

BIGGER FASTER STRONGER

August 2016
Issue #171
Digital

BFS



*Stretching for
Speed*

*Rediscover static
stretching!*

*Improved
4-Way Neck
Developer*



Baseball Strong!

Jake Guggenheimer Page 12

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Baseball: The last Frontier.

Strength training has come a long way for every sport!
Republished from BFS Magazine, Fall 1997

We call baseball the last frontier of strength training among men’s major team sports. The first sport to catch on to the importance of weight training and to really learn the secret was Track and Field, specifically the throwers. They learned “the secret” in the 1960’s. A decade later football teams began learning what to do until now almost all do “the secret” more or less correctly.

Next, baseball found the importance of strength and conditioning but this took nearly another decade. Coaches thought that weight training would screw up your touch. Amazingly, there are still a significant number of high school coaches who still feel this way. Please, if this is your position, get our Basketball Video. It will change your mind. Don’t picture your players doing curls like a bodybuilder. Picture them Power Cleaning to develop powerful rebounding potential.

Baseball just started training with weights in mass in the 1990’s but still most don’t utilize the secret like they could. The majority of great baseball players in high school also play foot-

ball and so they lifted weights. What happened? Homeruns happened! Therefore, in the 1990’s all these players began to emerge with strong hips and legs which, of course, is where you get your hitting power.

Old time managers and coaches just scratch there head and come up with all kinds of reasons for the long ball hitters. Every one, that is, except the real reason. The players all know. It is an amazing phenomenon. Below is a table about the increase in homeruns in the minors:

	1995 HOME RUNS	1996 HOME RUNS	1997 HOME RUNS
LEAGUE	PER GAME	PER GAME	PER GAME
AMER ASSOC.	1.46	1.76	1.82
INTERNA- TION.	1.31	1.81	1.75
PAC. COAST	1.34	1.57	1.94
EASTERN AA	1.33	1.98	2.12

	1995 HOME RUNS	1996 HOME RUNS	1997 HOME RUNS
LEAGUE	PER GAME	PER GAME	PER GAME
SOUTH- ERN AA	1.40	1.73	1.73
TEXAS AA	1.30	1.62	1.72
TOTALS	1.35	1.71	1.85

Last spring we had to laugh. Davey Johnson, a great manager, remarked at Spring Training last March, “I can’t believe these guys. They’re so big and fast. They look like a bunch of football players.” Duh! So why don’t you really get with it and get every baseball player to strength train correctly. If you are still not sure, get the baseball video. It has the secret. The same secret as used by the track guys in the 1960’s. Do it now. The sad thing is that thousands of high school players won’t learn the real secret for another decade at least. A truly amazing phenomenon. As far as homeruns in the future? Our statement remains the same as last year, “You ain’t seen nothin’ yet.”

