

BFS



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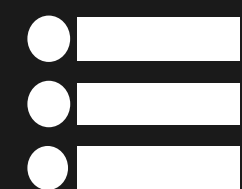
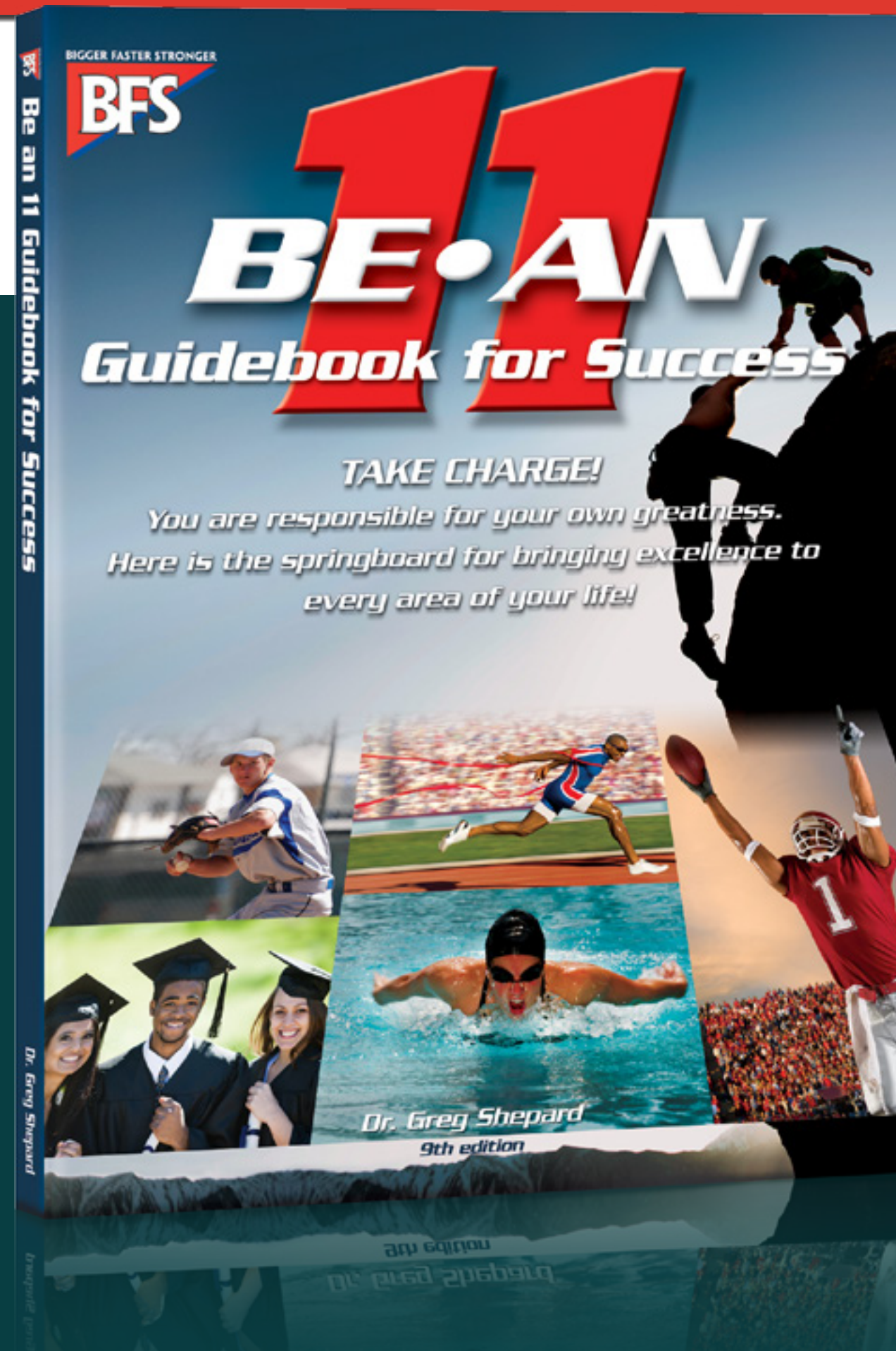
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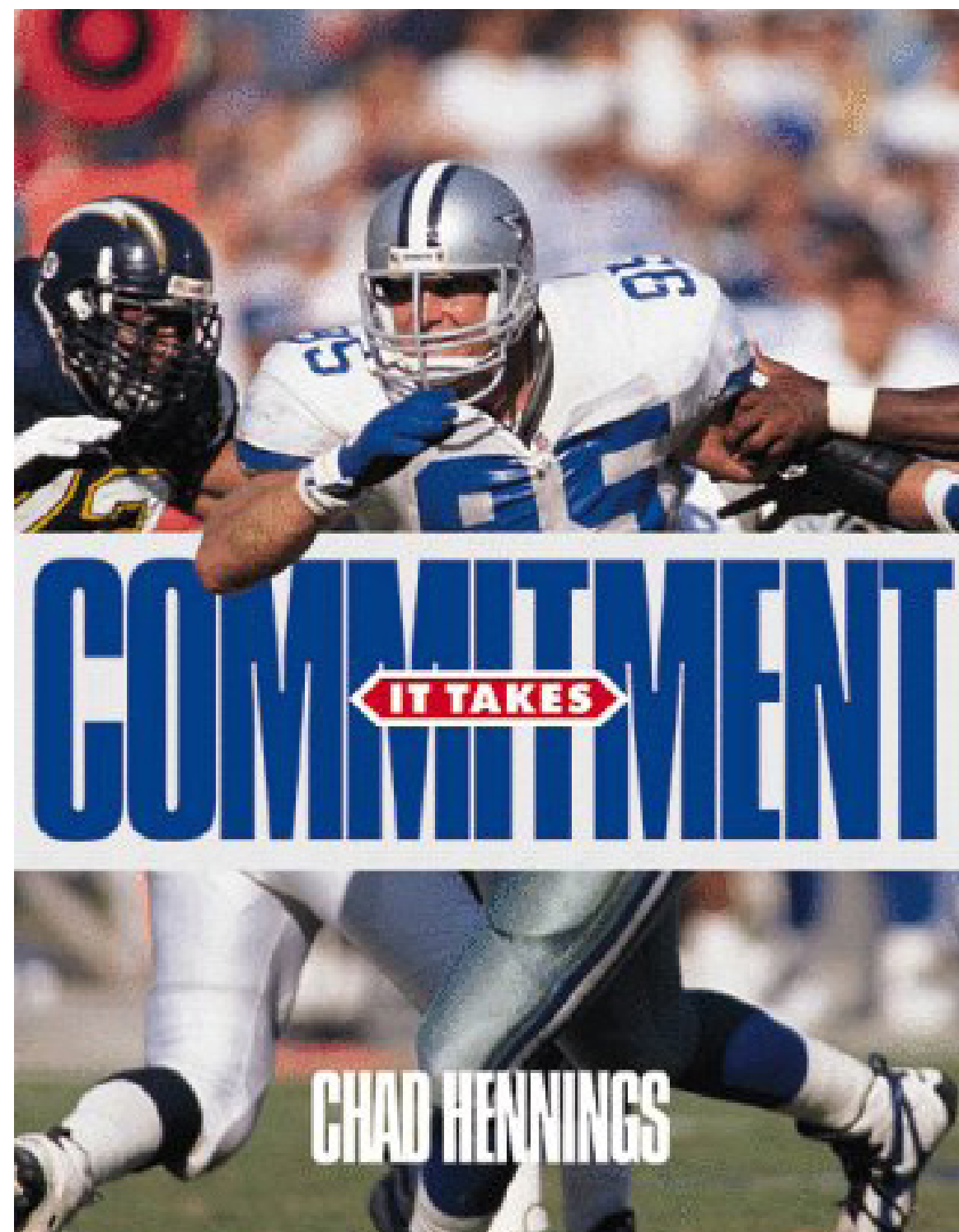
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learn about how to bundle and save on BFS camps!



A Message from BFS Editor Kim Goss, MS

There is No Off-Season at BFS



Outland Trophy Winner Chad Hennings was on the Air Force Academy Football Team. He became a pilot and later earned a Superbowl ring with the Dallas Cowboys.

In this issue we have an article that discusses in detail the BFS in-season workout. I thought it was important to feature this article because not only is in-season training a key component of success in athletic fitness, but because we had not published an article on this subject since 1994!

What a lot of coaches don't understand is that although the BFS program can be used by any athlete at any level, it's especially effective for high school athletes who play multiple sports. One reason is because it is designed not just to maintain all the components of athletic fitness, but also to improve them. To put it another way, "Yes," you can get stronger during a sports season without your training adversely affecting your sports performance.

During my first year as a strength coach at the Air Force Academy I used a popular periodization workout with the football team. The in-season workout involved a maintenance phase of lighter weights. What I found was that the athletes quickly became considerably weaker during the season, and based upon post-season testing, slower. This was especially problematic because at the Academy football players were undersized already compared to the rest of the conference. In fact, one year when we played San Diego State, their quarterback weighed more than any player on our defense!

The following year I adopted an aggressive in-season strength program that enabled our athletes to set personal records during the season. In just one year I had more than doubled the number of football players who could incline

bench press 300 pounds. We also eventually went from having just eight players power clean 300 pounds to nearly 40, with 16 doing 325! What's more, data collected by the academy's athletic training staff showed a linear decline in total on-field football injuries of 60 percent over one five-year period – and injuries requiring surgery were pretty much nonexistent.

As for on-field results, during my seven years with Air Force we held on to six Commander-in-Chief's Trophies (given to the winners of the service academy games), earned trips to five bowl games, and pulled off major upsets in two of our bowl games by defeating Mississippi and Ohio State.

Although there are certainly many factors that determine the success of a Division I football team, I felt that by implementing an aggressive in-season training program our teams were strong, from start to finish!

Kim Goss, MS

Editor in Chief, BFS magazine

kim@bfsmail.com

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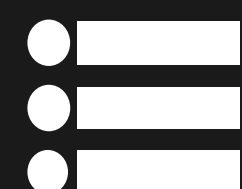
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What's Happening



From BFS to Posing Dais

“And now for something completely different!” is a popular line from the comedy series *Monty Python's Flying Circus*. Jake Morgan is certainly different.

Morgan is a professional fitness trainer who got his start with

the BFS program at Mehlville High School in St. Louis, Missouri. A left-handed pitcher, Morgan was the team captain and led his team to the state

finals for the first time in 22 years. Morgan went on to play baseball at Meramec Junior College where he earned “First Team All Region” honors. After junior college, Morgan transferred to Southeast Missouri State University where he received a BS degree in exercise science.

Morgan then – and this is a new one for BFS – became a professional physique model who competes in competitions run by the World Beauty Fitness and Fashion Inc. (WBFF). Compared to bodybuilding, physique competitors wear board shorts and have the type of look you would see in men's fitness magazines.

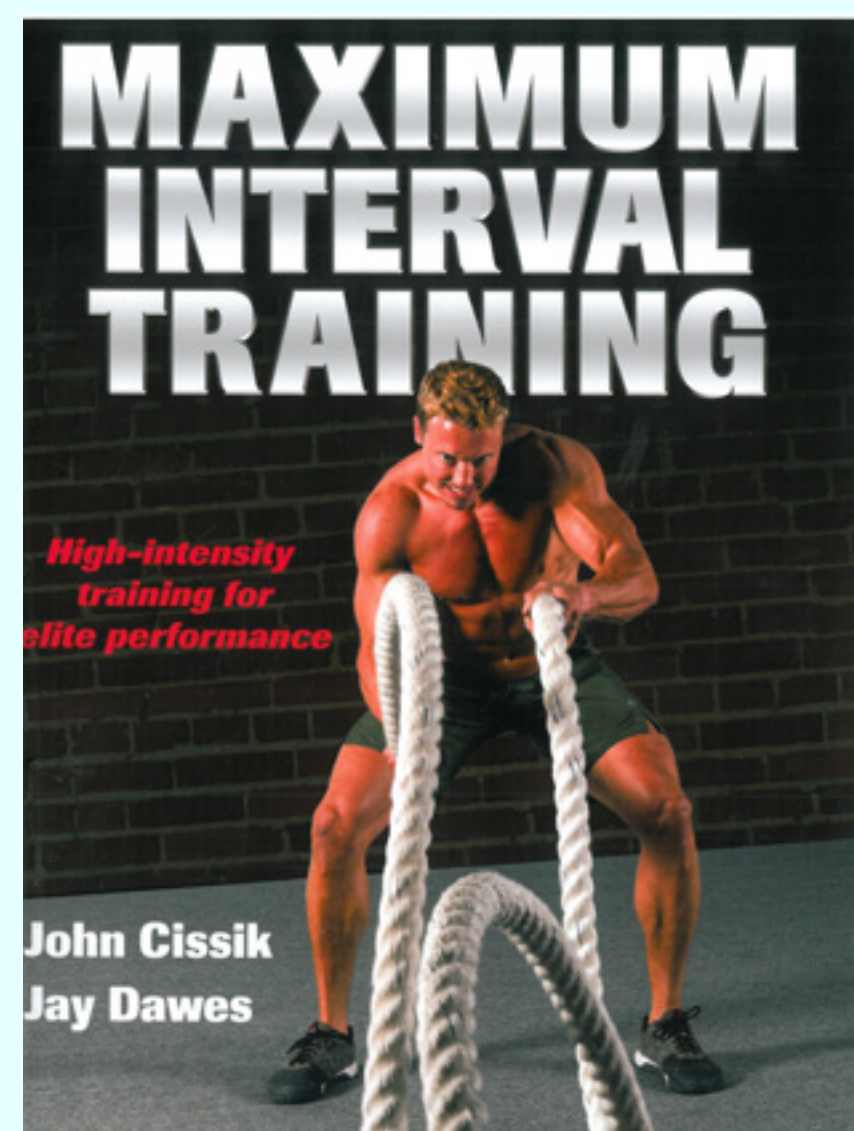
His gym is in Dallas and called Morgan Muscle. Morgan has established a solid reputation as a personal trainer for helping his clients lose

weight. For athletic fitness training, however, he says that the BFS program has many positive features, such as the following:

- Exposure to new exercises and learning how to do them
- Having a “plan” when walking in the gym
- The changes in rep schemes and introduction to periodized exercise programs
- Being able to track progress and continually set personal bests, which is very motivating for a beginner.

