact, in the fall of 2013 Timpview teams won state championships in golf, football, volleyball and girls tennis.

Cary believes in year-round strength training, including in-season. The Timpview High School administration supports this training philosophy by scheduling weight training classes during the school day so as not to interfere with after school sports training and competition. In the summer, Cary and his staff supervises morning workouts in the weight room to ensure his athletes are ready for the upcoming sports year.

Asked what advice he would give to aspiring coaches, Cary replied, “Get a teaching certificate, because -- at least in Utah -- there is little money in coaching. Your career as a high school coach is

going to be teaching. Beyond that, you need exposure to football – nothing replaces putting on a helmet and playing the game.” Cary also insists that he is happy with his current career choice and has no aspirations of coaching at the college or professional level.

Looking towards next year, Coach Cary Whittingham has the challenge of replacing his quarterback, but says that he has “a good core of talented kids coming back.” As for the record books, Timpview won four consecutive state championships from 2006 to 2010. Based on what we’ve seen from the Thunderbirds these past three years, the odds of breaking that mark are in their favor.

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



CLICK

Learn More  
Online

# 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

BFS will come to your school  
and will spend up to three  
hours inspiring, motivating and  
educating your athletes

Only \$2,990 for 50  
athletes. Additional  
athletes only \$30 each.  
Includes Be an 11  
Guidebooks!

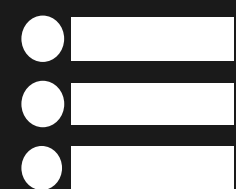
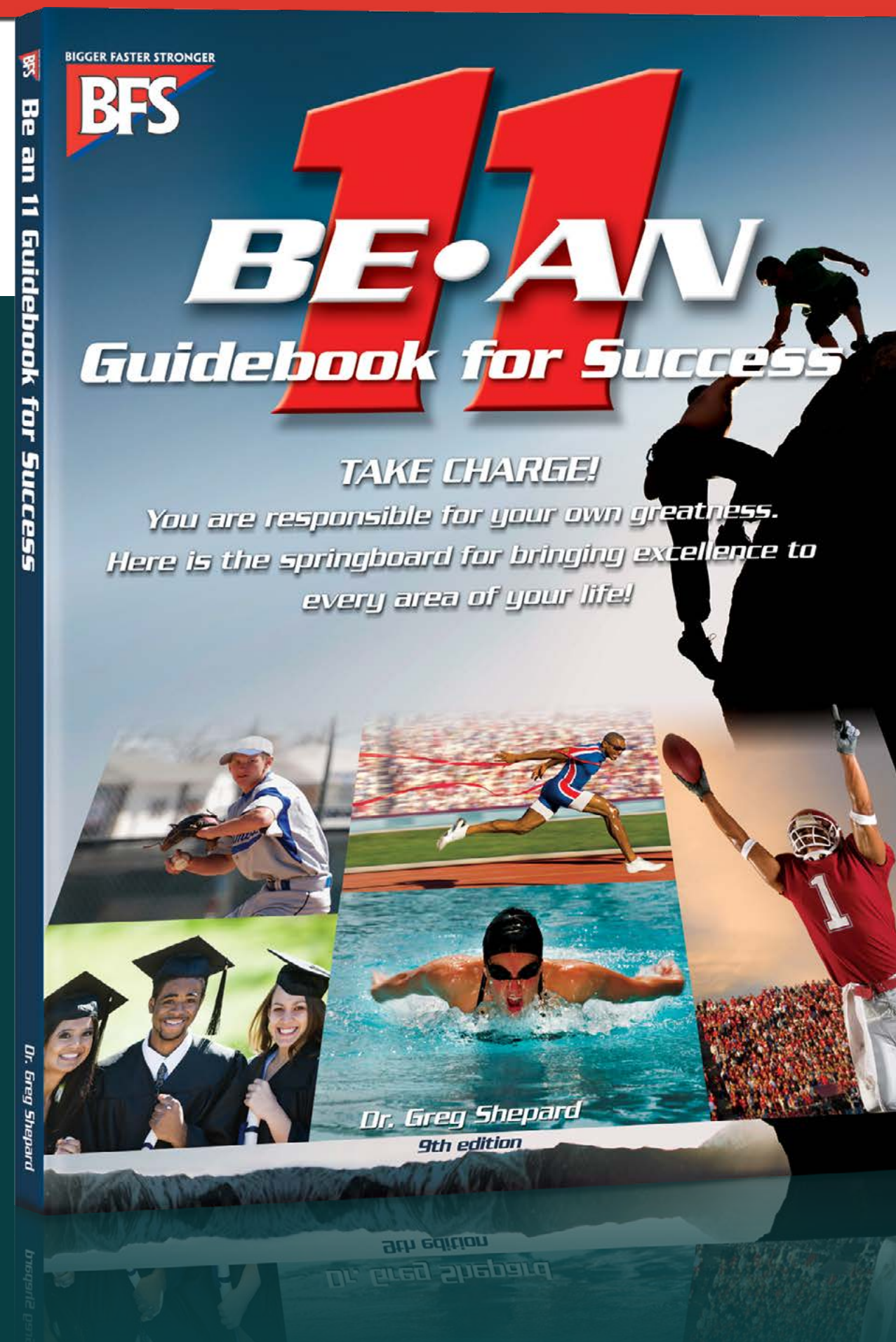
All travel fees included in  
price. No hidden fees!  
Book your dates now!  
First come - First Serve.

## 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. See page 26 to  
learn about how to bundle and save on BFS camps!

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



BIGGER FASTER STRONGER



CLICK

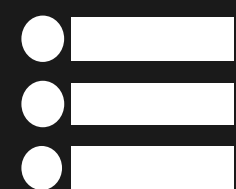


## ARE YOU READY? MOVE UP TO D1

Safety and versatility come together in one of our most massive racks ever! The D1 Multi Use rack combines the best of a full cage with the ability to perform overhead presses in one rack.

3"x 3" 11-gauge steel construction, powder coated frame tubing • 7-guage chrome-plated adjustment system with laser cut numbering • 4 upright Olympic bar holders • Chrome-plated Olympic plate size horns angled for safety • L: 80" W: 66" H: 104"

**CALL BFS 800-628-9737.**





# Waterloo Baseball: 400 Wins and Growing!

Tyler McAlister

**Here's a number you don't hear very often in baseball: 400. It's the number of times Coach Mark Vogel has seen his Waterloo High School Bulldogs victorious on the baseball diamond.**

Vogel has been coaching for 24 years, 23 as a varsity coach. He says one of the aspects of the game that has changed in the past several decades is strength training. Vogel said that in the 80s when he played in college there was no

weight training program for his team. Any players who wanted to lift were "on their own," and said that many players tried Nautilus programs as this type of training was popular at the time.

## BFS Success Story

There was no weight training program for baseball at Waterloo High School until Coach Dan Rose was started working with Vogel's players in 2001. "Coach Rose brought the BFS program to our athletes and that's been the biggest change in our training and the results have been night and day," says Vogel.

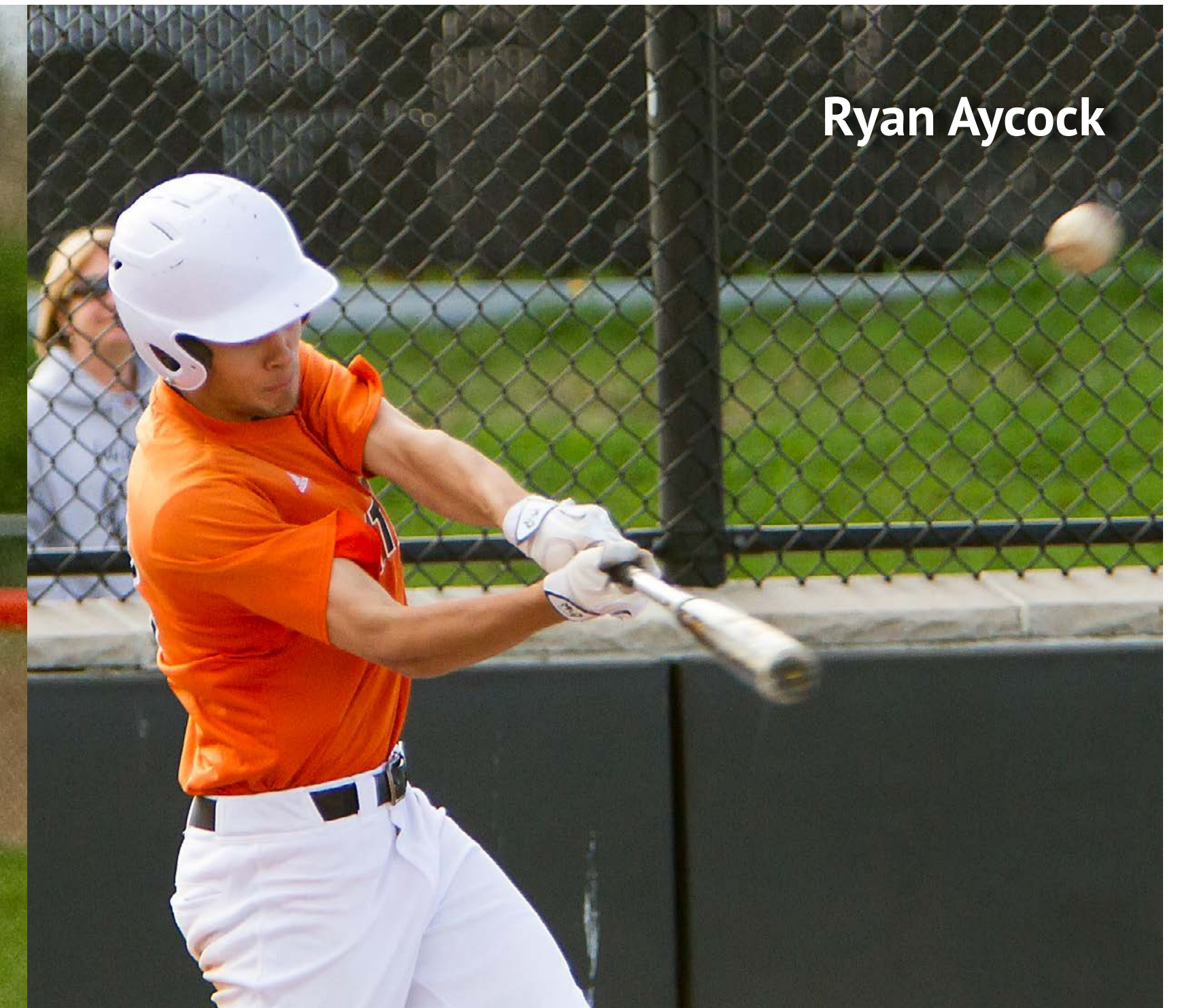
*"Our kids are bigger, faster, stronger and more competitive, and that can be attributed to the weight training program"*