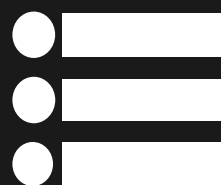
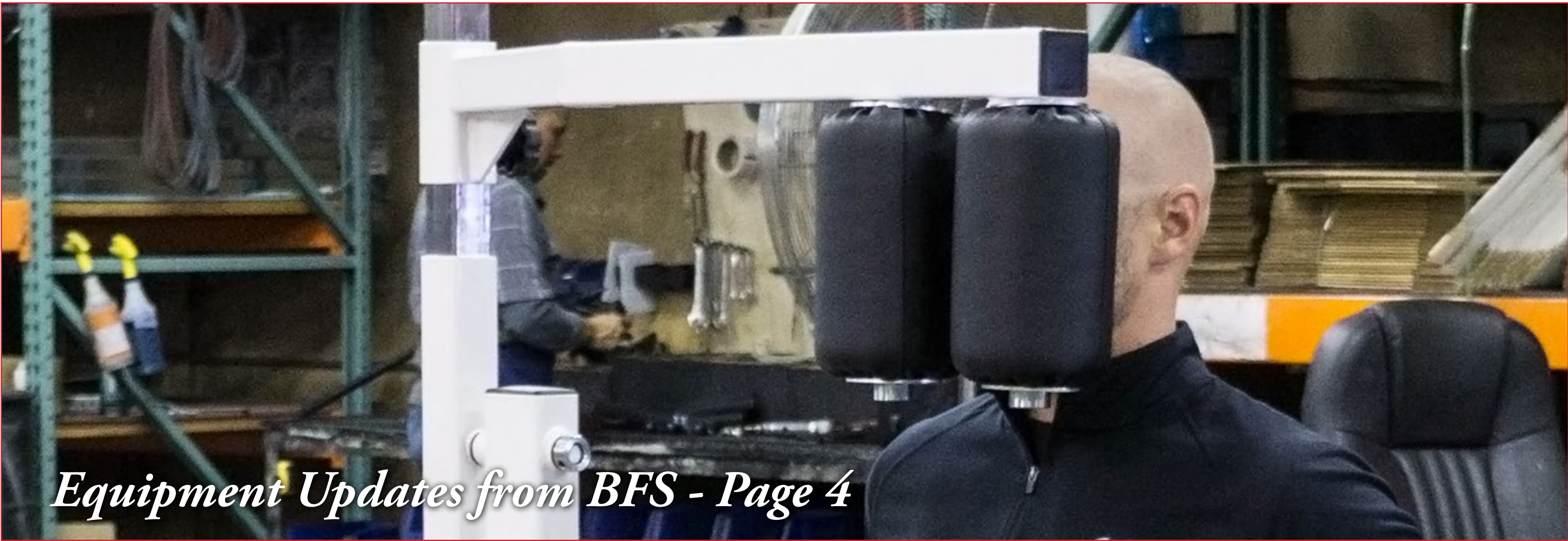


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BFS Magazine

FOUNDER: Dr. Greg Shepard

CEO: Robert Rowbotham

PRESIDENT: John Rowbotham

EDITOR IN CHIEF: Kim Goss, MS

ART DIRECTOR: Steve Kinslow

COVER PHOTO:
Jake Guggenheimer

MAGAZINE DESIGN: Steve Kinslow

PUBLISHER: Bigger Faster Stronger, Inc.

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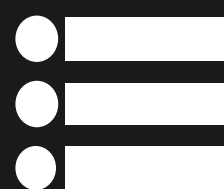
2930 West Directors Row

Salt Lake City, Utah 84104

1-800-628-9737 • Fax 801-975-1159

info@bfsmail.com • biggerfasterstronger.com

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What's Happening

The All New Updated 4Way Neck Developer From BFS



BFS is committed to evolving our equipment to keep up modern weight rooms and the demands of training classes and teams effectively. Combining the existing excellent space efficiencies with the all new adjustment system BFS has continued to look for avenues of improvement even in some of our most popular pieces of equipment.

BFS has spent 40 years helping coaches and athletes succeed through our Total Program and high quality American made equipment. The core system has changed very little in that time and modern research has shown that the fundamental approach taught by BFS is very effective for developing young athletes in every sport. That being said BFS is always looking for incremental improvement to our program and our equipment.

A great case in point is the 2016 version of the 4-Way Neck Developer. Now with height adjustments both above the swing arm and below the seat almost every athlete can get the perfect fit. Also improved in this year's model is a quick adjusting seat to move athletes through their exercises quickly and efficiently. Combining these great new features with a small footprint means the BFS 4Way Neck Developer will fit into any weight room or wellness center.

Having a strong neck is paramount in a large number of sports, particularly field sports such as soccer, lacrosse, field hockey and football where speeds are high and collisions are probable.

Training in Four Directions for Stability:

Notes on neck training from the July 2013 Issue

Flexion: the ability to tilt your head down, moving your chin to your sternum. On the neck ma-



chine rest your forehead in the middle of the head pad and flex your neck. Because the range of motion is relatively short and it's easy to strain the neck with isolation exercises, perform this exercise and the other three exercises slowly, pausing in both the stretched and contracted positions.

Extension: the ability to lift your chin away from your sternum, such as when you look up. Rest the back of your head on the head pad and tilt your head backward as far as comfortable.

Lateral flexion: the ability to tilt your head to the side, such as when you touch your ears to your shoulders. Sit sideways on the machine, with the side of your head on the head pad, and flex your

neck, moving your ear closer to your shoulder. Work both sides of the neck.