Congrats to Morgan for his success in athletics and his success in the competitive field of personal training.

On a scale of one to 11, Jake Morgan is an 11!



Maximum Interval Training

One of the hot topics in the fitness community, particularly for its ability to reduce bodyfat, is interval training. There is a lot of confusion about how to properly implement this type of conditioning protocol in a workout; *Maximum Interval Training* by

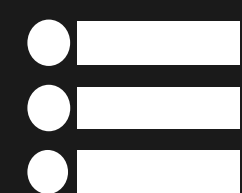
John Cissik and Jay Dawes (Human Kinetics, 2015) clears up that confusion

According to the author, “MIT uses short, intense exercise periods with a variety of exercise modes combined with brief bouts of recovery to improve performance and body image. Typically, exercise bouts are performed at a high

intensity level.” A sample interval training set would last between 20 and 60 seconds – any longer and the trainee would not be able to maintain a high intensity of effort.

Maximum Interval Training proves the reader with detailed instructions on how to perform 147 exercises using nontraditional equipment

such as heavy ropes, kettlebells, and sandbags. Sample workouts are provided for all levels of conditioning. It also includes a detailed exercise finder that lists the muscles worked for each exercise and the athletic qualities emphasized, making it an excellent reference source for helping coaches and athletes design workouts.



What's Happening



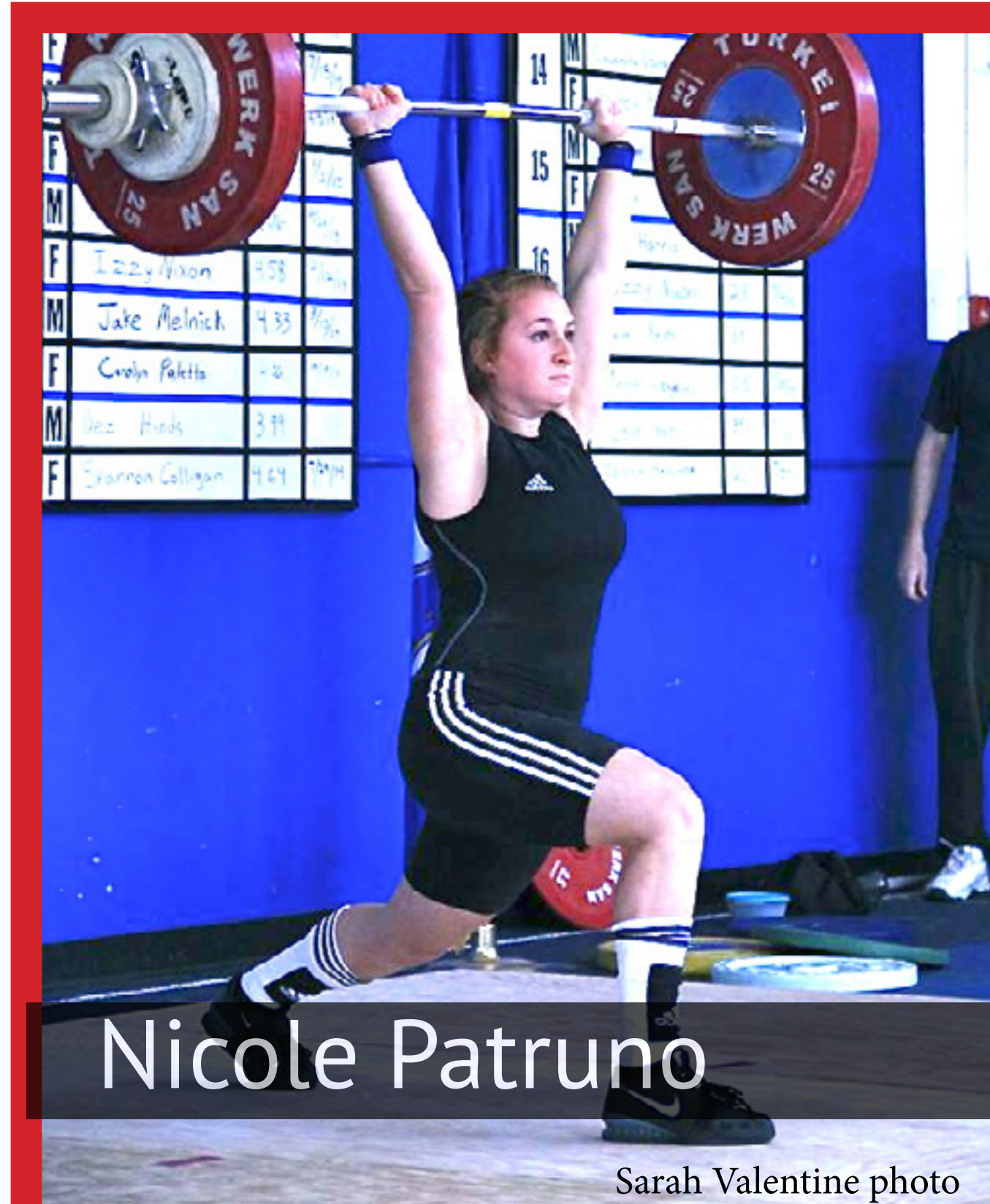
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Team BFS Weightlifters Headed to Nationals

Representing the Team BFS Weightlifting Team, Sesely Oml and Nicole Patruno will be competing in two major competitions in September. On September 18th they will be in Las Vegas for the Olympic Cup, and the following week will be in Salt Lake City for the University Nationals. Both lifters have broken junior (age 20 and under) records in the New England Weightlifting Association.

Sesely was featured in the May 2014 issue of *BFS*. She carried a 3.96 GPA in high school and now attends Butler Community College in El Dorado, Kansas. She majors in exercise science. Nicole carried a 3.90 GPA in high school and now attends the Community College of Rhode Island in Warwick, Rhode Island. She majors in general studies.



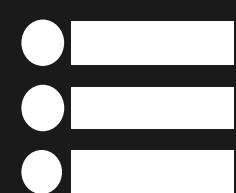
Nicole Patruno

Sarah Valentine photo



Sesely Oml

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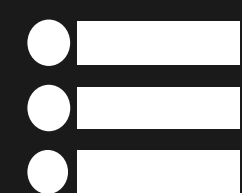
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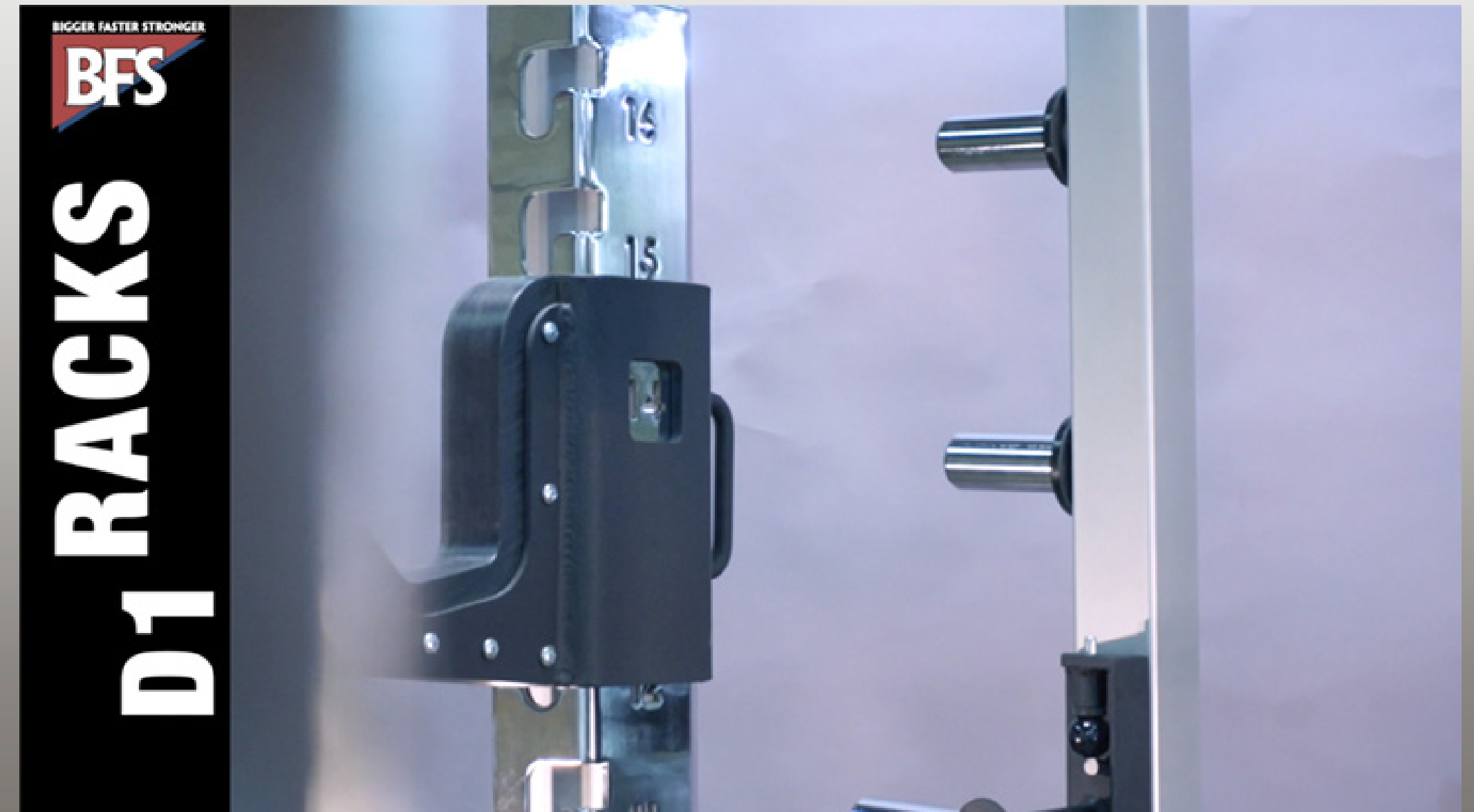
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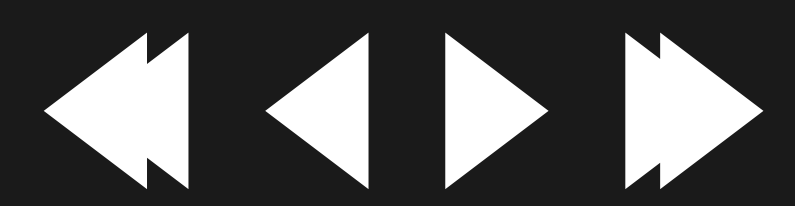
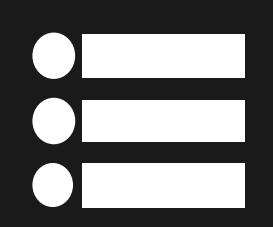


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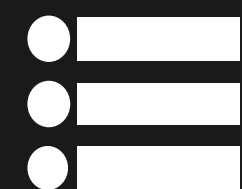
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2015 BFS High School Male and Female Athletes of the Year

Emelia Modglin - "Emelia is a picture of what we want our softball players to be. She is talented, competitive, and leads by example, all the while, being a model student and citizen."

Deandre McGill - "Deandre McGill is an outstanding student and an outstanding young man," says Hill. "He has an unbelievable work ethic as well as a passion for the game."

The winners of our annual award given to exceptional young men and women

The BFS High School Male and Female Athletes of the Year is our most prestigious award. It has quite a history, with the male award beginning in 1981 and the female award beginning in 2004.

Being an exceptional multi-sport athlete is one quality associated with this award. But more than that, we are looking for young men and women who are, on a scale of one to 10, Elevens. Indi-

viduals who excel academically and are focused, grounded, and headed for a great future. We found two such individuals in Emelia Modglin and Deandre McGill.



Bob Haentzler photo



Among Emelia's awards in softball were All-Mississippi Valley Conference and All-Area Metro East/St. Louis.