"We routinely compete with larger schools, and get the most out of our kids and to me it's a direct credit to our weight room and the BFS program and what Coach Rose is doing," says Vogel. "I can't thank him enough what he's done for our athletic program at Waterloo. Our kids are bigger, faster, stronger and more competitive, and that can be attributed to the weight training program that Coach Rose brought to the school."

Asked about the theory that baseball players should avoid weight training because it can make them "muscle bound," Vogel replied. "There are still a few 'old school' coaches who are reluctant to have their players lift, but most baseball coaches have come around to where they see the benefits of weight training for their players."



Kane Osterhage



Ryan Aycock



Ben Mauer



Brett Degener

Coach Mark Vogel, the head coach at Waterloo High School in Waterloo, Illinois. Coach Mark Vogel's Bulldogs have won over 400 games, and their story will be appearing soon in BFS magazine.

## BFS Success Story

With a successful high school season, there is often a tendency for athletes to slack off on their training. It's not so much an issue for Vogel's players. "We are in a baseball community and that provides motivation in itself, but it comes down to the individual. Once in a while we get a player who had a good season the year before who needs to be reminded how he got to be successful the year before."

Vogel says one of his concerns is when his players join summer travel leagues and decided to focus just on baseball. "We are losing our perspective on youth sports with this emphasis on early specialization – I just don't think the kids get the same experience and enjoyment from playing multiple sports. Also, we just don't have enough quality athletes to support all our athletic programs without multi-sport athletes. I believe five to 10 years it's going to be the biggest challenge to get kids at a young age to play more than one sport."

Vogel's victory occurred in May of 2014 against Gibault High School, another school in Waterloo, Illinois. In fact, Vogel's 200th win in 2004 and 300th win in 2010 also came against Gibault. It's unlikely that Gibault will give Coach Vogel his 500th victory, but the odds are that Waterloo will continue to be a baseball powerhouse for many years to come.



Waterloo strength coach Dan Rose implemented the BFS program at Waterloo High School, and the baseball team is just one of the sports that have seen tremendous benefits from it. In fact, all the baseball players shown in these photos play multiple sports.

# BEST VALUE FOR TEAMS THAT WANT TO WIN!

## ALL NEW VARSITY LINE FOR 2015

### Starting at Only \$1,195

### Ships Free With Varsity Orders Over \$3,000

Redesigned right to the top with a sturdy fully enclosed frame. External plate racks for easy access.

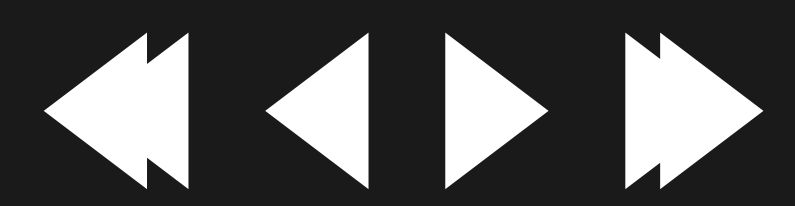
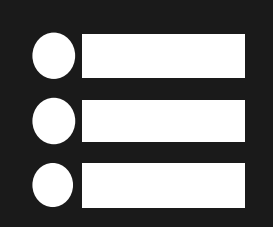
Expandable design allows for easy addition of the Varsity Power Clean Platform

### Package Pricing Available 800-628-9737



Learn More Online

## 2015 VARSITY HALF RACK





## Revisiting the BFS Tuesday/Thursday Program

**The most recognizable aspect of the BFS is its weight training program, but there's much more to it. It's a total program designed to develop all the basic qualities of athletic fitness, not just strength and power. The program includes plyometrics, agility work, stretching, and sprint intervals. Let's take a closer look.**

### BFS In-Season Workout

In the BFS off-season program, weight training is performed on Monday, Wednesday and Friday. These workouts are set-up in four-week cycles, each focusing on a different set-rep cycle: Week 1: 3x3; Week 2: 5x5; Week 3: 5-4-3-2-1; Week 4: 10-8-6 (or 4-4-2 for power cleans and dead-lifts). On Tuesday and Thursday, other aspects of athletic conditioning are emphasized. Dot drills are performed every day at the beginning of the workouts as a dynamic warm-up. Flexibility is performed every day.

Tables 1 shows the outline of the BFS Off Season Program, and Table 2 shows specific exercises that can be used. Consider that the BFS program is flexible, such that coaches can use specific auxiliary exercises for a particular sport. For example, wrestlers could include neck-strengthening exercises for their auxiliary work.

For the Tuesday and Thursday off-season program, the following are the major types of activities that should be performed on Tuesday and Thursday. [For more information about these

# BFS Program

Table 3: BFS In-Season Program (Outline)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Squat variation	Sprint work	Power clean	Sprint work	Auxiliary lifts
Bench variation	Plyometrics	Bench variation	Plyometrics	BFS Flexibility
Hex bar deadlift	BFS Flexibility	Squat variation	BFS Flexibility	Agility
Lat pulldown	Agility	BFS Flexibility	Agility	BFS Flexibility
Neck machine	Sprint technique	Dips	Sprint technique	
BFS Flexibility		BFS Flexibility		

Table 4 : BFS In-Season Program (Sample Workout)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Box squat	Speed chute	Power clean	Sprint sled	Lat pulldown
Bench Press	Box jumps	Towel bench	Box jumps	Dips
Hex bar deadlift	BFS Flexibility	Box squat	BFS Flexibility	Neck machine
Lat pulldown	Plyo ramp	Neck Machine	Ladder drills	SL deadlift
Dips	Medicine ball	Glute-ham raise	Medicine ball	BFS Flexibility
Glute-ham raise	Sprint technique	SL deadlift	Sprint technique	Laddr drills
BFS Flexibility		BFS Flexibility		BFS Flexibility

activities, refer to our books and online learning resources for details on how to perform each of these activities.]

**Dot Drill.** Always begin with the BFS Dot Drill. Besides increasing body temperature and respiration, it stimulates the nervous system to react quickly – much more so than a simple jog will accomplish. Jumping rope can be used as a substitute for the dot drill, but the dot drill is superior, as it works the ankles dynamically and through a greater range of motion.

**Bounding.** Bounding is a set of specific running drills that emphasize particular aspects of running, such as leg extensions or knee lifts. These drills are performed immediately after sprint training.

**Box Jumps.** Box jumping is a key to developing jumping ability and explosiveness for what coaches often refer to as “first-step quickness.” A plyometric box jumping program progresses from easy to more difficult drills, and a range of box sizes should be available to handle a variety of athletes. For example, young athletes and middle

school athletes should start with the BFS Readiness boxes, which are not as tall as the standard boxes. Also, you must perform box jumps early in a workout because if your legs are fatigued, you will not be able to recruit the fast-twitch muscle IIB fibers that are trained with this type of activity.

**Plyo Ramp.** The plyo ramp works the same athletic qualities as the dot drill, but it takes the dot drill a step further as it works the ankles throughout a greater range of motion. It’s the ultimate tool for developing “quick feet.”

**Sled Work.** We recommend two types of sleds: those that you push and which emphasize the start by focusing on hip and leg extension; and those that you pull. Because these are extremely fatiguing, they should be performed at the end of a workout.

**Medicine Ball Training.** Medicine balls are versatile training tools that develop many athletic qualities. For example, medicine ball throws can develop the abdominal muscles and upper body power.

**Stretching.** Stretching should be performed every day, and it’s best to stretch at the end of training sessions to keep the muscles loose. Also, because so many young athletes have issues with flexibility, some coaches like to have their athletes per-

# BFS Program

form stretching immediately after the dot drill. The BFS 1-2-3-4 Flexibility Program is an excellent starting point for developing flexibility for athletes.