Emelia Modglin

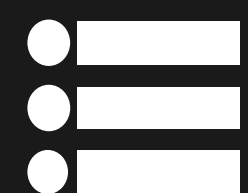
Emelia is a graduate of Waterloo High School in Waterloo, Illinois. She is currently on a softball scholarship at Fonbonne College in St. Louis, Missouri. She graduated with a 3.8 GPA (on a 4.00 scale), and played softball and volleyball. Among Emelia's awards in softball were All-Mississippi Valley Conference and All-Area Metro East/St. Louis. Here is what McGill's coaches had to say about her:

"Emelia is a picture of what we want our softball players to be. She is talented, competitive, and

leads by example," says Head Softball Coach Matt Mason. "She was capable of playing any position and excelled wherever I put her. All the while, being a model student and citizen."

"Emelia is a young woman who is dedicated and loyal to her development and growth as an athlete in every aspect," says Head Volleyball Coach Angie Crawford. "She has put forth the amount of time in the gym, on the field, and in the weight room to achieve success. The efforts have paid off with a softball scholarship at Fontbonne College. Congratulations to Emelia, a job well done and deserved! Best of everything."

In the weight room Emelia was exceptional, being a member of the 500-pound club, which is a combination of the one-rep max for the bench press, squat, and hex bar deadlift. Emily could bench press and power clean 140 pounds; she also excelled in the box squat, being able to perform 275 pounds for 10 reps! "Emelia was a very hard worker in the weight room," says Waterloo High School Strength Coach Dan Rose. "She was very conscientious about technique, led by example, and set the bar very high for future female athletes!"





McGill power cleaned 330 pounds at a bodyweight of just 204 pounds.

Deandre McGill

Deandre McGill is a graduate of Wynne High School in Wynne, Arkansas. He is attending the University of Central Arkansas. A three-year starter for the Yellow Jackets football team, Deandre was awarded the defensive MVP at the Max Emfinger All-American Bowl, is the Wynne's all-time leading tackler, and is the recipient of the Player of the Year award. He started playing football in the fourth grade and played fullback, linebacker, nose guard and offensive guard. He also played basketball and was on the track team.

"Deandre is a big reason for our 33-6 record over the past three years," says Head Football Coach

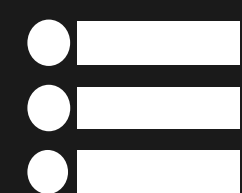
Chris Hill. "He also came in fifth in the state in the shot put." Academically, Deandre hits the books hard and as such scored 26 on the ACT and earned a 3.6 GPA. His major interests for college are in business management and marketing. He is also a member of the National Honors Society and the Fellowship of Christian Athletes.

Pound-for-pound, Deandre should be considered one of the most powerful athletes in the country during his senior year. He had power cleaned 320 pounds at a bodyweight of just 198 pounds. Recently he moved that personal best to 330 pounds at a bodyweight of 204 pounds at the Arkansas High School State Power Lifting Cham-

pionships in Alma, Arkansas, a state record and just 15 pounds off the national record in the 207-pound bodyweight division. He's also fast, having a best 40 time of 4.59 seconds.

"Deandre McGill is an outstanding student and an outstanding young man," says Hill. "He has an unbelievable work ethic who has a passion for the game. He will definitely be hard to replace."

Congratulations to Emelia Modglin and Deandre McGill on joining the list of BFS High School Athlete of the Year recipients. You are exceptional role models and true Elevens.





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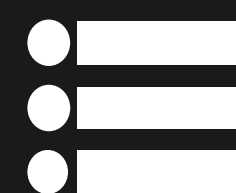
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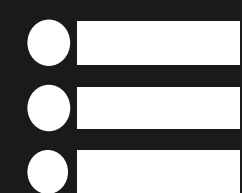
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48-0!

How Duchesne High's Football Team Did It

Kane Bertola photos

When Jerry Cowan joined the football coaching staff at Duchesne High School in 2003 he didn't have a lot of pressure to win a state championship. Not just because the school was primarily known for other sports, such as basketball and track, but because the Eagles had never won a state championship in football – ever. Those expectations changed quickly.

In 2006 Cowan and his staff rewrote school history with its first state championships, and this time the student body would not have to wait 37

years to win more. In fact, the Eagles won four consecutive state titles from 2010-2013 and established a state record of 48 victories in a row.

“Lifting weights develops confidence that an athlete can bring with them onto the field to get things done.”

Last year the Eagles had a big challenge ahead of them with only six seniors on the team, but they still earned six wins and a made it to the state quarterfinals. “When you win four champi-

onships in a row motivating your players is more of a challenge than if you were coming off of a season when you are not on top,” says Cowan.

After the six-win 2014 season, Cowan looked at what changes he needed to make with his team to become a state championship contender again. “The biggest thing we needed to do was rededicate ourselves to the weight room,” says Cowan. “Not that we every got away from it, but just to make the kids realize that if they want to win more championships, they need to make

BFS Success Story



Teamwork makes the Eagles a formidable force on and of the field. Coach Cowan believes even a small school can maximize their talent with a strong program.

the weight room their number one priority.” Cowan adds that beyond the physical benefits, “Lifting weights develops confidence that an athlete can bring with them onto the field to get things done.”

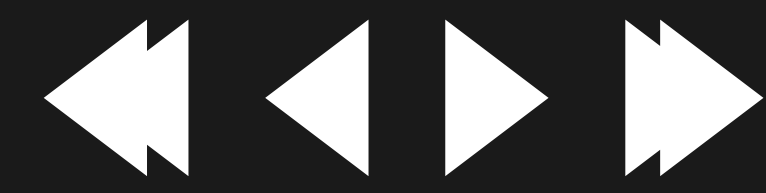
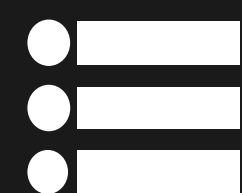
Duchesne High School is a part of the Duchesne County School District in Eastern Utah and serves 4900 students. Duchesne has an enrollment of about 330 students. They compete in the 1A Division, which is the smallest classification in the state. Cowan says having such a small school can be challenging for a coach because often you don’t have much talent, so you have to try to get the most out of the athletes you have and also pay particular attention to keeping your athletes healthy. “I believe our staff has done pretty well in getting the most out of our kids athletically,” says Cowan.

Because it’s a small school, Cowan says he encourages all his football players to participate in multiple sports to keep the entire athletic program strong. Among the most popular sports with his football players are basketball, wrestling and track, but says there are a few who even go out for golf. “We don’t have one-sport athletes here – we just don’t,” says Cowan.

Cowan handles all the weight training workouts at Duchesne, and it’s a small enough school that he can have every athlete in one class, which is coed. He adds that because many of the kids are farmers, rather than training in the morning in the summer he does the weight training at night. “We’ll usually have about 30-40 kids in those workouts, which is really good.”

Cowan says he started using the BFS program when he was a freshman at Grand County High School in Moab, Utah. Asked what he liked about the BFS program as a coach, Cowan says he especially appreciated that the program had a lot of variation and was easy to implement. “I’m a big believer in the squat, power clean, bench press, and the deadlift. I also like using the box squat and towel bench because he finds it keeps his athletes from plateauing.”

There are a lot of variables that determine the success of a high school football team, some that a coach has no control over. But at Duchesne High School, Coach Jerry Cowan has established an outstanding program that puts his Eagles in a great position to win even more championships.



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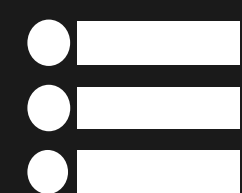
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Find a complete list of available camps clinics and certifications on page 7



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2 Days, 50 Athletes \$5485
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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: \$9480	\$5485

Save Over \$3995!

Camp: \$40 per student over 50

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50 Athletes & 5 Coaches:
\$4735 Product # 800G

Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
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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

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!

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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 \$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
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: \$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!

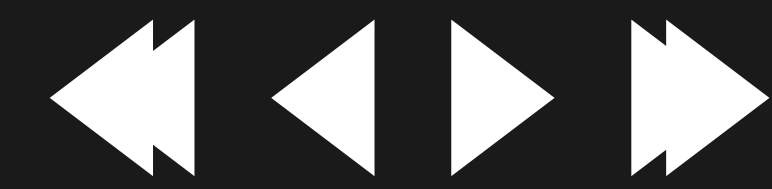
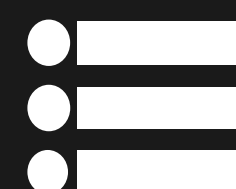
K Be An 11 Seminar
50 Athletes \$2,990
Product # 800K
Be An 11: \$30 per student over 50
Implementation package worth over \$1,000.

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.



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1:15 / 3:10

Home Training: The BFS Way

What you need to know about working out at home

At a commercial gym athletes can try out all the latest high-tech exercise machines and take advantage of “extras” such as tanning beds – one popular gym chain has a monthly pizza night. These clubs are also a great place to meet old friends and make new ones. If you’re out of school, or still in school but on a summer or holiday break without a place to train, there’s no place like home.

One of our most popular articles in *BFS* magazine was “Bob’s Basement,” published in our Spring 2003 issue. BFS CEO Bob Rowbotham and his son John, who later became the president of BFS, trained in the basement of their home when John played football at Skyline High School in Utah. When John’s teammates saw his amazing progress, they asked Bob if they could join them.

BFS has numerous instructional videos online at the CoachBFS Channel on YouTube. Six of these are coached by Bob Rowbotham himself alongside John Rowbotham, the original success story of this BFS At Home program!

Learn how to safely get started with The Box Squat, The Parallel Squat, The Power Clean, The Bench Press and more.

In his senior year John’s team won the state championships and he moved on to college, but the program in Bob’s basement continued. Among the first 30 athletes who trained with Bob, four power cleaned 300 pounds or more



This “BFS Space Saver Rack” is the same remarkable piece of equipment that still inhabits the basement in the Rowbotham household. Folding down to just about two feet thick and standing just seven feet tall, this rack fits almost anywhere yet still includes an integrated weight stack for sport specific auxiliary lifts while covering all the BFS Core Lifts!

at an average bodyweight of just 205 pounds. Said Bob, “Everyone breaks at least eight personal records every week. Actually, breaking eight records is nothing—they always break more than that. All the athletes are really focused on breaking records and running faster.”

When you train at home, you enjoy the convenience of being able to workout whenever you please, without having to wait to use the equipment. If you’re on a tight schedule, consider that you will save many hours a week by not having to travel back and forth to the gym. Parents of young athletes will especially enjoy this benefit. In fact, for some athletes such as gymnasts and figure skaters who may spend 20 or more hours a week in sports specific training, home workouts are not only the best option, it’s the only option.

Building a Better Home Gym

The first step in starting a home gym is finding a specific place to work out. A living room is usually not a good choice for many reasons, one being that you have to schedule around other family activities. An attic may not have the structural integrity to support a gym, especially heavy core lifts such as squats and deadlifts. One option is a guest room. By installing a roll-away or small daybed, you can change a guest room into a home gym within a few minutes. The most popular choice, however, is a garage.

The major issue with using a garage is that installing a power rack will often prevent you from

parking your car. The BFS solution is the BFS Space Saver Rack (SSR). The SSR enables you to convert your garage into a heavy-duty gym and convert it back into a garage where you can park your vehicles.

The Space Saver Rack contains full-size power rack (49 inches by 48 inches by 84 inches) that in about 30 seconds can fold up into an area that is only 24 inches by 9 feet! The SSR is built with 2-inch, 11-gauge steel tubing, which is the industry standard for heavy-duty free weight equipment. It has super-tough, 4,000-pound aircraft cable for its adjustable pulley system, and a 400-pound weight. The SSR comes with a heavy-duty bench that can also fold up against a wall for easy storage, and can be adjusted to upright, flat, decline and incline positions. With the combination of free weights and cables, you can perform hundreds of exercises on this rack.

Whatever equipment you decide to purchase, here are a few tips to ensure success with your home gym:

1. Make a Workout Appointment. Schedule a specific time for your workouts. Often, the best time to workout is the first thing in the morning, and in fact many high school coaches report that they get their best attendance by offering “Brawn and Dawn” workouts for the athletes. One reason is that there is a greater risk of “something coming up” in the afternoon or evening that can interfere with your training.

BFS Program



The Varsity line from BFS is another fantastic selection for equipping your home gym. Built to commercial specifications and used in countless high schools your investment will last for years. But this rack is sized to fit easily in most homes with a 7 foot height, built-in plate storage and matching benches you can start breaking records without breaking your budget! Look for BFS Coach Kam Shepherd on the CoachBFS YouTube channel and see this best selling rack in action!

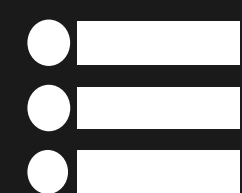
2. Workout in Gym Clothes. Going through the ritual of putting on workout clothes will get in the proper mindset to workout. Also, exercising in street clothes could restrict your range of motion on many exercises, especially squats and flexibility movements, thus reducing the effectiveness of the workout. What's more, if your workout area is unusually cold or hot and you are not dressed appropriately, you increase your risk of injury.

3. Train alone or with a serious training partner. Unless they are acting as spotters, it's usually not a good idea to allow family or friends to watch your train (oh, and turn off your cell phone!).

Conversations with friends and family can ruin your concentration, training pace, and may even distract you and cause an injury. Training partners who are as serious as you are about achieving results, as were the young men who trained with Bob Rowbotham, can inspire you to break more personal records and serve as spotters and coaches. Here is what Bob said about this subject. "I have several rules. First, I want each athlete to make sure his teammate's technique is better than his own. Second, if the technique is not correct, the athlete is required to tell his teammate. Then, if he does not adjust his technique, the teammate must put the bar away.

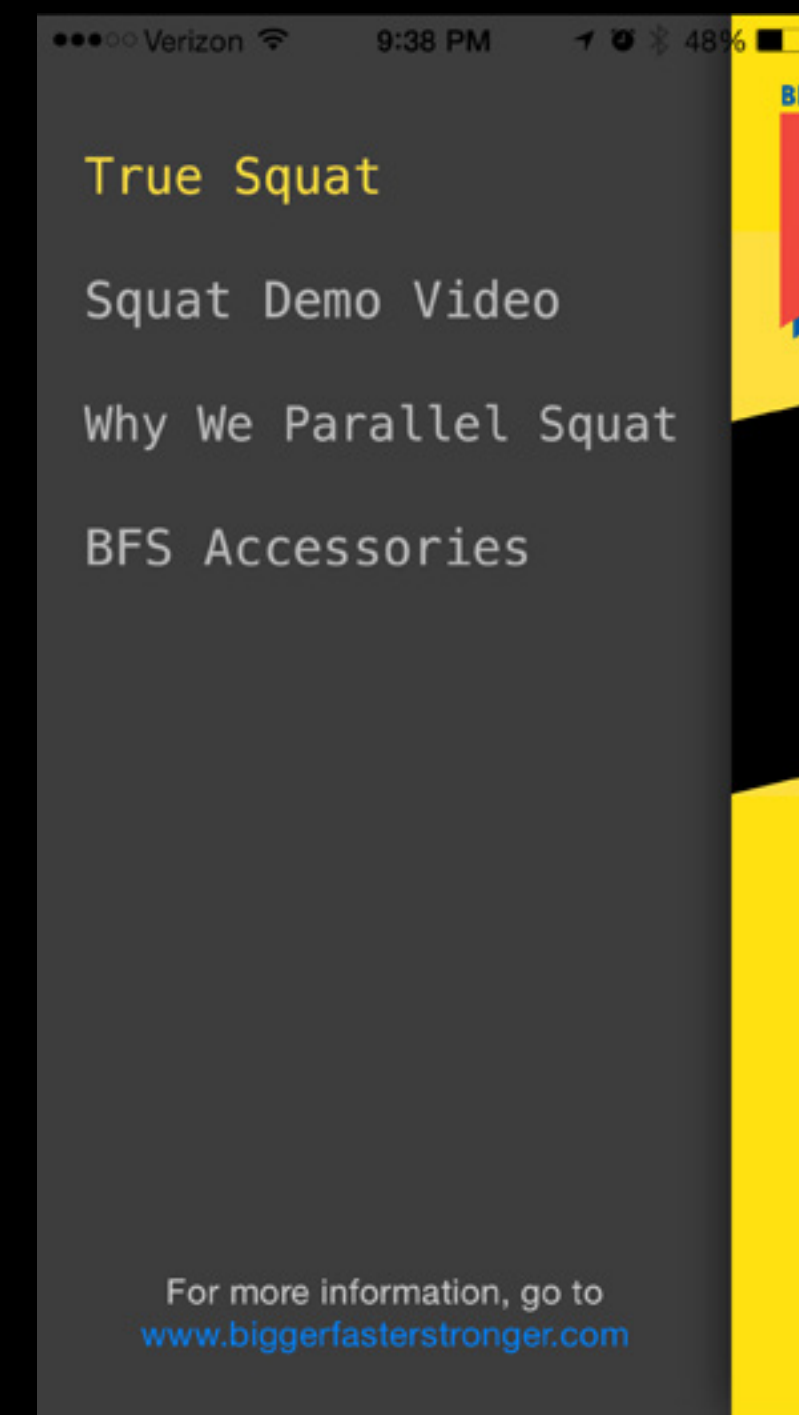
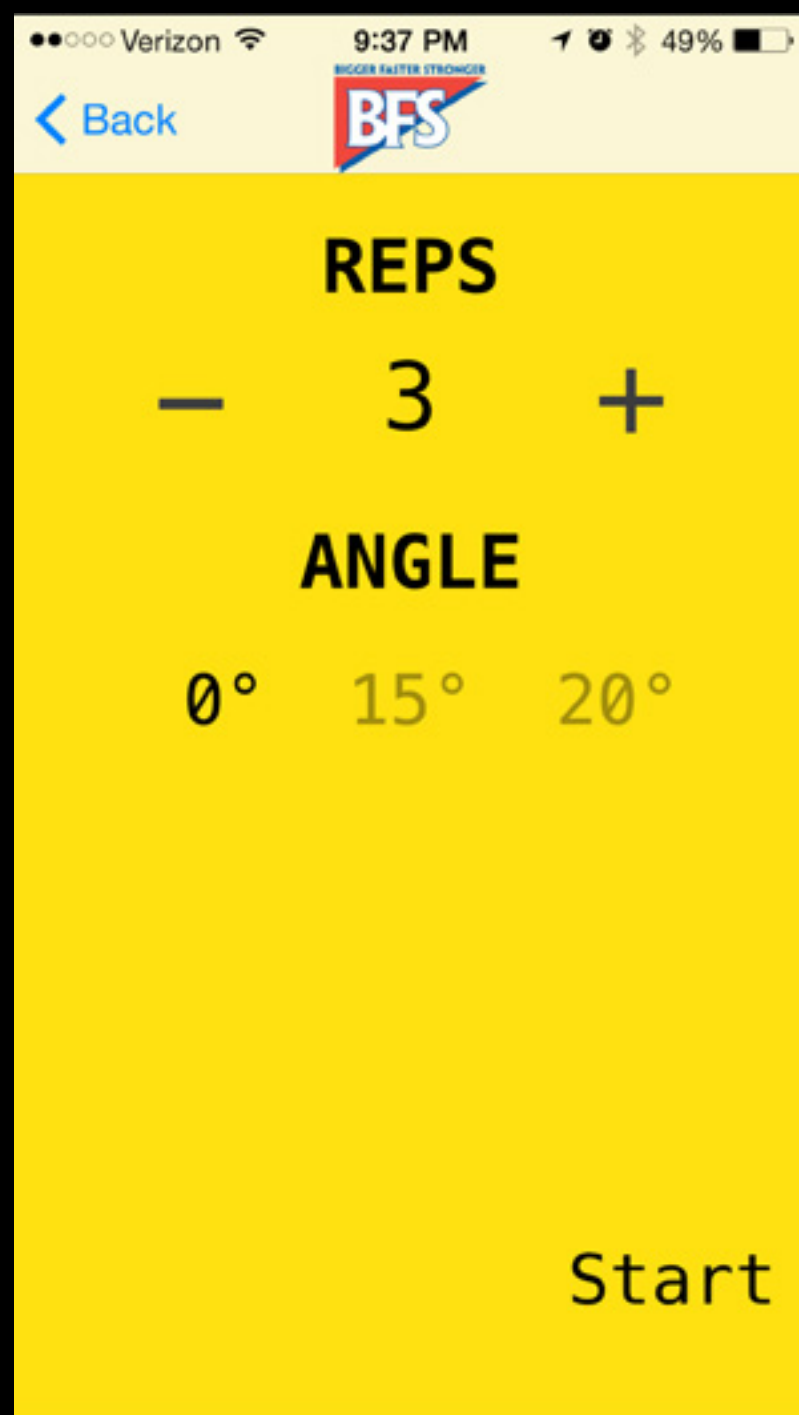
4. Chart your progress. By filling out all the details of their workouts in a professional training log you can not only measure your progress, but give yourself specific goals for your next workout. Bob Rowbotham says that he established a goal for his basement athletes to break at least eight personal records a week."

If you make the switch to home training, start by letting BFS help you plan the most effective gym for you that fits your training environment and your budget.





BFS TRUE SQUAT: The APP and the STRAP



Find the latest lifting performance aid from BFS on the Apple App Store. Strap it on with our custom squat strap and maximize the return on your parallel squats.

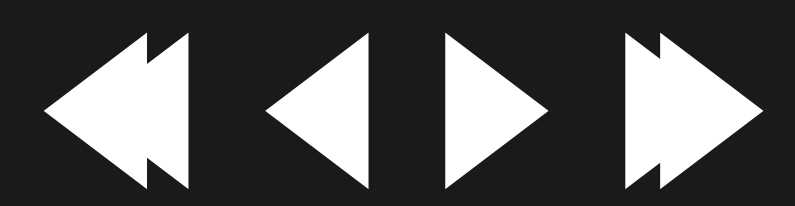
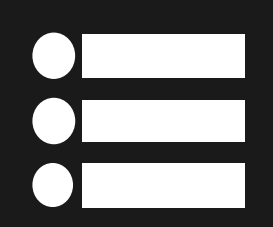


Launch the app, press "Begin."

Select the reps and angle. 0° being a true parallel squat.

Bell sounds at parallel.

Teaching aids and comprehensive technique video included.



The Future of Your Home Gym



The BFS Space Saver Rack is a full-size power rack and a functional trainer, the folds up to an area only 24 inches wide!

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Perform all BFS core lifts

Easily fold for storage

Built in bar and plate
racks

Expanded dimensions

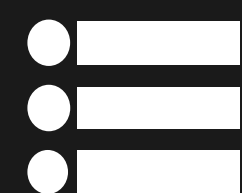
L-49 W-48 h-84

Folded Dimension

L-49 W-24 h-84

See this Rack in Action

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The BFS Approach to In-Season Training

Dulaney High School, Timonium, Maryland photo

by Kim Goss, MS

Why train your body to be weak? This may seem like a silly question, but it's one I often find myself asking when I see the in-season "maintenance" workouts of many athletic teams. This is especially true with high school athletes who play multiple sports.

With multi-sport athletes, there is usually only a few weeks between each sport where an off-season workout can be performed. Sometimes, especially a team makes it to a state championship, sports overlap. This means that except for the summer, athletes are always "in-season." Going on a maintenance program in which only light weights are used means that for about nine

months out of the year the athletes will probably not increase their strength, power or explosiveness. They may even get weaker.

The reason many coaches do not want athletes to lift heavy during the season is that they believe the athletes will be too sore or fatigued to perform well on game day. Some coaches will compromise and allow their athletes to lift heavy a day or two after a game, but will insist that any other workouts must be light. In fact, the week before major competitions coaches may keep their athletes out of the weight room completely. Here's the problem.

"The philosophy of maintaining in college is acceptable because collegiate athletes often have

a good base of strength and therefore will not lose much during the season," says BFS founder Dr. Greg Shepard. "For example, a college football player benching 400 pounds will be happy with maintaining that level during the season. But the 16-year-old high school junior who is benching 200 pounds is still maturing and can easily gain strength during the season."

Coach Shepard said another factor to consider with high school sports is that not all athletes have to be at peak condition during the season. Many of the underclassmen may not have much of an opportunity to play. Says Shepard, "Why not work those athletes harder in the weight room to give them a head start for next year?"

BFS Feature Story

What is the solution? Let's start by looking at the BFS Off Season Program, which will be used in the summer and between sports. Table 1 shows the outline of the BFS Off Season Program, and Table 2 shows specific exercises that can be used in each category.

For the in-season program, the weight training workouts are performed twice a week and kept to a minimum of 30 minutes. To save time, the number of sets in the 5x5 week are reduced to 3, and the 5,4,3,2,1 week is changed to a 5,3,1 format. As for the exercises, during the season the focus

is on the BFS core lifts, which includes the power clean, squat, bench press and hex bar deadlift. Table 3 shows the outline of the BFS In-Season Program performed just twice a week, and Table 4 shows specific exercises that can be used in each category.

Table 1: BFS Off-Season Program (Outline)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Parallel Squat	Sprint Work	Power Clean	Sprint Work	Squat Variation
Bench Press	Plyometrics	Hex Bar deadlift	Plyometrics	Bench Variation
Auxiliary Lifts	BFS Flexibility	Auxiliary Lifts	Agility	Auxiliary Lifts
BFS Flexibility	Agility	BFS Flexibility	BFS Flexibility	BFS Flexibility
Agility	Sprint Technique	Agility	Sprint Technique	Agility

Table 2: BFS Off-Season Program (Workout)

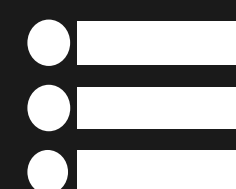
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Parallel Squat	Speed Chute	Power Clean	Sprint Sled	Box Squat
Bench Press	Box Jumps	Hex Bar Deadlift	Box jumps	Towel Bench Press
Lat pulldown	BFS Flexibility	DB Lunge	BFS Flexibility	Lat pulldown
Glute-ham raise	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
Jump Rope	Sprint Technique	Jump Rope	Sprint Technique	Jump Rope"

Table 3: BFS In-Season Program (Outline, 2x Week)

MONDAY	WEDNESDAY or THURSDAY
Dot Drill	Dot Drill
Power Clean	Squat Variation
Parallel Squat	Bench Variation
Bench Press	Hex Bar Deadlift
Auxiliary Lifts	Auxiliary Lifts
BFS Flexibility	BFS Flexibility

"Table 4: BFS In-Season Program (Workout, 2x Week)

MONDAY	WEDNESDAY or THURSDAY
Dot Drill	Dot Drill
Power Clean	Box Squat
Parallel Squat	Towel Bench Press
Bench Press	Hex Bar Deadlift
Lat Pulldown	Lat Pulldown
Glute-Ham Raise	Glute-Ham Raise
BFS Flexibility	BFS Flexibility"





One of the key lifts in the BFS in-season program that sets it apart from other in-season workouts is the towel bench press.