## BFS In-Season Workout

In season, athletes only perform the BFS core lifts (such as the squat and power clean) twice a week. What do you do with the extra day? The answer is to perform auxiliary exercises that will not excessively fatigue your athletes, even if they have a game that same day. They would also perform the dot drill, flexibility, agility and sprint technique. The time also could be used to let the athletes have a free day with some quick games of basketball or dodge ball. Table 3 shows the outline of the BFS In Season Program, and Table

4 shows specific exercises that can be used. In the US high school system, alternative day block scheduling is often used, which allows for longer class periods. This has advantages. With traditional scheduling, more total time must be devoted to changing clothes, showering and warming up. In a 45-minute class, total work time on core and auxiliary lifts may be reduced to 30 minutes. As a result, compromises are often made, such as performing fewer auxiliary exercises, performing 3x5 rather than 5x5 in the second week, and so on. Stretching is also often eliminated in these classes, such that the instructors have to encourage the students to stretch on their own at home. Fortunately, no special equipment is needed to perform the BFS 1-2-3-4 Flex-

ibility Program. One way to adapt the BFS program to AB scheduling is to perform all the workouts in the order presented, increasing the training cycle during the off-season from four weeks to five. You can also alternate between the off-season workout and the in-season workout. Thus, the first week you would train three times a week, and the next, twice a week. The BFS program has not changed in four decades for the simple reason is that it develops all aspects of athletic fitness and adapts to the challenges of school schedules. As its title suggests, the BFS Total Program is a complete strength and conditioning workouts for all athletes.

Table 1: BFS Off-Season Program (Outline)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Squat variation	Sprint work	Power clean	Sprint work	Parallel squat
Bench variation	Plyometrics	Hex bar deadlift	Plyometrics	Bench press
Auxiliary lifts	BFS Flexibility	Auxiliary lifts	BFS Flexibility	Auxiliary lifts
BFS Flexibility	Agility	BFS Flexibility	Agility	BFS Flexibility
	Sprint technique		Sprint technique	

Table 2: BFS Off-Season Program (Sample Workout)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot drill	Dot drill	Dot drill	Dot drill	Dot drill
Box squat	Speed chute	Power clean	Sprint sled	Parallel squat
Towel bench	Box jumps	Hex bar deadlift	Box jumps	Bench press
Lat pulldown	BFS Flexibility	DB lunge	BFS Flexibility	Lat pulldown
Glute-ham raise	Plyo ramp	Dips	Plyo ramp	Glute-ham raise
SL deadlift	Ladder drills	SL deadlift	Ladder drills	DB lunge
BFS Flexibility	Medicine ball	BFS Flexibility	Medicine ball	Dips
Sprint technique		Sprint technique		BFS Flexibility

# POWER + SPEED

## The Formula for Success Develop Powerful LEGS and HIPS



**BXI Dog Sled**  
**\$265**



**Heavy Duty BFS Push/Pull Sled**  
Dual Olympic Plate Holders  
**\$295**  
With Harness and

Lead  
**\$345**

**Sprint Sled**  
**\$199**

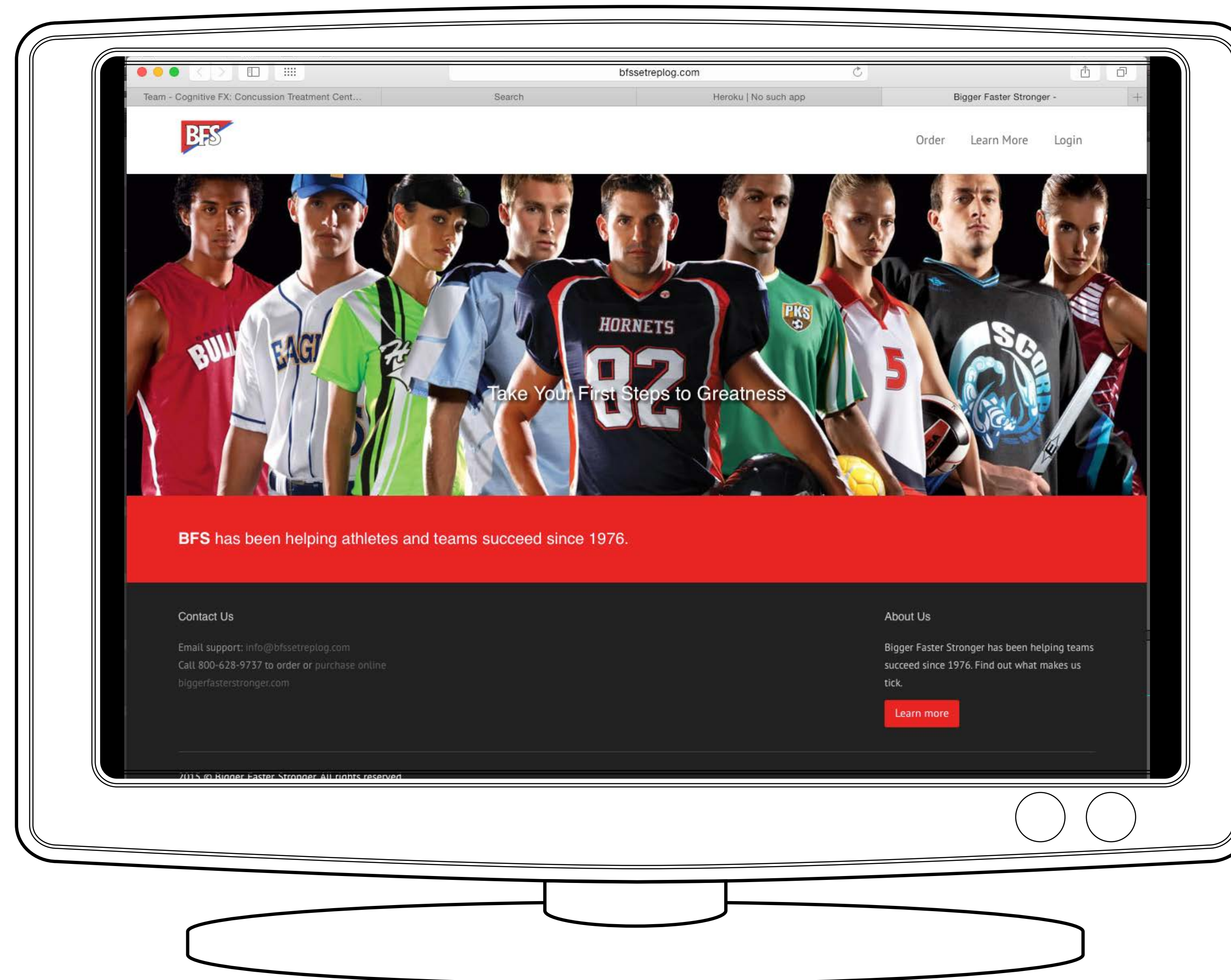


### **Varsity Plyo Boxes** **Safest on the Market** **Only \$695.00**

Made of 3/4" Plywood Nailed, Screwed and Glued together

3/8" Solid, Non-Slip Rubber Tops Unparalleled Safety

Varsity Set Includes: Three 20" Boxes • One 32" Box with Booster



## The BFS Set/Rep Logbook Goes High Tech

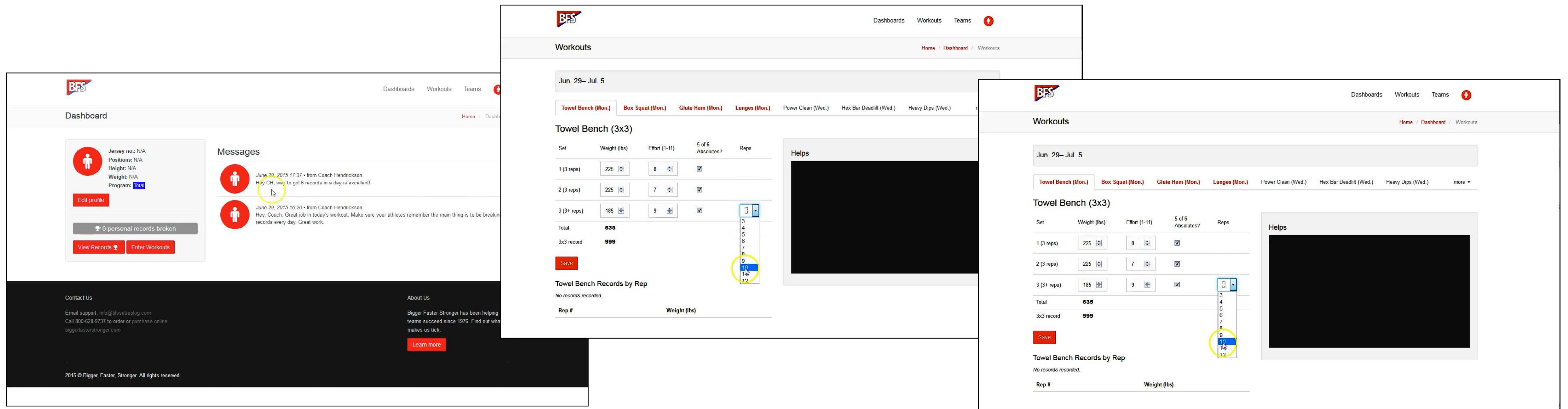
Technology has become an integral part of the high school educational system, such that many classes don't have books or handouts. This is the inspiration for the set-rep app that can be used for a smartphone, tablet or laptop. Before getting into the details of this BFS Set/Rep Log App, let's look at why BFS believes that logbooks are so important.