Table 5: BFS In-Season Program (Outline, 5x Week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Parallel Squat	Sprint Technique	Power Clean	Sprint Technique	Auxiliary Lifts
Bench Press	Agility	Bench Variation	Agility	BFS Flexibility
Hex Bar Deadlift	BFS Flexibility	Squat Variation	BFS Flexibility	
BFS Flexibility		BFS Flexibility		

Table 6: BFS In-Season Program (Workout, 5x Week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill
Parallel Squat	Sprint Technique	Power Clean	Sprint Technique	DB Lunge
Bench Press	Plyo Ramp	Towel Bench	Plyo Ramp	Straight-Leg Deadlift
Hex Bar Deadlift	BFS Flexibility	Box Squat	BFS Flexibility	BFS Flexibility
Glute-Ham Raise		Glute-Ham Raise		
BFS Flexibility		Straight-Leg Deadlift		
		BFS Flexibility		

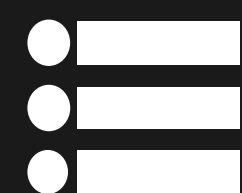
“The beauty of performing the box squat during the in-season is that recovery occurs almost immediately,” says Shepard. “Research has shown that the lowering (i.e., eccentric) part of an exercise produces the most muscle damage, and the greater the range of motion, the more muscle mass is involved in the lift. The box squat focuses on the lifting (i.e., concentric) part of the exercise through a shorter range of motion so that

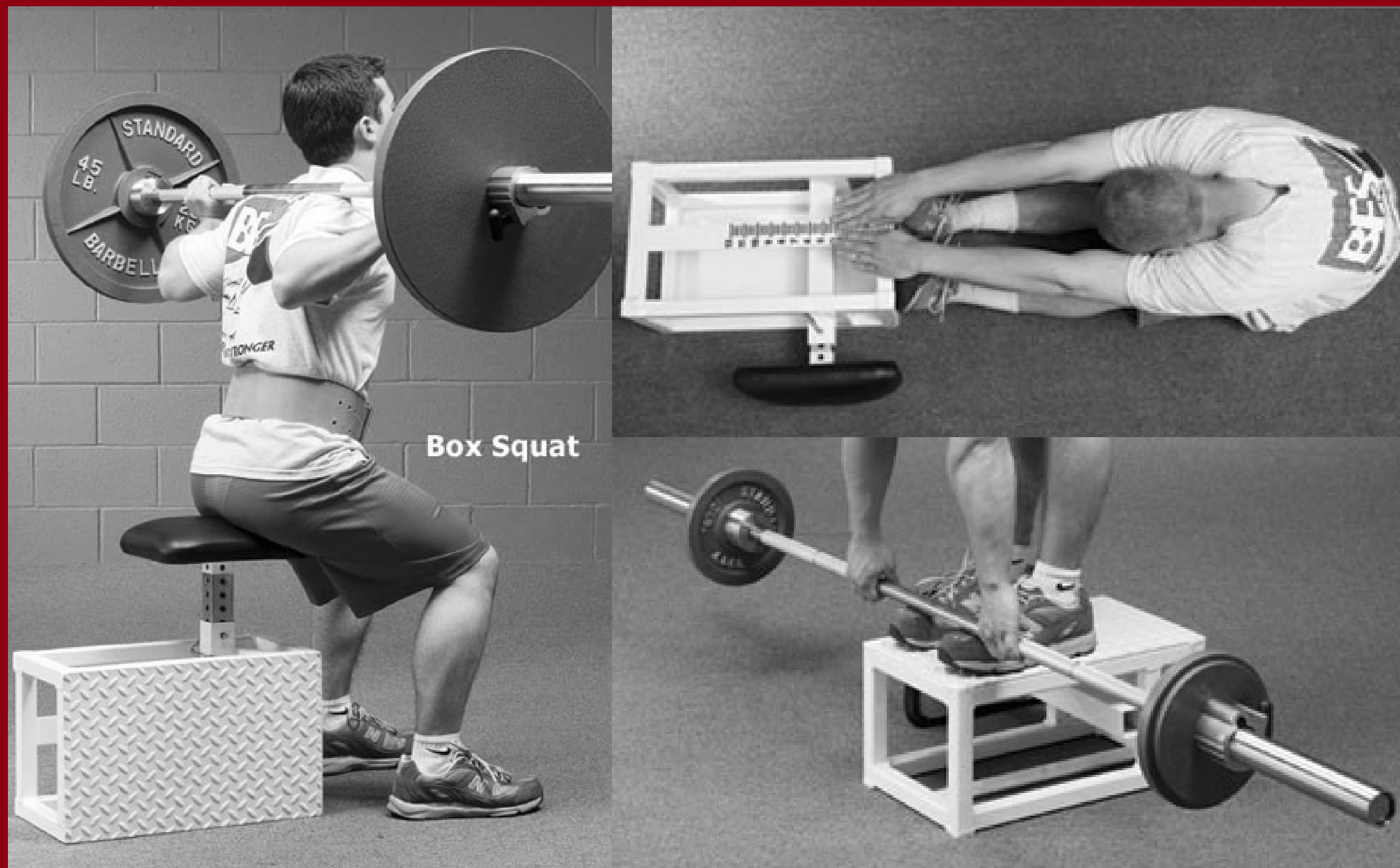
athletes retain their strength without overtaxing their ability to recover. You can box squat heavy on Thursday and still play hard on Friday.”

As with the box squat, the towel bench press is performed through a shorter range of motion and thus is not as physically demanding as a conventional bench press. According to Shepard, the towel bench press places less stress on the

shoulders than conventional bench press, which is “an important consideration in contact sports that punish the shoulders.”

As the level of athletic competition continues to improve at all levels, athletes must train smarter to continue winning. By lifting heavy during not just the off-season but the in-season as well, athletes will stay strong from the start to the finish.





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Put this apparatus to work in your weight room and see the results!

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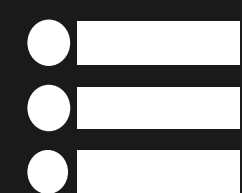


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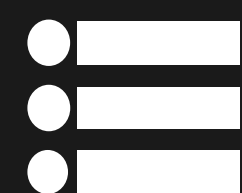
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Play Stronger, Longer with INTRA WORKOUT



We've all seen sports teams or individual athletes dominate the first half of an athletic event, only to lose that intensity in the second half due to fatigue. Of course there are factors such as changes in coaching strategies that may be responsible for such a turnaround, but often one of the culprits is fatigue. This is where a performance drink that can be used during competition, and even for training, comes in.

Prior to a workout or athletic event you want to consume substances to increase your focus and energy level. BFS offers a drink mix called PRE WORKOUT that does just that, and it was featured in our July/August issue. As you train or compete, however, you want a product that will sustain your energy level and electrolyte balance. Let's start with electrolytes.

Electrolytes are salts that when dissolved in water split into molecules called ions. The most common electrolyte in your body is sodium chloride, or table salt. Ions allow electrical impulses to travel throughout the body. Among many other functions, these electrical impulses enable your muscles to contract; as such, if your diet did not contain electrolytes your heart would stop.

Sodium is an electrolyte that controls how much water is outside the cells, whereas potassium is an electrolyte that controls how much water is inside the cells. Of course, water is necessary for hydration to occur, but if the electrolyte concentrations are not balanced the water you consume may be quickly excreted out of the body. For this

reason, INTRA WORKOUT was designed to contain the optimal concentration of the electrolytes sodium and potassium. Now let's look at energy.

Protein is broken down into organic compounds called amino acids. Thirteen amino acids are considered essential in that they cannot be produced from other substances including other amino acids, and 12 that are considered nonessential. A protein is considered complete when it has the appropriate quantities of amino acids for optimal absorption.

Leucine, isoleucine and valine are essential amino acids that belong to what is known as branch chain amino acids (BCAAs). In contrast to other amino acids is that are broken down by the

BFS Feature Story

liver, BCAAs can be broken down by the muscles and be used as an immediate energy source to help prevent fatigue. For athletes who are trying to build muscle, these amino acids are especially important because they compose about one-third of the body's skeletal muscle. Research shows that BCAAs can also help build muscle and strength.

In an Italian study involving natural bodybuilders, researchers found that taking 0.2 grams of BCAAs per kilo of bodyweight 30 minutes before workouts and 30 minutes after workouts resulted in greater increases in lean body mass and strength in the bench press and squat.

BCAAs have been shown to reduce muscle soreness in both trained and untrained individuals, prolong endurance performance in the heat, and help maintain mental functioning during training and competition. For football players, BCAAs would be especially valuable during two-a-days. Likewise, athletes who practice for exceptionally long periods, such as gymnasts whose workouts might last as long as five hours in a single day, could improve the overall quality of their training with BCAAs.

A nonessential amino acid an athlete would want in a performance drink is beta alanine. Beta alanine will help athletes gain strength, increase muscle mass, and lose bodyfat. Let's look at some research.

A study on beta alanine published in the July 2011 issue of the Journal of Strength and Conditioning Research involved 22 collegiate wrestlers and 15 collegiate football players. These sports require high levels of anaerobic power as they are characterized by having bouts of high-intensity (75-100 percent effort) with short (5-45 seconds) rest periods. The study lasted eight weeks, and the time period was the early season for the wrestlers and the in-season for the football players.

It's important to consider that this type of study is known as "double-blind, placebo-controlled." More specifically, approximately half of the wrestlers and half of the football players were given a beta alanine supplement while the others were given a placebo. The results were remarkable.



INTRA WORKOUT is the perfect drink to take immediately before and during training and athletic competition. It carries the NSF Certified for Sport® label which protects against the adulteration of products and verifies label claims against product contents.

BFS Feature Story

For the wrestlers, those taking beta alanine increased their lean mass by an average of 1.1 pounds whereas the control group lost lean mass. For the football players, the beta alanine group gained an average of 2.1 pounds of lean mass to an average of 1.1 pounds for the control. Further, the beta alanine group experienced no changes in the bodyfat levels whereas the control group gained an average of .8 percent bodyfat.

In addition to electrolytes, BCAAs and beta alanine, another important supplement added to INTRA WORKOUT is magnesium. Magnesium is involved in over 300 essential biochemical reactions, but it is also one nutrient that most Americans are deficient. It's especially important for athletes as magnesium may increase testosterone and thus help improve strength and muscle mass. Magnesium also has a calming effect on the nervous system so can help you sleep. Finally, INTRA WORKOUT has just enough carbs (six grams per serving) to keep the body from destroying muscle for energy without causing an excessive rise in blood sugar.

Now that you know what an athlete's body really needs to perform at its peak,

the next step is to find a performance drink that contains these substances in the optimal amounts. INTRA WORKOUT is such a drink.

[INTRA WORKOUT](#) is a performance drink mix distributed by BFS and manufactured by The FUEL NUTRITION, LLC, and as such has the NSF Certified for Sport® label. The NSF Certification for Sport endorsement helps protect against the adulteration of products and verifies label claims against product contents.

NSF screens supplements for more than 165 substances banned by most major athletic organizations as well as undeclared ingredients including stimulants, narcotics, steroids, diuretics, beta-2-agonists, and masking agents. The NSF Certified for Sport label is recognized by the NFL, NFL Players Association, MLB, MLB Players Association, PGA, LPGA and Canadian Centre for Ethics in Sports.

INTRA WORKOUT is the perfect drink to take immediately before and during training and athletic competition. It will keep athletes performing at their best, from start to finish!

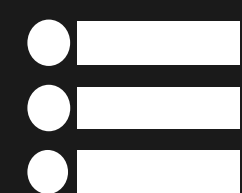


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- ✓ NSF Certified for Sport®
- ✓ Synergistic Design for Optimal Physical Performance

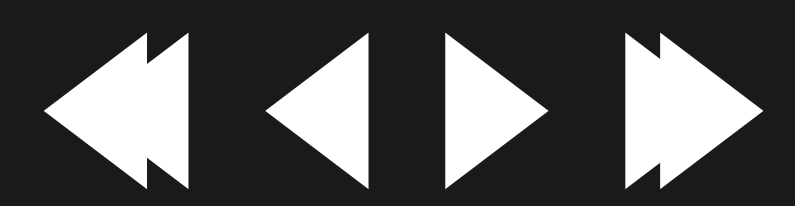
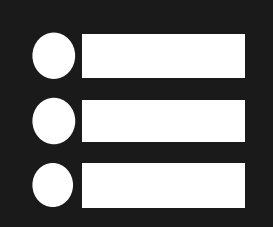




Quality Weight Training Gear for your Budget, Made in The USA

The evolution of BFS Weight Training Equipment

As a “made in the USA” manufacturer, for the past 39 years BFS has focused on making heavy-duty equipment that fits every budget. To do this, our manufacturing process has evolved to include not one, but eight complete lines of equipment. Let’s take a closer look.