One hallmark of workouts that are successful in making athletes bigger, faster and stronger is a thoughtful balancing of all aspects of conditioning. A big part of the success of BFS over the past four decades can be attributed to the BFS Set-Rep Logbook. It's a training tool that has proven essential in managing the challenges of working with young, multisport athletes. Besides helping

athletes fulfill their physical potential, there are also psychological benefits.

A research study that looked at the psychological benefits of using the BFS program was conducted at Dulaney High School in Timonium, Maryland. The personality test administered was the Piers-Harris 2, which provides insight into an in-

# BFS Feature



**Though an easily accessible series if dashboards administrators, coaches and athletes all have access to the information pertinent to their role. Administrators can assign teams and coaches while coaches can add athletes and review individual and team progress. Athletes can record sets , reps and weights while the app tracks records broken and more!**

dividual's self-concept and is often used to help identify at-risk youth.

Psychologist David Schlenoff found that the girls using the BFS workout experienced significant improvements in many areas that fell under the category of happiness, such as cheerfulness. During this period of evaluation Dulaney's athletic teams experienced success virtually across-the-board for both boys and girls sports, including a state championship. With such results, Dulaney took the next step and integrated the BFS program into their curriculum as a for-credit class.

With the advancement of technology and the push for integrated PE program, BFS set about developing an app for the BFS Set Rep Logbook.

By basing the app on the web, we would be able to offer this software across any device or operating system with a web browser. Under the direction of BFS clinicians, pilot schools were recruited to ensure the app worked smoothly. After a year of testing the app was ready to launch.

The app keeps the simplicity of our Set-Rep Log books while providing the management functions and portability of a phone app. Predefined

weekly schedules are included with recommended core and auxiliary lifts for all major high school sports. However, you can customize your weekly schedule using any lift on any day, and add any lifts you want.

Coaches or administrators will love this app because they can see the essential data on their teams and athletes at a glance. Such data includes scores, records broken, and trends for any one athlete or any team. Likewise, athletes can enter their own scores on their phone or tablet and immediately see how many records they've broken and their performance trends. It's also

## BFS Feature

easy to scroll back and see what you did for any lift any week in the past.

The BFS Set/Rep Log App requires a connection to the Internet and an email address for each administrator, coach and athlete. The program runs in any standard web browser on computers (PC and Mac), tablets, or smart phones. The program is provided as a yearly subscription, and there are no restrictions on the number of teams in any version.

Just like our Set-Rep Log books, the program (overseen by the coaches) guides each athlete in which lifts to do, and how many sets and reps to do each week. The weight lifted for each set is determined by the individual athlete

based on their past performance for that lift. If you want a complete computer-generated workout, along with Top 10 Lists, Power Rankings, Ironman Rankings, all based on the BFS Set-Rep system, you should invest in the BFS Beat the Computer Pro Computer Program.

The BFS Total Program is so popular among coaches and PE teachers because it ensures that progress can be made every single workout. More specifically, it enables every athlete to make personal records, often several personal records, every single workout – even in-season. And now, with the BFS Set/Rep Log App, you can take your workouts into the computer age.

BFS provides online tutorials to get schools, coaches and athletes up and running quickly. Visiting the CoachBFS channel on YouTube will lead to three videos that can be watched in order to get familiar with the BFS Set Rep Log App. These screencast tutorials can be followed along every step from receiving your login email to breaking your first records!

The image displays three sequential screenshots of the BFS website, each featuring a red banner with white text indicating the tutorial topic. The background of each screenshot is a group of athletes in various sports uniforms, including a football player in a dark blue jersey with 'HORNETS' and the number '82', and a basketball player in a white jersey with the number '5'. The BFS logo is visible in the top left corner of each screenshot, and navigation links for 'Order', 'Learn More', and 'Login' are in the top right. The third screenshot includes a footer with contact information and a 'Learn more' button.

**Tutorial 1 - Administrator**

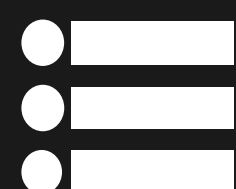
**Tutorial 2 - Coaches**

**Tutorial 3 - Athletes**

Contact Us  
Email support: [info@bfssetreplog.com](mailto:info@bfssetreplog.com)  
Call 800-628-9737 to order or purchase online  
[biggerfasterstronger.com](http://biggerfasterstronger.com)

About Us  
Bigger Faster Stronger has been helping teams succeed since 1976. Find out what makes us tick.  
[Learn more](#)

2015 © Bigger, Faster, Stronger. All rights reserved.





# All New Online Set Rep Log App

**You can't break records if you don't keep records!**  
Now as an athlete you can keep track of weight room progress on your phone, tablet or computer. As a coach you can keep up with the progress of your whole team or even your entire school. Simply logging in and entering athletes allows for recording sets, reps, weights and tracks re-

cord breaking activity every workout! With this web based app every device with a web browser can take advantage the BFS Total Program and nearly 40 years of championship building protocols that has lead 1,000s of team to winning seasons in nearly every state!

#### **Subscriptions for every program !**

<b>Individual</b>	<b>\$35.99</b>
<b>15 Athletes</b>	<b>\$149</b>
<b>25 Athletes</b>	<b>\$199</b>
<b>50 Athletes</b>	<b>\$299</b>
<b>100 Athletes</b>	<b>\$499</b>
<b>150 Athletes</b>	<b>\$599</b>
<b>300 Athletes</b>	<b>\$899</b>
<b>Or More, BFS has options for your entire School</b>	

## Call BFS to get on board today! 800-628- 9737



# Finally, a Safe Energy Drink That Works

Team BFS weightlifter Sesely Omli crushes a double bodyweight squat.

One of the greatest marketing ideas in the fitness industry was the invention of the term “energy drink.” The word “energy” sounds much more positive than “sugary sweet,” the primary characteristic of those liquid formulas, which often cost several dollars and often have exactly the same content as soft drinks (with perhaps a bit more caffeine). Let’s take a closer look at the problematic ingredients of most energy drinks, and some healthy alternatives.

A major ingredient in many energy drinks is refined sugar; more specifically, high fructose corn syrup. While it’s true that carbohydrates are used as the primary energy source by athletes preparing for their sports, high fructose corn syrup raises insulin levels quickly and then causes a crash in energy shortly after. What’s more, this type of sugar is linked to type-II diabetes, obesity, cancer, and of course dental decay.

Then there’s caffeine, another common ingredient in energy drinks. Because caffeine is found in sodas and coffee, it is unquestionably the most used drug in the world. Although there are benefits to taking caffeine before workouts, there are also some precautions to consider. First, some individuals cannot tolerate caffeine well, and any overuse may result in dramatic and undesirable side effects. What is overuse? Consider that while an average soft drink may have 45 mg of caffeine

## BFS Training and Equipment



Team BFS junior weightlifters Nicole Patruno and Sesely take sports nutrition seriously by using THE FUEL Nutrition supplements because they have the NSF Certified for Sport® label.

and a cup of coffee 85, some energy drinks that are sold in nationwide convenience stores have as much as 350 mg of caffeine!

While there is a high demand for pre-workout energy drinks, most products on the market are far from ideal. We went looking for an energy drink that would help performance without being loaded with refined sugar and caffeine. We found such a product in PRE WORKOUT™, manufac-

tured by THE FUEL Nutrition, LLC. PRE WORKOUT exceeded our expectations – it not only improves performance, it also contains natural ingredients that are good for you and comes with the NSF Certified for Sport® label. That label is a big deal.

NSF screens supplements for more than 165 substances banned by most major athletic organizations as well as for undeclared ingredients such as stimulants, narcotics, steroids, diuretics,

beta-2-agonists, and masking agents. You would think that any supplement you purchase through a major health food chain or drugstore would not contain these substances, but that's simply not true.

A study sponsored by the International Olympic Committee tested 634 over-the-counter supplements and found that 15 percent of them would trigger a positive result in a drug test. In fact, athletes have been stripped of their Olympic medals after taking over-the-counter supplements that were tainted with banned ingredients not listed on the labels. The NSF Certification for Sport endorsement helps protect against the adulteration of products and also verifies label claims against product contents. This is why the NSF Certified for Sport label is recognized by the NFL, MLB, PGA, and LPGA.

**With that background, let's take a closer look at PRE WORKOUT.**

PRE WORKOUT is designed to enable athletes to maintain focus and sustain energy levels during intense training. It contains nine major ingredients, as follows:

**Creatine.** Because of its positive effects on improving strength, muscle mass, and endurance, creatine has become one of the most researched sports nutrition supplements. It also increases



PRE WORKOUT is designed to enable athletes to maintain focus and sustain energy levels during intense training.

PRE WORKOUT: NUTRITIONAL FACTS

Serving size 1 scoop (29.7g)	Potassium (as potassium citrate) 150mg
Servings per container 20	Creatine MagnaPower® (magnesium creatine chelate) 3,000mg
Amounts per serving:	
Calories 90	Ribose 5,000mg
Total carbohydrate 21g	N-acetyl-L-tyrosine 500mg
Sugars 15g	Choline bitartrate 250mg
Protein 3g	Beta alanine 1,000mg
Vitamin C (ascorbic acid) 250mg	L-carnitine fumarate 500mg
Pantothenic acid (as D-calcium pantothenate) 10mg	Adenosine triphosphate disodium salt (ATP) 400mg
Magnesium (as magnesium malate) 125mg	Other ingredients:
Sodium 250mg	dextrose, maltodextrin, citric acid, sodium chloride, natural flavor, beta-carotene (color), silica, and organic stevia leaf extract.

mental focus and reduces markers of inflammation. Creatine increases hydration at the intracellular level. This is an important point, because many sports drinks contain so much sodium that the cells cannot access water consumed.

Included in this formula is magnesium malate to help increase the absorption of creatine. Magnesium is the fourth most abundant mineral in the body and is involved in hundreds of biochemical reactions that affect metabolic functions. An estimated 75 percent of Americans are deficient in this mineral.

**Ribose.** Ribose is a building block for DNA and RNA. Its benefits include increasing ATP production, which is the primary energy source for all cellular processes. Supplementing with ribose reduces muscular fatigue, increases exercise tolerance, and improves endurance.

**N-Acetyl-L-Tyrosine.** This amino acid helps produce a neurotransmitter that promotes training drive and motivation. It is also used in the production of thyroid and adrenal hormones. It is most effective when you are experiencing additional stress such as during intense training, sports competition, and dealing with extreme climate conditions in which you are exposed to cold or changes in altitude.

**Bitartrate Choline.** This ingredient is a combination of choline and salt that is often regarded

as a brain supplement. Bitartrate choline helps form acetylcholine, a neurotransmitter crucial for focus and memory. It also supports the brain and nervous system to help with muscular contraction and coordination, and as a bonus helps transport fat to aid in weight loss.

**Beta Alanine.** Beta alanine is a building block of the amino acid carnosine. It is stored in fast-twitch muscle fibers and helps muscles contract harder and longer. It also stabilizes muscle pH alkalization during exercise to reduce fatigue.

**L-Carnitine.** L-carnitine improves high-intensity work capacity, improves recovery from intense exercise, and prevents oxidative stress that leads to chronic inflammation and other health problems. It can also help to reduce visceral belly fat.

**ATP Salts.** ATP salts increase ATP stores in the blood, improve muscular function and endurance, and can help with exercise recovery.

**Vitamin C.** This essential vitamin is a potent antioxidant that improves recovery, especially in joints and arterial tissues, and reduces fatigues. It also increases fat burning and immune system function, and helps with wound healing and the manufacture and repair of soft tissues such as tendons, ligaments, and cartilage.

**Electrolytes.** Sodium and potassium are electrolytes that enhance sports performance, reduce

## BFS Training and Equipment



If you're looking for an edge in your training, power your body with THE FUEL Nutrition supplements.

fatigue, and help prevent cramping. Because sodium and potassium are excreted in sweat during exercise, taking in electrolytes pre-workout helps with pH alkalization. If the body is too acidic, it can cause issues such as bowel disorders and inflammation.

All these ingredients are included in optimal ratios in our PRE WORKOUT energy drink mix.

The directions are simple. Just mix 1 level scoop of PRE WORKOUT into 8-12 ounces of chilled water 20-30 minutes prior to your training session.

We believe that we now have the best possible pre workout energy drink on the market. It's made of healthful ingredients, is caffeine-free, and comes with the NSF Certified for Sport® label. Give PRE WORKOUT a try – your workouts will be better, right from the start!

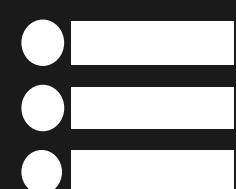


**FUEL YOUR PERFORMANCE.**



✓ NSF Certified for Sport®

✓ Synergistic Design for Optimal Physical Performance



# UNBEATABLE VALUES

## The Varsity Line From BFS

CLICK

### Varsity Flat Bench to Incline

Easily adjusts from flat to military:

0, 30, 35, 45, 85 degrees

Easy to move with handle and wheels

**\$325**



### Olympic Benches

#### Varsity Olympic Bench

Heavy-duty

**\$345**

#### Varsity Olympic Incline Bench

Built to last

**\$395**



## The Slackline Edge in Functional Training



**The Slackline Fitness Stand is a lightweight, freestanding structure that enables you to perform slackline training indoors or out.**

Tightrope walking is an activity often associated with the circus, and in fact high-wire tightrope acts are a part of the many popular Cirque de Soleil performances. An extension of tightrope walking is called slacklining, and the activity has evolved into a sport and a specialized method of functional training for athletes.

In contrast to a wire, a slackline consists of flexible webbing (nylon is a popular material), one to two inches wide. The webbing is anchored between two sturdy objects and tensioned until it is straight, but the flexibility of the webbing causes it to feel slack – hence the name, slackline. It's this flexibility that makes balancing on a slackline challenging, and is also the reason for its effectiveness.

Adam Grosowsky, a rocker climber from Southern Illinois, is credited with developing slacklining in 1976. He got the idea from studying the wire balancing feats of early circus performers. He set about learning to duplicate these feats by balancing on ropes, wires and loose chain fences (such as those used in parking lots).

Three years later he met fellow rock climber Jeff Ellington and they came up with the idea of balancing across the tubular webbing used by rock climbers; Ellington came up with the idea of designing a self-locking pulley system to tighten

the webbing. They practiced, and eventually developed routines that included juggling, handstands and jumps mounts.

Their performances inspired others to take up slacklining and even develop rules to make it a sport. Now there are slacklining competitions taking place not just in the US, but worldwide, especially in Austria, Germany and Switzerland. There are even special categories of slacklining, including waterlining (slacklining over water – great for learning new tricks!), highlining (slacklining at higher elevations), yogaslacking (performing yoga poses on a slackline) and even tunelining (playing a musical instrument while slacklining). A slackline can also be used for improving athletic performance, such as improving shoulder stability by doing push-ups while holding onto a slackline or performing squats and lunges while standing on a slackline.

At BFS, we offer a variety of slackline products to fit every need. We have several different lengths of slacklines. We have the Slackline Tree Pro, which uses padded felt with Velcro closures to prevent damaging trees or fraying of the line. We also have a Slackline Stand Hanger storage device that can be mounted on the wall for gyms that will be using slacklines on a regular basis.

One slackline product we at BFS are especially

# *BFS Training and Equipment*



**BFS offers a variety of slackline product to fit every need. One unique product is the Play Line, Beginner Slackline. This system incorporates an overhead strap to assist in learning proper balance and posture.**

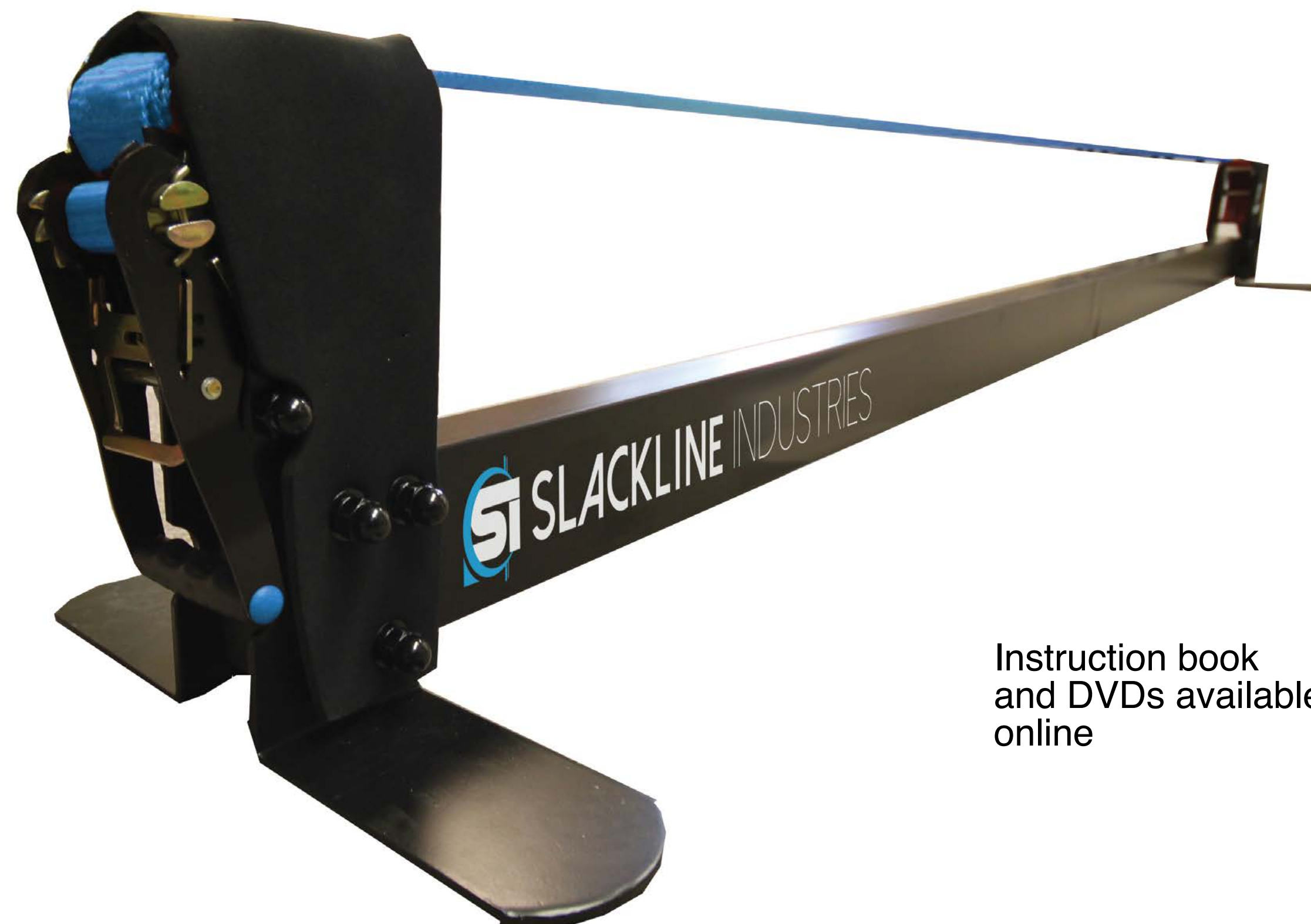
excited about for physical education programs is the Slackline Fitness Stand. This is a lightweight, freestanding structure that doesn't require anchors. With its steel construction and solid base, this portable unit enables you to perform slackline training indoors or out. The Slackline Fitness Stand is easy to assemble and breaks down into two sections for convenient storage.