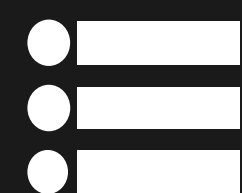
Varsity Line

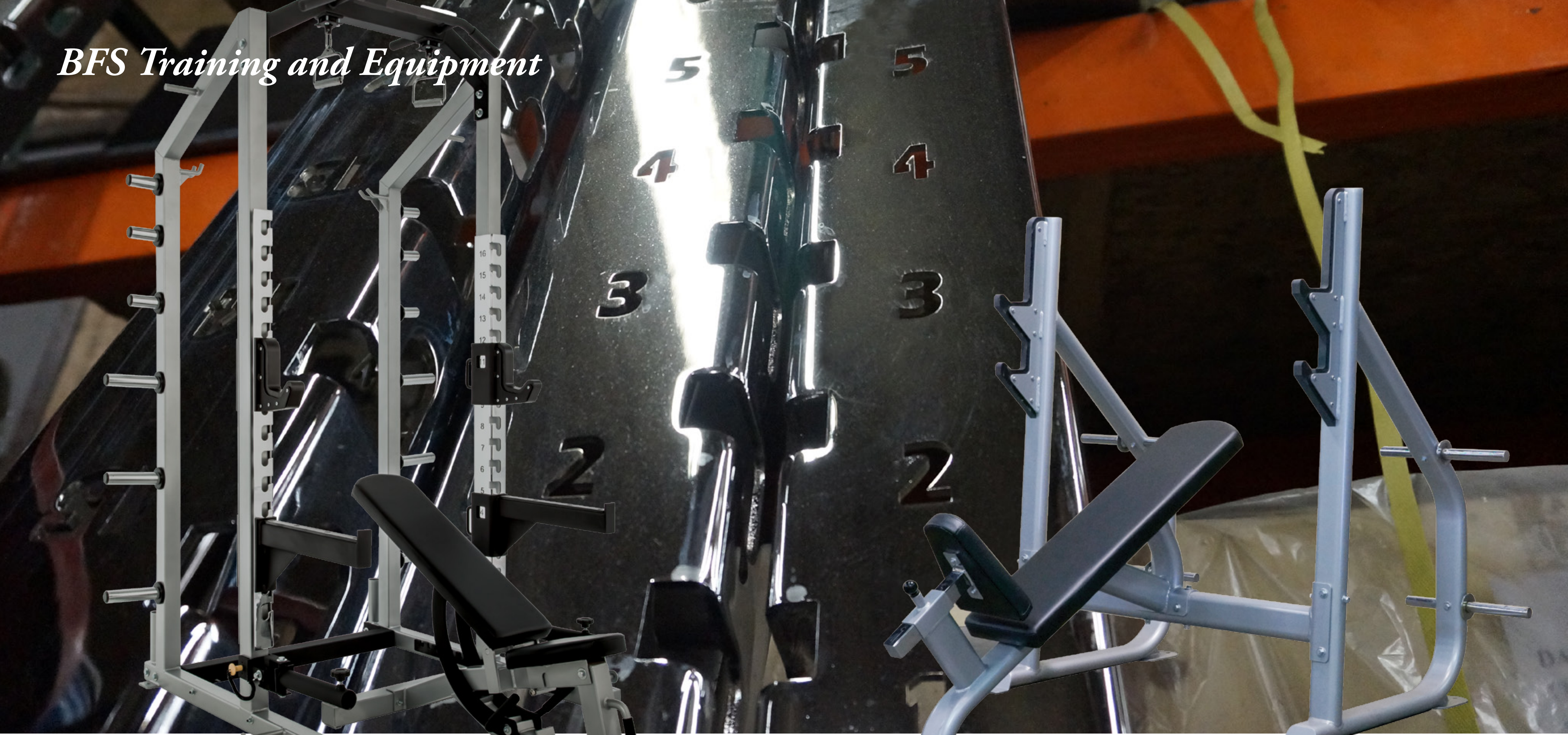
The BFS Varsity Line is the first line of “Made in the USA” equipment BFS offered when the company was established in 1976. It consists of solid, no-frills equipment at a BFS price. Although economical, BFS uses 11-gauge steel, which is the industry standard. For most high schools (and certainly junior high schools), the Varsity Line will meet the needs of its athletes – and we can say this with confidence, as over 1,000 schools have purchased equipment from our Varsity Line.



Elite Line and Elite Line Plus

Built with 11-gauge steel, the BFS Elite Line is a step up from the Varsity. For example, its 8-foot power rack is a foot taller than the Varsity Squat Cage and has four more inches of workspace; it also has more features than the Varsity Line, such as more weight holders to reduce the need for independent weight trees. The Elite Line is also available in a “Plus” format that contains racks and benches built with massive, 2” x 3”, 7-gauge steel.



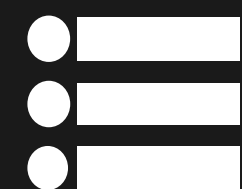


D1 Line and D1 Line Plus

D1 is our top-of-the-line equipment, suitable for the best college, professional, and commercial weight rooms. D1 premium features such as chrome plating, pegs for band-resistance exercises, bench docking systems, and swivel handle chin-up attachments. One practical advantage of this highly versatile equipment is that athletes can perform a greater variety of exercises. On the aesthetic side of things, a weight room full of attractive equipment at the D1 level is a selling point often used by college recruiters to attract enrollees. The D1 line is made of 11-gauge steel, but for those who want the strongest equipment on the planet BFS offers a plus line with 3" x 3", 7-gauge steel.

Absolute Line

The BFS Absolute Line consists of oval equipment, and is our newest line of heavy-duty weight training equipment. Rather than welding the end of the steel beams, the steel is bent with a heavy-duty piece of manufacturing equipment called a bender. With fewer bolts and welds, Oval equipment has a cleaner, futuristic look that has become a hit with large colleges and commercial gyms.





BXI Line and BXI Line Plus

The BXI Line offers many of the racks, rigs and auxiliary associated with popular “boot camp” programs used for general physical fitness, and with specific types of conditioning required in athletic fitness programs. The BXI Line uses 11-gauge steel, but BFS also offers a plus line with the massive, 3” x 3”, 7-gauge steel.

In the exercise equipment industry the bottom line is that you only pay for quality once.

So when you’re ready to take your physical fitness and athletic training programs to the next level, invest in BFS equipment that for the past 39 years has been proven to get the job done right.



D1 Half Rack

3" x 3" 11-gauge steel construction.

\$2495

Elite Plus Half Rack

2" x 3" 7 Gauge Steel Construction

\$1,995

BXI Half Rack

Includes 2 Safeties and 2 Bar Catches

\$1445

Varsity Half Rack

2" x 2" 11 Gauge Steel Construction

\$1,195



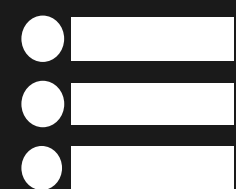
THE SOLUTION FOR EVERY WEIGHT ROOM

BFS Designs our lines of equipment with specific criteria in mind, one of these solutions is designed with you in mind. Each line has multiple racks and benches so you can get a complete weight room and know that your equipment is commercial grade and built to be a foundation for a growing and expanding program.

Call a BFS coach to find the best answer to your questions 800-628-9737



Learn More Online



Chains and Bands

Using Chains and Bands for Physical Superiority

The barbell is the primary tool of athletic fitness training. Although improvements have been made in the quality of barbells, especially with competition weightlifting and powerlifting bars, the basic design hasn't changed. What has changed is how athletes can increase the effectiveness of many barbell exercises by using lifting chains and bands.

To determine if chains or bands are appropriate training tools for you or for the athletes you coach, you need to understand the difference between strength curves and resistance curves. A strength curve describes how much force you can produce at specific joint angles; for example, most people are stronger at the finish of a deadlift. A resistance curve is how much resistance an exercise provides during specific parts of an exercise; for example, a leg curl machine provides the most resistance at the end of an exercise.

BFS Training and Equipment

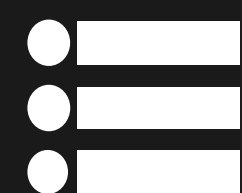


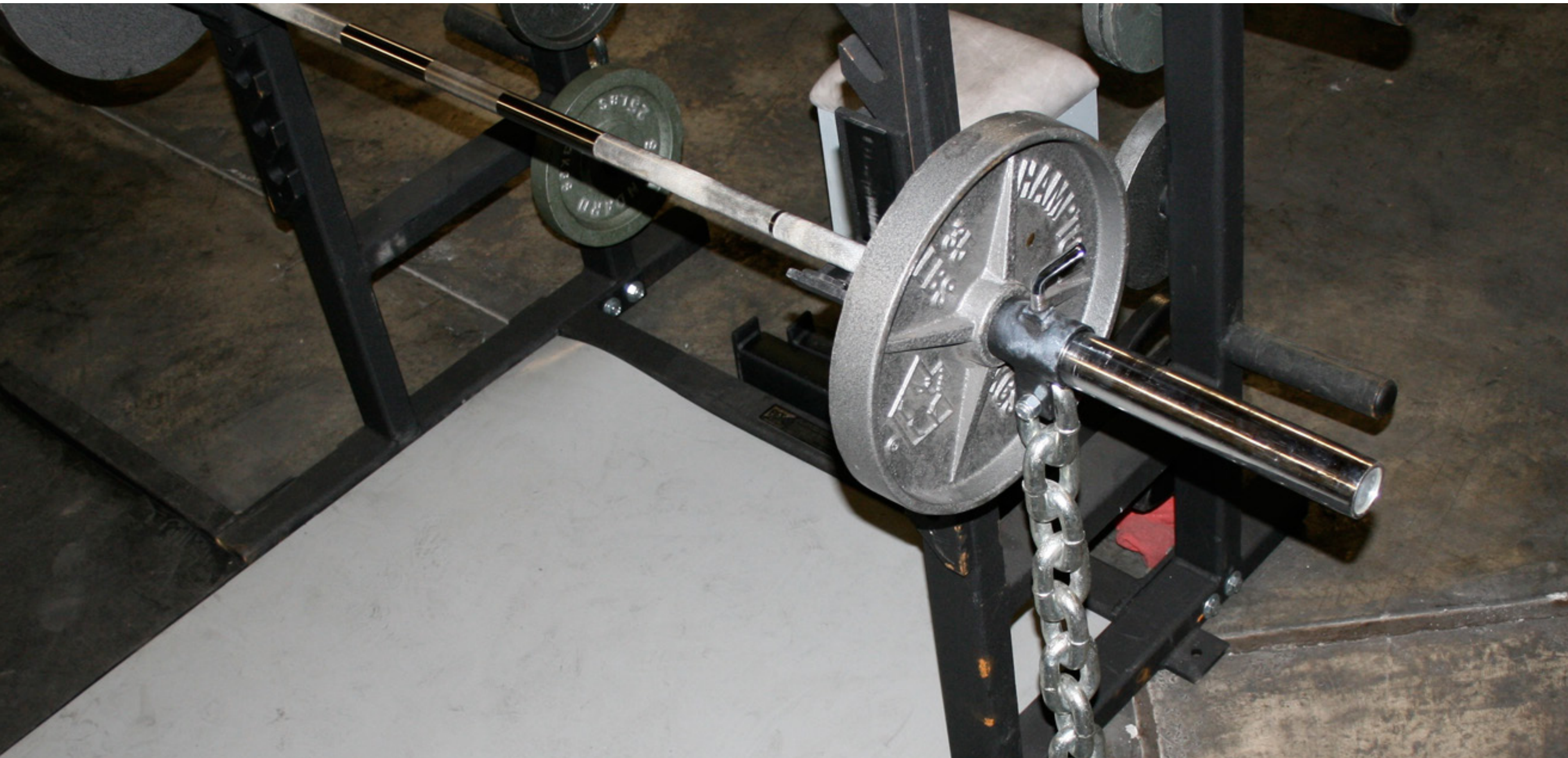
Canada's Kristel Ngariem was featured in BFS magazine in 2010 when she was an upcoming 14-year-old weightlifter. This year she placed third in the Junior World Championships in the 152-pound class, snatching 205 pounds and clean and jerking 255 pounds.

Chains and bands are primarily used with exercises that have an ascending strength curve. With an ascending strength curve you can produce more force as you extend a joint, such as with a squat or a bench press. In effect, chains and bands change the resistance curve so that the mid-point or finish of an exercise is just as hard, or even harder, than at the start of the exercise. For this reason, chains and bands can also be used to help rehab certain injuries. If an athlete is recovering from a pectoral injury such that it's still painful to lift the bar at the start of a bench press, chains and bands might be used as they will provide the most overload at the end of the motion. Such training will help minimize the amount of strength loss in this muscle until the injury completely heals.