Although there are many elite athletes who can perform seemingly impossible tricks on slacklines, slackline training can be adapted to any level of ability. For example, a second slackline can be strung above the lower slackline so that the individual can hold for increased stability. We also offer multi-media instructions materials that demonstrate optimal technique of basic and

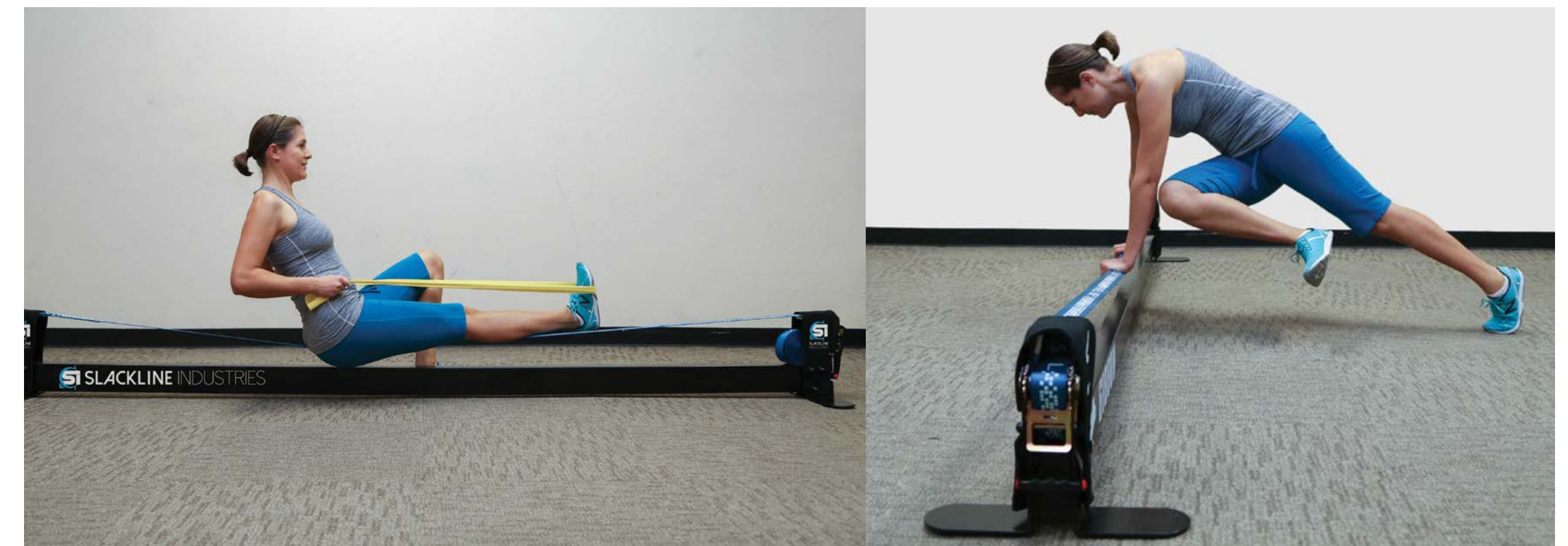
more challenging slackline movements.

Want to try a challenging and fun fitness activity to develop functional strength? Enjoy the slackline experience.

# Get started with a Slackline from BFS



Instruction book  
and DVDs available  
online



## Slack Line Fitness Stand (10 ft)

The Slackstand is a freestanding structure allowing set-up indoors or out. The Fitness Slackstand includes a 12 foot slackline, elastic workout band and a workout poster guide. Steel construction provides a solid base and sleek design keeps the unit lightweight and compact. Easy to assemble and break down.

**\$324.99**



## Slack Line Fitness Line (50 feet)

The Fitness Line makes it easy to incorporate slackline resistance training into any workout routine. The included stretch band and workout guide offer a full body resistance training program.

**\$79.99**



## Slack Line Tree Pro.

Protecting trees and the slackline is responsible etiquette for setting up at home or in public places. Treepro makes it easy to simply wrap the tree prior to setting up the slackline.

**\$19.99**



## Slack Line Base Line (50 feet).

This versatile 2-inch style slackline designed as an easy-to-use kit with slackline specific webbing appeals to all levels of users.

**\$74.99**



## Slack Line e Line.

The YogaSlackers eLine is a low-stretch slackline that sets up easily with a simple closed-loop system. Little to no effort is required to tension it so anyone can do it in just a few minutes.

**\$89.99**

Affordable BXI squat stands can help maximize your workout space



**BXI Squat Stand Only**  
**\$495**



**BXI Power Squat Stand**  
**\$395**

# BXI line has your back (and front squats) covered

## Call a Weight Room Specialist 800-628-9737



**BXI Double Sided Half Rack**  
**Starting Price:**  
**\$1895**

**BXI Half Rack**  
**Starting Price:**  
**\$1445**

BXI Half Racks 3"x 3" 7 Gauge Steel Construction, Includes safties and bar catches, Optional power clean platform available. Free Shipping on orders over \$3,000 Order online at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)