The major difference between chains and bands is that chains provide a gradual increase in resistance during a lift, whereas bands provide the most resistance only near the end range of motion. Bands, however, create a higher degree of eccentric (i.e., lowering) work as it is much harder to control the weight as you begin to lower the bar. Eccentric strength is important in athletics because it is the primary contraction used to decelerate the limbs when the athlete stops, changes directions, or lands after a jump.

BFS considers bands an advanced training tool that should only be used by athletes with considerable weight training experience. We





BFS lifting chains attach to the bar with a lock-down steel collar and come in three sizes: 12 pounds, 19 pounds, and 28 pounds.

recommend all band training be performed inside a power rack (BFS offers several power racks with band attachments for this purpose) with safety supports in place. Spotters should always be present and alert. Also, care must be taken when descending into the squat with bands, because moving too quickly places extreme stress on the adductor (inner thigh) muscles. As for the type of band to use, BFS offers seven types, ranging from those with the least resistance, ½ inch, to those with the most resistance, four inches.

Finally, bands should be discarded if there is any sign of wear; not only does this present the risk of the band breaking, but also worn out bands may not present the same tension level as a new band.

Because both chains and bands reduce the speed of movement of an exercise, they do not require as many reps to achieve the desired training effect. They are also extremely stressful on the body, especially bands, and as a general guideline should not be performed more than once a week.

Chains are an effective tool for increasing explosive strength. In squats and bench presses, for example, chain training will train you to drive to the top of the lift because you cannot reduce force as you can with a regular barbell. After a few weeks of training athletes with chains, coaches often report not only increases in 1-maxes but also more acceleration while lifting, which translates into a more explosive athlete. Some strength coaches recommend using bands for full cleans to improve speed in moving under the bar. This is a bad idea as the sudden increase in resistance at the top of the pull can easily cause the bar to rip out of the hands.

One great benefit of chains is that they encourage athletes to squat lower. You might say they work on the subconscious level. When you start to descend into a squat, the resistance decreases as more of the chain rests on the floor. Feeling the weight getting lighter gives you the confidence to squat lower.

BFS began manufacturing its brand of lifting chains more than a dozen years ago. Prior to BFS, athletes who wanted to use lifting chains had a challenge in trying to find them. About the only place you could purchase them were marine supply stores, which sold the types of chains that attach to anchors.

BFS Training and Equipment

BFS President John Rowbotham and his manufacturing staff were able to find an affordable, strong chain with a galvanized non-flaking finish. He decided on offering three sizes: 12 pounds, 19 pounds, and 28 pounds. BFS also developed two-foot long chain extenders for each chain, which clip on to the chain and increase its length by two feet. This is valuable for tall lifters, but they can also be attached anywhere on the chain to increase the overload at a specific part of the range of motion of the exercise.

To deal with the issue of how to hang the chains from the bar, Rowbotham's engineering staff attached the chains to a collar that easily slides on the end of an Olympic bar sleeve. The first prototype used a hard plastic knob that tightened the collar onto the bar, but later this design was replaced by a much sturdier steel L-bolt. Although this design securely anchors the collar to the sleeve, it's best to attach a regular collar on the outside of the barbell sleeve.

For storage, Rowbotham found that the chains could easily be hanged on the BFS weight belt rack. The rack will hold three pairs of chains, which is perfect because the chains come in three weights, and the rack has a security bar that locks them in place to prevent theft. Bands can also be stored on these racks.

In the BFS program, the best time to use chains and bands would be during the first week of the



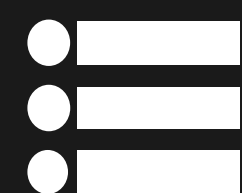
Band pegs are widely used in many different programs. BFS has responded to this popularity by incorporating pegs as a standard feature on a number of our power racks. Locating them at the top and bottom of the racks.

BFS training cycle, which prescribes a set-rep protocol of 3x3. It would be less effective during the fourth week, in which sets of 10-8-6 are performed for many core lifts.

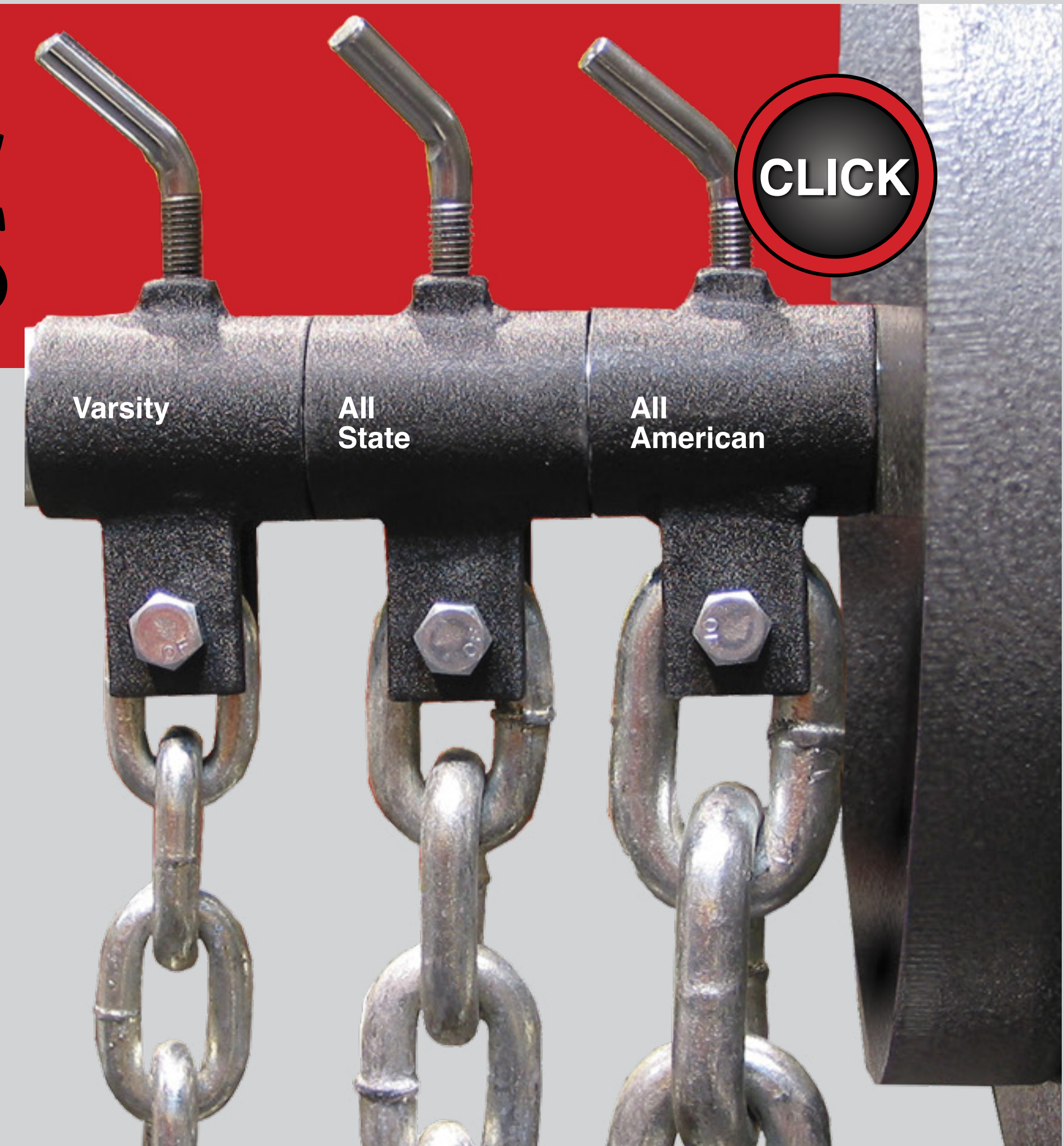


On many D1 racks and cages from BFS the band pegs are removable for allowing for floor based lifts to be performed in the cage when not employing bands for squats or bench press.

The barbell will always be the primary tool to develop athletic fitness because it is unparalleled for making athletes stronger and more explosive. However, when used wisely, chains and bands can make the barbell even better.



ADVANCED RESISTANCE EQUIPMENT FROM BFS



Full Set of Chains

One pair of each size
Dramatically improve explosive strength!
Shatter personal records!
Challenging, motivational and fun!
Heavy duty: Built to last a lifetime
Easy to use: Attaches to barbell sleeves like a collar

\$599

Varsity Pair of Chains

\$169

Recommendation:
Bench 200 lbs. or less • Squat 300 lbs. or less
Each chain weighs approx 12 lbs.

All State Pair of Chains

\$199

Recommendation:
Bench 200-300 lbs. • Squat 300-400 lbs.
Each chain weighs approx 19 lbs

All American Pair of Chains

\$249

Recommendation: Bench over 300 lbs. • Squat over 400 lbs.
Each chain weighs approx 28 lbs.

Chain Extenders

\$69

Extends chains by 2 feet to prevent swinging during overhead lifts
Increases resistance at finish of lift. Great for squats!

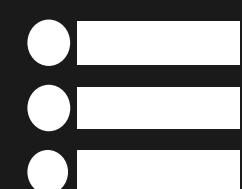


Resistance Bands

1. Purple Mini	1/2 Inch	#315050	\$9.00	5. Black Large	2 1/2 Inch	#315054	\$27.00
2. Red Super Mini	13/16 Inch	#315051	\$13.50	6. Orange XL	3 1/4 Inch	#315055	\$42.00
3. Blue Small	1 1/8 Inch	#315052	\$18.00	7. Red Monster	4 Inch	#315056	\$52.50
4. Green Medium	1 3/5 Inch	#315053	\$22.50				

Resistance Bands Sets

315057	Readiness Band Set Pairs 1, 2, 3	\$75.00 Save \$6.00
315058	Varsity Band Set Pairs 1, 2, 3, 4	\$115.00 Save \$11.00
315059	Elite Band Set Pairs 1, 2, 3, 4, 5	\$160.00 Save \$20.00
315060	D1 Band Set Pairs 1, 2, 3, 4, 5, 6	\$230.00 Save \$34.00
315061	Pro Band Set Pairs 1, 2, 3, 4, 5, 6, 7	\$315.00 Save \$54.00





Athletes at Skyline High School in Salt Lake City, Utah contributed to running the beta testing on the new BFS Set Rep Log App

only get the simplicity of the BFS Set-Rep Log-books, but can also enjoy the management functions and portability of a phone app.

Just like our Set-Rep Log books, coaches can guide their athletes through the BFS program so they know exactly which lifts to do and how many sets and reps to perform. However, unlike the BFS Beat the Computer Program, the weight lifted for each set is determined by the individual athlete based on their past performance.

Here are several of the specific features of the app:

- Athletes can see predefined weekly schedules included with recommended lifts for all common sports.
- Athletes can enter their lifting results on their phone or tablet and immediately see how many records they've broken and their trends.
- Athletes can easily scroll back and see what you did for any lift any week in the past.

The BFS Set-Rep Log Goes Paperless!

When BFS developed the BFS Set-Rep Logbook nearly four decades ago, coaches were able to help athletes efficiently record their progress and set goals for their next training session. It was a hands-on system that motivated athletes to train harder to break personal records. The Set-Rep

Logbook is still a great system, but now it's even better with the BFS Set-Rep Log App.

Yes, it's true. Now you can get BFS's Set-Rep Log system for your computer, tablet, and smart phone. It's the best of both worlds as you not

- Coaches can customize weekly schedule using any lift on any day and add any lifts.
- Coaches can see all teams and athletes at a glance, including scores, records broken, and conditioning trends for any one athlete or any team.

There is no restriction on the number of coaches who can supervise athletes. The only difference between versions is the number of athletes you can enroll in the program. However, you can upgrade to more athletes after your purchase.

This program requires a connection to the Internet and an email address for each administrator, coach and athlete (emails can be any valid email address from your school, Gmail, Yahoo, your internet provider, etc.). The program runs in any standard web browser on computers (PC and Mac), tablets, or smart phones. Additionally, you can access the program and your data from anywhere you have access to the Internet.

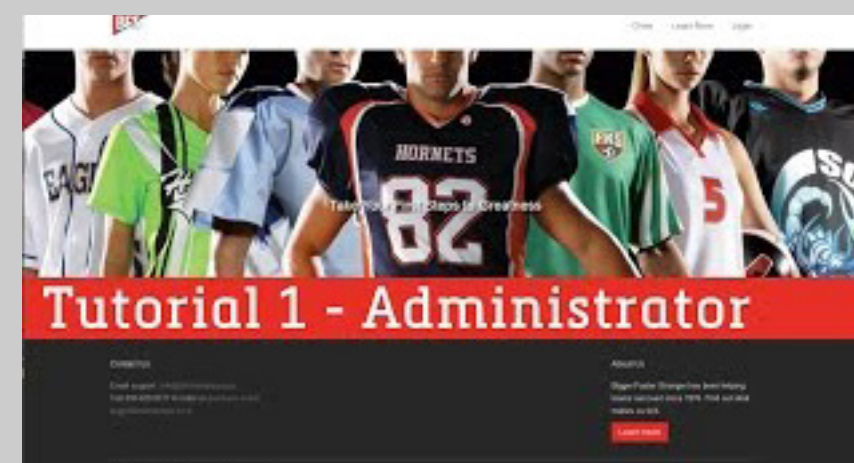
The program is available as a yearly subscription, and must be renewed each year to retain access to the program and to any data you've entered. As the administrator you can set up and enroll your coaches and athletes via email. You can upgrade to a version with

more athletes within 30 days of your initial purchase, or switch to a yearly renewal for just the difference in price between the two versions.