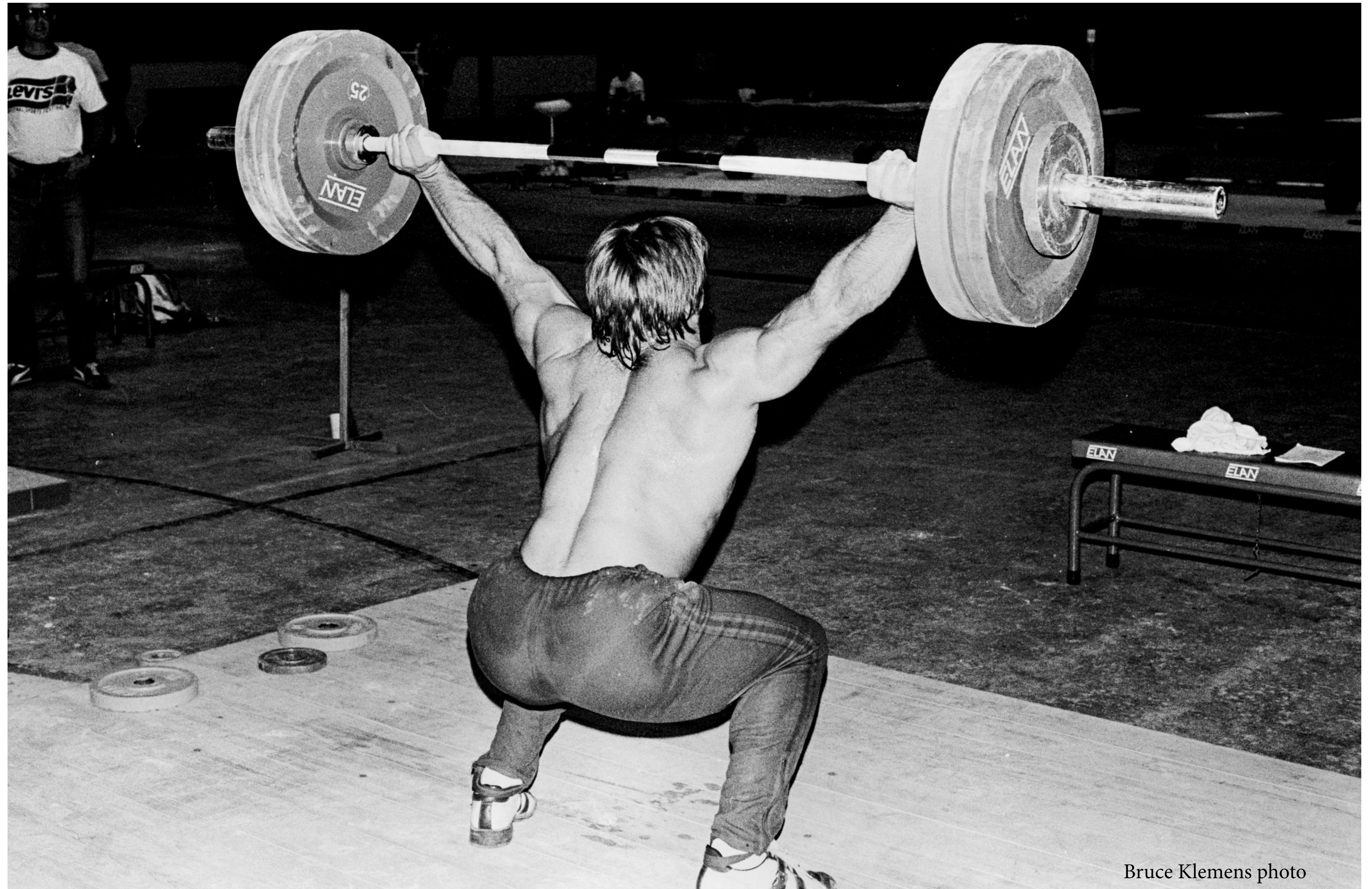
**CLICK**

# Developing Power with the Power Snatch

In the BFS program, the power snatch is considered an advanced auxiliary exercise that can be used in place of the power clean. Both exercises develop the same muscles and increase power, and in fact improving your ability in one lift will improve your performance in the other. The power snatch, however, offers several advantages over the power clean and other types of explosive lifts.

Power is the ability to display strength quickly, and can be defined by the formula  $\text{Force} \times \text{Distance} \div \text{Time}$ . Because relatively lighter weights are used, the power output for a power snatch is higher than a power clean. In fact, the second pull of the snatch produces five times the power output of back squats and deadlifts. Squats and deadlifts are essential to a total athletic development program, but in terms of developing power, the Olympic lifting movements are superior.

One of the advantages of the power snatch over the power clean is that some athletes, often due to the relationship of the upper arm to the lower, have a difficult time racking the bar on the shoulders. The power snatch catch position circumvents this problem as the bar is held overhead. Also, straps can be used on the power snatch to reinforce the grip – they should never be used on the clean as they can cause injury.



Bruce Klemens photo

**Derrick Crass, a US weightlifter who competed in the 1984 Olympic Games, shows exceptional back development made possible by emphasizing exercises such as the power snatch.**

Next, because a wider grip is used in the power snatch, the athlete must bend their knees more and as such begin the lift from a lower starting position than the clean. As such, the legs move through a greater range of motion than

the clean. The power snatch also more effectively works the muscles that externally rotate the shoulders and pull the shoulders back. Athletes such as baseball players and swimmers are often relatively weak in these muscles. Using power

# BFS Training and Equipment

snatches in conjunction with isolation exercises for the external rotators of the shoulders would help avoid the shoulder impingement syndromes common among these athletes.

Finally, in examining the training programs of elite European weightlifters, often you'll find that they can train snatching exercises heavier more often than clean exercises. The reason is that clean exercises are much harder on the body. As such, athletes in contact sports such as football may find it easier to push themselves in the snatch compared to the clean, especially during the season when their body must endure the highest amount of punishment.

What is a good weight to use for the power snatch? One guideline used for assessing the relationship between the power snatch and the power clean is 78 percent; which means that if an athlete could power clean 200 pounds, he or she should be able to power snatch 156 pounds.

## Learning the Power Snatch

If an athlete has already been performing power cleans, it should be relatively easy for them to learn how to power snatch because the pulling motion is similar.

The usual approach to learning a power snatch is to progress from the top down: perform the power snatch from hip level, then just below knee

level, and finally the floor. From a motor learning perspective, you progress from the unfamiliar to the familiar. Here is a detailed description on how this is performed.

**Start by having the athlete assume a jump stance and rest the barbell at arms length.** Then have them bend their knees slightly so that the bar rests in the crease at the top of the thighs – do not allow the athlete to lean forward, but instead just bend straight down. Now the athlete bends forward so their shoulders are slightly in front of the bar – if they bend over with their shoulders too far over the bar, they will end up swinging the weight and will have to jump forward to catch it. From this position the athlete straightens their legs vigorously and bends their arms to flip the weight over their head, moving their feet into an athletic stance.

**The next drill is to have the athlete perform the same movement, but instead of performing the lift from the hip, he or she flexes their legs so that the bar rests just below the knees.** From this position the athlete straightens their legs vigorously and bends their arms to flip the weight over their head, moving their feet into an athletic stance.

**In the next progression, rather than stopping the bar at knee level, he or she allows the bar to touch the floor.** You'll find that wherever the bar touches down is usually the optimal position to



The first step in learning the power snatch is to perform the movement starting from the hip. You lower yourself straight down a few inches, lean forward slightly, then flip the bar overhead while moving from a jump stance to an athletic stance.



When the power snatch from the hip is mastered, lower the bar to knee level before flipping it overhead to an athletic stance.



When the power snatch from the knee is mastered, lower the bar to the floor and then perform the full lift to an athletic stance.

pull from. Without pausing at the bottom position, the athlete performs a full power snatch. Eventually, usually within a few workouts, the athlete will be able to perform the power snatch from the floor without the reverse portion used in the previous drills.

The power snatch has several advantages over the power clean, depending upon your individual

goals. It's not so much that one is better than the other, but that they can be used interchangeable in a weight training program for athletes.

**Team BFS weightlifter Sesely Omli, who posed for these photos, has broken the New England junior record in the snatch on several occasions. She has qualified for the 2015 University Nationals in September.**



Photo by Sarah Valentine

# BUMPERS FROM BFS

CLICK



Solid Rubber Bumpers with Steel Hubs, Colored, Available in pounds and kilograms  
From \$115.00

Black Crumb Bumpers. Available in pounds and kilograms  
Recycled and Made in America  
From \$25.00

Solid Rubber Bumpers (Black)  
High quality solid rubber bumpers with brass inserts  
From \$34.50

Solid Rubber Bumpers (Colored)  
From \$49.50

Economy Solid Rubber Bumpers (Colored)  
From \$30.00

## POWER CLEAN - DEADLIFT - BENCH PRESS

No matter what your lift a quality set of bumpers from BFS can give you the confidence to max your work out. BFS Works hard to offer the very best bumpers so you know you are getting a quality product that setve your weight room for years.



Rick Bokak is a tireless clinician who has inspired countless coaches across the nation. He is shown here leaping onto a desk top during a BFS National Convention to demonstrate why proper technique is so vital for developing athletes.

## Rick Bojak: Teacher, Coach, Leader

BFS is known for its high-quality strength training equipment and proven strength and conditioning programs, but what really sets it apart are its clinicians. These talented teachers work in the school system and understand what it takes to inspire young people to achieve their best. One such clinician is Rick Bojak.

Bojak played middle linebacker and running back at Weber State University and was inducted into the Northwest Athletic Association Hall of Fame. He then went on to receive two master degrees from the University of Utah, one in psychology and the other in physical education.

## *BFS Training and Equipment*



**In 1995 Bojak was named Utah Teacher of the Year, an award that earned him a trip to the Oval Office and congratulations from the President of the United States, Bill Clinton.**

Bojak coached football at three universities, but decided to take a cut in pay to coach at the high school level. He no longer wanted to devote the amount of time necessary to work in that environment, and also wanted to teach. Says Bojak, “I like the classroom because that’s where you’re molding the kids, making a difference in their lives. It’s where the great things happen. With college kids, they have their lives already planned - you can help a little bit, but the rewards are not the same as you get with high school.”

As is typical of BFS Clinicians, Bojak earned a reputation for being able to turn losing programs into winning programs. One example was Jordan High School in Utah, a 4A program that suffered through a 0-22 record; Bojak got that team to the state final in just one year. These efforts didn’t slow him down his commitment as an educator. In 1995 was named the 1995 Utah State Teacher of the Year, earning him a trip to the Oval Office and a handshake and congratulations from President Bill Clinton.

Bojak and BFS Founder Dr. Greg Shepard first met in the 70s when they were football coaches, and on a few occasions they coached against each other. Says Bojak, “I knew some of the things Greg was doing with weight training, so I was interested in his program. Many coaches will say you’ve got to have the special X’s and O’s, but none of this makes a bit of difference unless you have the athletes. You need to work on their bodies to get them big, fast and strong. If you’ve got big, fast and strong kids who want to win, you can win anything no matter what offense or defense you’re running.”

Bojak’s interest in the BFS program lead him to become a BFS clinician in 1995, and the first clinic he co-taught in Washington resulted in several state championships for the school. He eventually gave over 160 clinics in 40 states, and established a reputation of being able to turn around struggling programs.

Asked to share his favorite clinic experience, Bojak replied, “I’m always talking about keeping your eyes on your target. I gave a clinic to a team in Flambeau, Wisconsin. They were 3-6, and after the BFS clinic they went on to the championships. The next year when I came in again, one of the boys who had been at that earlier clinic told me, ‘You know, Coach, I’ve got to tell you about that eye on the target thing. When we went for that State championship game we took our helmets off, and the other team didn’t. We just kept

# BFS Physical Education



**Rick Bojak has positively impacted thousands of lives as a teacher, coach and conventioneer. In recognition of his achievements, Shape America recently honored him with its Presidential Award.**

staring right at them, but they wouldn't look back - they'd look down, look up, and back down again. After the coin toss we said, "We're going to kick their butts because they couldn't even look us in the eye they were so scared."

Coach Bojak has retired and spends his time with his wife, Janet, and daughter, Jennifer. In his own words, here is how he summarized up his career as a BFS clinician:

"It is very difficult for me to imagine a more wonderful way to see our beautiful country and the terrific people, parents, teachers, coaches, and student-athletes we have in America, than doing it through BFS.

"I experienced some of the most exciting times of my life teaching the BFS way at schools all across this land. Not only did I see dedicated, never give up attitudes and care, but love, concern, promise from the moms and dads and teachers.

"I've coached at a Division I college, Division I-AA, Division II, and in many state championship high school title games. I can honestly say, after doing a BFS clinic, I felt as proud and happy as any big game I ever coached in. It is remarkable the feeling you get."

I am so thankful that I had the privilege to be a part of the teachers and coaches of the Bigger, Faster, Stronger family. I love them.

# THE THE STEEL

## Training Bars

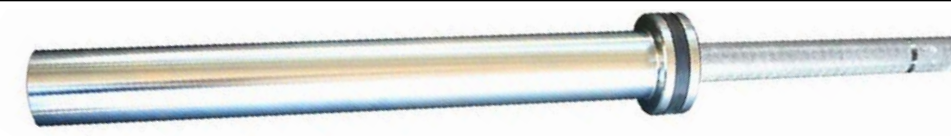
## BFS Super Bars

Ultra-Lite Bar 6 Foot \$165   Aluma Lite Bar 6 Foot \$155   Standard Olympic Bar \$169   Super Bar - Black \$189   Super Bar - Silver Zinc \$199

## Huge new selection of "Made in the USA" Bars



BFS Victory Bar - 15 Kg  
\$219



BFS Champion Bar  
\$229



BFS Pro Bar - 20 Kg  
\$239



BFS Fat Bar - 60 lbs  
\$319



BFS Supreme Bar 15 & 20  
Kg \$329

## "Made in the USA" Hex Bars for every Athlete



Original Hex Bar (Made in  
USA!) \$129



High-Hex Bar (Made in  
USA!) \$149



Combo Hex Bar (Made in  
USA!) \$179



Mega Hex Bar (Made in  
USA!) \$209



Youth Hex  
Bar \$159



**Value priced options available for nearly every bar**  
**Explore the estore to find your perfect bars, collars, plates and bumpers**

# Training Tools You Need: The True Squat App

The back squat should be a key exercise in any athletic fitness training program. The standard that BFS has set is parallel depth or slightly below it. However, if an athlete squats three to five inches high, even if they are using nearly double bodyweight, they are not accomplishing much. In fact, such partial movements can result in many problems, including flexibility issues and a high risk of lower back injuries. The question is, how can an athlete be certain they are squatting low enough to get the most benefits from the King of Lifts?

Proper squatting technique offers athletes the best defense against knee injuries and builds the foundation for great speed and jumping ability. In fact, no other exercise works as many major muscle groups as effectively as the squat. To enjoy these benefits, the guiding principle is that it's necessary to squat so that the tops of the upper thighs are at least horizontal to the floor. Parallel squats work the major muscles of the lower body through a greater range of motion and increases the strength of the bones and connective tissues such as tendons and ligaments.

In contrast, doing a quarter lift places excessive compressive forces on the spine and will do little to improve athletic performance or knee stability.

Does BFS have any problem with an athlete squatting lower than parallel? Certainly not, as long as the athlete has the flexibility to do so without rounding their lower back. All we are saying is that an athlete must squat to at least parallel to get the most benefits out of this valuable exercise.

# BFS Training and Equipment

<p>The BFS True Squat is designed to be used quickly and intuitively. Launch the app, then press “Begin.”</p>	<p>Simply select the number of reps and the desired angle to be reached. 0° being a true parallel squat.</p>	<p>When the device reaches the degree set the lifter is notified with a bell and vibration.</p>	<p>Teaching aids are included under the home screen menu button and include a comprehensive technique video.</p>

During our clinics and certifications, we use a simple test to help athletes and coaches determine the proper depth. It’s called the marble test.

If an athlete were to place an imaginary marble (or dowel) on the middle of the top of the thighs during their deepest squat position, which way

would the marble roll? If the marble would roll towards the knees, the athlete is not squatting low enough. If the marble would stay stationary or roll towards the lifter’s hips, the depth is good. Using this standard, what you’ll find is that the bottom of the thighs has to be below parallel at the bottom of the squat.

The marble test is an effective way to judge the depth of a squat, and the BFS True Squat App for smartphones duplicates what happens during the marble test. It’s even more accurate to use the True Squat because it’s 100 percent objective. Here’s how it works:

## *BFS Training and Equipment*



**BFS has a thigh strap available in a one size fits all for most modern devices**



**Worn high on the upper thigh the strap and case give an athlete proper depth**

To use the device for the squat the athlete turns on the app on their smart phone, places the device in the case, and then secures the elastic strap around the largest part of one thigh. Then they squat. When the athlete reaches a position where their legs are parallel to the floor, the device will beep and light up – if the squat is too high, they will not hear a beep or see a light. As such, the True Squat provides the coach and athlete instant feedback about the performance of the exercise – if an athlete squats high, True Squat will let them know.

In the BFS system we prefer three spotters. It's best to squat inside a power rack, with safety pins adjusted to the proper height. Because relatively heavy weights can be used in the squat, it's essential that proper spotting be used. Although

it's possible to squat safely with one spotter (standing behind the lifter), it's better to have three spotters (two at the side and one behind). Besides ensuring the safety of the athlete performing the lift, the side spotters can judge spotting depth and technique and can encourage the athlete to break personal records.

With the True Squat, the spotters can focus on their jobs of spotting and offering encouragement without having to assess the depth of each repetition. If the athlete is squatting alone, preferably inside a power rack, they will know whether or not they are performing the lift correctly. Also, this ensures that records made in the squat are accurate – there will not be any questionable “high” lifts passed.

When you think about it, the name True Squat is a bit of a misnomer because the device can also be used to ensure optimal performance on dips and push-ups. The athlete simply straps the device to the back of an upper arm, and when the upper and lower arms form a 45-degree angle, it will beep and light up when the upper arm is at parallel. As such, the True Squat can be valuable in physical fitness classes for testing purposes.

The True Squat App ensures the highest, objective standards of testing and training on several core strength training exercises. It should be an essential tool in every athletic fitness training program.

BIGGER FASTER STRONGER

**BFS**

# THE ALL NEW BFS BENCH BLOCK



## A BREAKTHROUGH IN THIS BFS CORE LIFT

Move quickly between lifters - The Bench Block never leaves the Bar!

**ONE BLOCK PER TEAM OF LIFTERS NO PAD  
NEEDS TO BE PUT UNDER THE SHIRT -**

Increased hygiene and PE CO-Ed  
Friendly

**CLICK**

BIGGER FASTER STRONGER

**BFS**

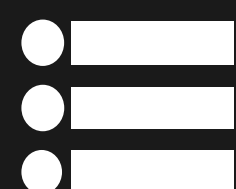


## *Chalk Up!*

Hand Armor Liquid Chalk is the no mess solution for sports and training situations. Sizes from personal to institutional.

*Superior Grip Performance, Superior Protection*

1. Antibacterial - Kills 99.9% germs and bacteria like Staph, H1N1, MRSA, Ringworm, etc.
2. Last up to 10 times longer than regular chalk.
3. Not messy like regular chalk.
4. Prevents blisters and tears
5. Cost effective than regular chalk.
6. Available in sizes from 2 to 32 oz with pump





# All New Online Set Rep Log App

You can't break records if you don't keep records! Now as an athlete you can keep track of weight room progress on your phone, tablet or computer. As a coach you can keep up with the progress of your whole team or even your entire school. Simply logging in and entering athlete allows for recording sets, reps, weights and tracks record breaking activity every workout! With this web app every device with a web browser can take advantage the BFS Total Program and nearly 40 years of championship building protocols that has lead 1,000s of teams to winning seasons in nearly every state!

Call BFS To get on board today!  
**800-628- 9737**

## **BFS Magazine comes to you 6 times a year**

Packed with valuable stories on successful teams, *BFS Magazine* is your resource for motivation, training and inspiration.

Each issue addresses various issues dealing with the latest training methods and helps coaches and athletes focus on what is effective in their unique environment. Helping coaches separate fads from efficient, effective work-outs, *BFS Magazine* is an ongoing resource for every coach in any sport. High School coaches have known for years that the BFS Total Program is safe and effective for training the developing young athlete, regardless of their sport or gender.

For over 39 years *BFS Magazine* has been a publication dedicated to helping athletes succeed through strength training and character development. So whether you are a BFS WRSC certified coach, a magazine subscriber or an individual athlete, you can trust that BFS is committed spreading our knowledge to help you get the most out of your athletics and your life

***BFS Magazine* “Coaches Helping Coaches”  
See you in september!**



Subscribe Online