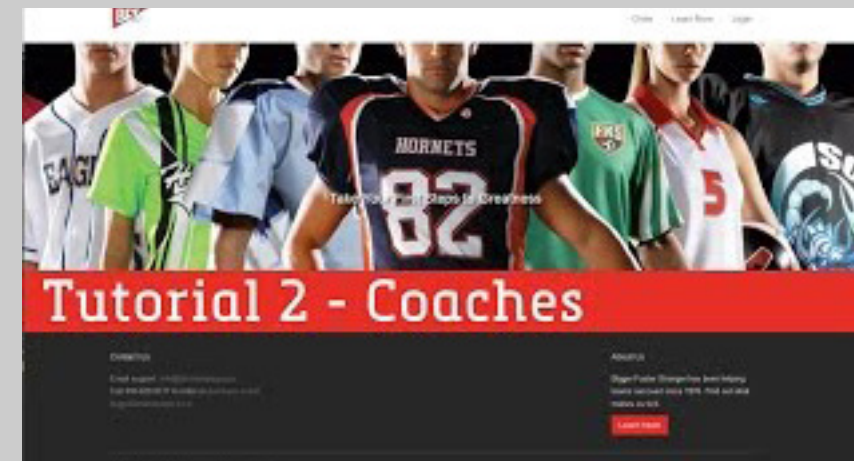
With the numerous responsibilities involved in coaching and the ever-increasing size of weight training classes, BFS wanted to find a way to motivate athletes and reduce paperwork without sacrificing quality coaching. The BFS Set-Rep Logbook App fulfills this need.

Moving from paper Set Rep Log Books to the web based, electronic Set Rep Log App is facilitated by a trio of video tutorials that introduce the App to Administrators, Coaches and Athletes.

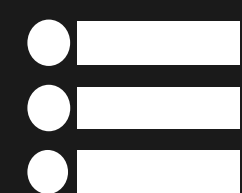
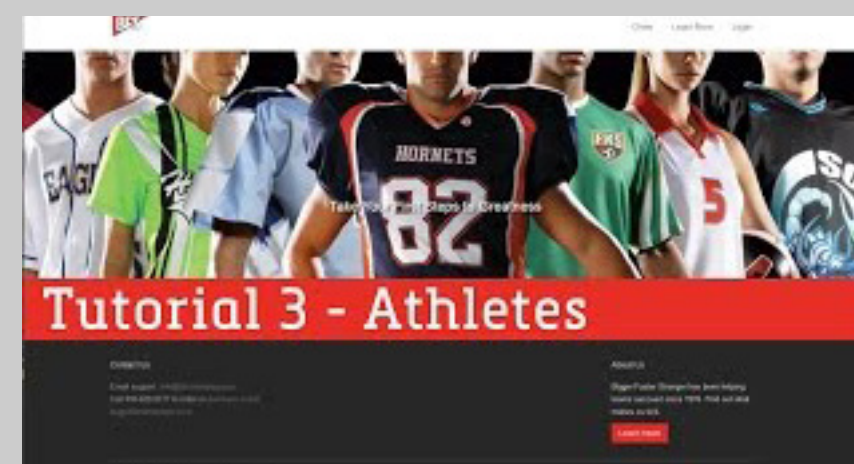
Administrator



Coaches



Athletes



CLICK

Take Your First Steps to Greatness

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 record 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!

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

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

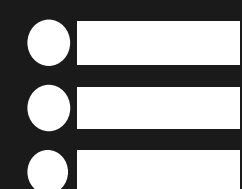
Heavy-duty

\$345

Varsity Olympic Incline Bench

Built to last

\$395





Young Athletes Play it Safe and Strong with BFS

*A closer look at the BFS equipment and programs
for young athletes*

Nearly 40 years ago BFS Founder Dr. Greg Shepard recognized the importance of getting young athletes off to the right start in strength and conditioning. He came up with a philosophy, called the BFS Readiness Program, and eventually developed specialized equipment to assist with its implementation. Let's discuss the details.

The BFS Readiness Program is intended for those who are not yet ready to participate in weight training programs performed by more physically mature athletes. Elementary and middle school athletes fall into this category, but older athletes with no weight training experience should use it as a starting point in the athletic fitness training.

BFS believes athletes should always focus on performing exercises in the weight room with perfect technique, and the perfect time to develop technique is when athletes are young. This mindset will give them a head start for when they are physically mature enough to perform the BFS Total Program.

In a study published in the September 2009 issue of *Pediatrics*, researchers reported that from 1977 to 2007 injuries in physical education classes increased by 150 percent. What's especially disturbing is that 52 percent of these injuries occurred to middle school children. BFS asks, "How many of these injuries could have been prevented if all these young people had perfect technique?" The answer is that strength and conditioning is not just about improving perfor-

BFS Physical Education

mance; athletes who are physically fit are less likely to get injured and if they do get injured, recover faster. This is where the BFS Readiness Program can help.

Weight training is a key aspect of the BFS Readiness program, and BFS offers a Readiness logbook to keep track of progress. The difference is that the weight training workout is performed with light weights because its purpose is to teach athletes perfect technique. That way, when they are physically mature enough to lift heavy weights, they can do so safely.

There is a concern that lifting weights at a young age is associated with a high risk of injury. However, research shows that even competition weightlifting movements such as the snatch and the clean and jerk can safely be performed by middle school athletes. It's also important to understand that athletes mature at different rates. Thus, in a group of 13-year-old boys, you could have some boys with the physical maturity of an 11-year-old and some with the physical maturity of a 15-year old. As an extreme example, at the 2015 Senior National Weightlifting Championships, 15-year-old CJ Cummings broke the senior American record in the clean and jerk, lifting 385 pounds at a bodyweight of just 152 pounds.

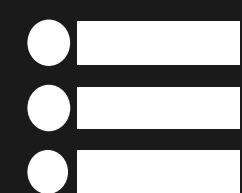


Because the standard plyometric boxes are too high for many young athletes, BFS developed Readiness Plyo Boxes.

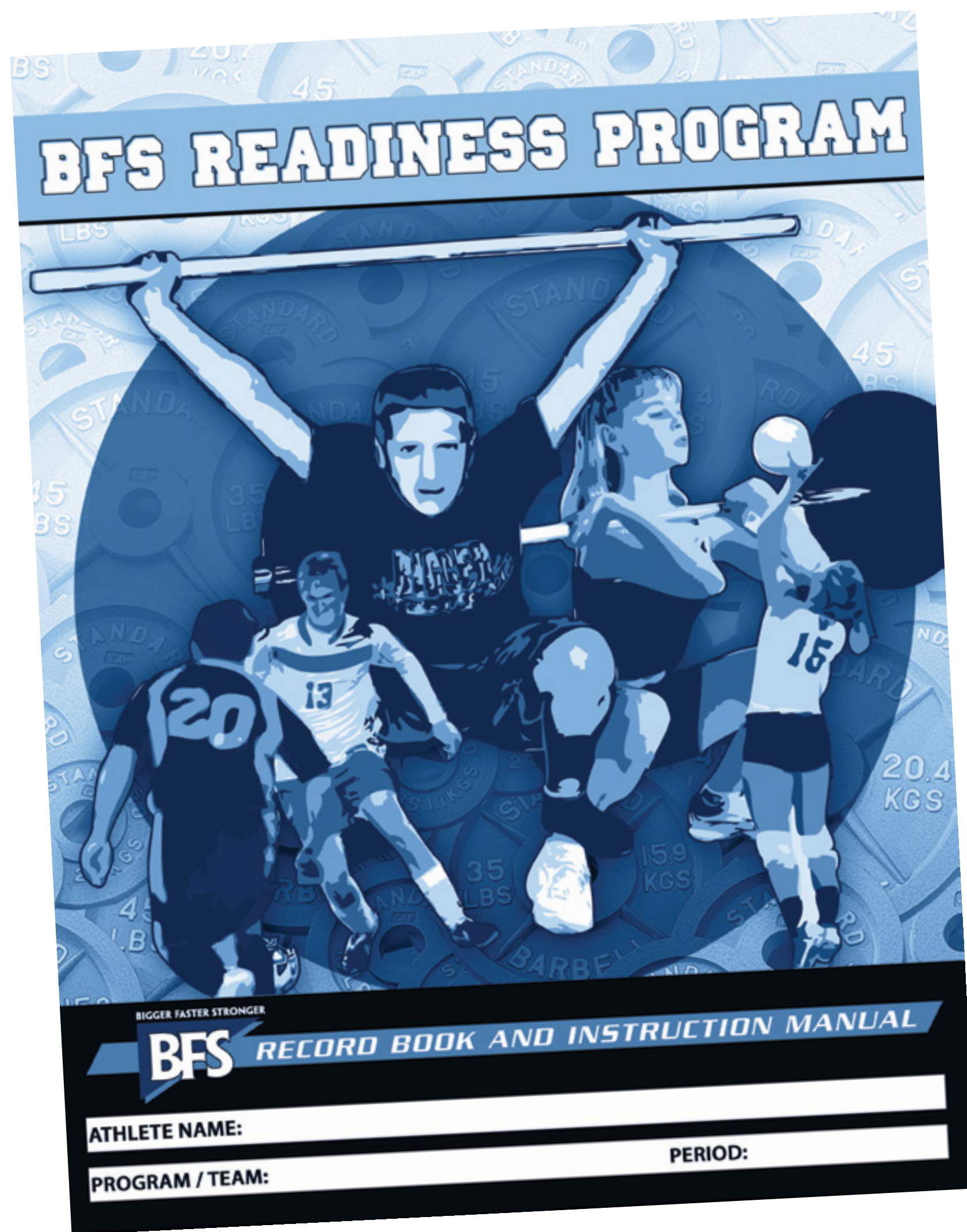
To enable young athletes to lift safely, BFS offers not only 5-pound bumper plates but also Deca Disc Training Plates, which are sturdy training plates that weigh only about a pound. We also carry the Aluma Lite 6-foot bar that weighs only 15 pounds; this barbell has an aluminum shaft, light knurling, and 2-inch rotating steels. The next progression is the Ultra-Lite 6-foot barbell, which weighs only 30 pounds and fits on standard-size benches and power racks. For the dead-

lift, BFS developed a 15-pound aluminum Youth hex bar so that young athletes can get a head start on learning proper technique for the hex bar deadlift. These bars can also be used for hex bar jump drills to develop explosiveness.

Jumping and running are two basic skills of athletic development. The BFS Readiness program teaches proper running mechanics and introduces young athletes to a safe and progressive



BFS Physical Education



plyometric jumping program using plyometric boxes. Because the standard plyometric boxes are too high for many young athletes, BFS developed Readiness Plyo Boxes. A complete set of these boxes includes three 10-inch tall boxes and one 20-inch tall box, with a booster to add a few more inches of height.

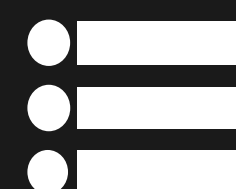
Another component of the BFS Readiness Program is the BFS 1-2-3-4 Flexibility Program. Specifically, this stretching program consists of 10 stretches that work all the major muscle groups. The stretches are divided into four groups, performed in the following order: 1) On a bench, 2) Standing, 3) On a wall, and 4) On the floor. Instructions on how to perform these stretches are provided in the *BFS Total Program* book, and to take it to the next level with more stretches and advanced stretching techniques such as dynamic stretching and PNF, the *BFS Flexibility Manual*.

The entire BFS Readiness workout takes only 45 minutes and is performed two times per week. Graduation from the BFS Readiness program is based upon performance standards that BFS has established for both boys and girls. The lifts tested are the squat, bench press, and a variation of the power clean called the hang clean. These lifts were chosen because they are basic core lifts that BFS believes should be used throughout an athlete's career.

The BFS Readiness program is a quick, easy-to-administer workout. With nearly four decades of enthusiastic results, BFS is convinced that this is the optimal workout program to give young people a head start on a lifetime of safe physical and athletic performance.



To ensure proper and safe lifting technique while performing the BFS Readiness Program, BFS offers lightweight equipment such as its 15-pound Youth Hex Bar.



THE BEST OF THE STREET

Training Bars

Ultra-Lite Bar 6 Foot \$165

Aluma Lite Bar 6 Foot \$155

BFS Super Bars

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



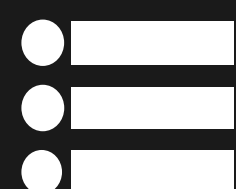
Mega Hex Bar (Made in USA!)
\$209



Youth Hex Bar
\$159



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



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

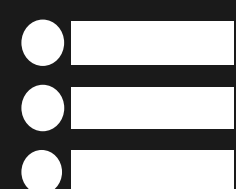


Varsity Plyo Boxes
Safest on the Market
Only \$695.00

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





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 November!