Athletes with superior neck strength are less likely to suffer concussions. This was shown in a research study of 6,704 male and female athletes in soccer, lacrosse and basketball. Dawn Comstock, associate professor of epidemiology at the Colorado School of Public Health, presented her findings related to neck development and concussions at the fourth annual Youth Sports Safety Summit in February 2013.

The highest risk of concussions from sports occurs in American football. Further, in high school sports played by both sexes, research published in the *Journal of Athletic Training* suggests that

high school girls are at a higher risk of suffering from this type of brain injury than high school boys are. For example, female soccer athletes had nearly 40 percent more concussions than their male counterparts, and the risk to female basketball players was 240 percent higher than the risk to boys.

“Your neck acts like a shock absorber,” said Comstock in the April 2013 online edition of *Athletic Business*. “As the head rocks back and forth, it’s also twisting a little bit on the brain stem, and it’s those accelerative and rotational forces as the brain is impacting inside the skull that are really what’s causing these concussions. A stronger neck means you’re reducing those accelerative and rotational forces.”



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TO
BEGIN

BFS Set Rep Log App Phone Tablet Computer

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About Us

The image shows three devices displaying the BFS Set Rep Log app interface. The computer screen shows a 'Workouts' page for the period 'Jun. 29 - Jul. 5'. It lists exercises like 'Towel Bench (Mon.)', 'Box Squat (Mon.)', 'Glute Ham (Mon.)', and 'Lunges (Mon.)'. The 'Towel Bench (3x3)' section shows a table with columns for Set, Weight (lbs), Effort (1-11), 5 of 6 Absolutes?, and Reps. The data shows three sets of 3 reps each, with weights of 225, 225, and 185 lbs, and effort levels of 8, 7, and 9. The total weight is 635 lbs, and the 3x3 record is 999. The tablet and phone screens show the 'Shoulder Press (3x3)' section, which has a similar table structure. The phone screen also shows a 'Save' button and a 'Shoulder Press Records by Rep' section.

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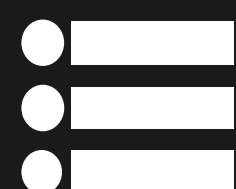
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BFS Success Story

Jake Guggenheimer Baseball Strong!

Baseball: The Final Frontier!

In the past, baseball coaches were reluctant to have their athletes lift weights, unless it was light dumbbells to rehabilitate a shoulder or elbow injury. Now the sport has embraced the weight room, and one athlete who has benefitted from this paradigm shift in coaching is Jake Guggenheimer.

Jake has been playing baseball since a child. His love of baseball is evident, and he is passionate about the sport. Jake is a



BFS Success Story



Under the BFS program, Guggenheimer has put up some impressive numbers since the 10th grade. Here are some of his results:

Hex Bar Deadlift: 10/2013 = 125lbs 5x110
1/2016 = 280lbs 5x245

Power Clean: 12/2013 = 75lbs 5x65
3/2016 = 205lbs 5x180

Bench Press: 3/2014 = 150lbs 5x130
1/2016 = 190lbs 5x170

Squat: 3/2014 = 245lbs 10x190
1/2016 = 395lbs 5x345

Jake Guggenheimer's exceptional dedication to being the best athlete he can be is exemplified by his commitment to training both in season and out of season. Working with BFS Certified trainer Jake has not only improved his strength but his speed to lead his team in stolen bases!

catcher and has been training both at school and outside privately to improve his performance on the field. This has been challenging for Jake because his academics have always come first.

Jake first enrolled in AM Fitness at Great Neck North High School in Great Neck, New York, as a 10th grader. He and came in with some previous knowledge of training because his mother is a personal trainer. But he needed a program that could

fit into his schedule and afford him the opportunity to always been an in-season athlete. That is where BFS came in.

Marisol Mahler, a certified BFS clinician and physical education teacher at the school, runs a class from 7:00-7:50AM on Mondays and Thursdays. It's for athletes who need to train both off-season and in-season but cannot do so after school or who cannot go to a gym due to travel issues or just age

requirements. More importantly, gyms do not offer the instructional support or technical training that Coach Mahler provides. As a result, Jake has improved tremendously in all aspects of technical training, his lifts have become proficient, and his PR's always improve.

Says Head Baseball Coach James Bailin, "For the past four years, Jake has played varsity baseball for me, starting every game for those four years.

BFS Success Story




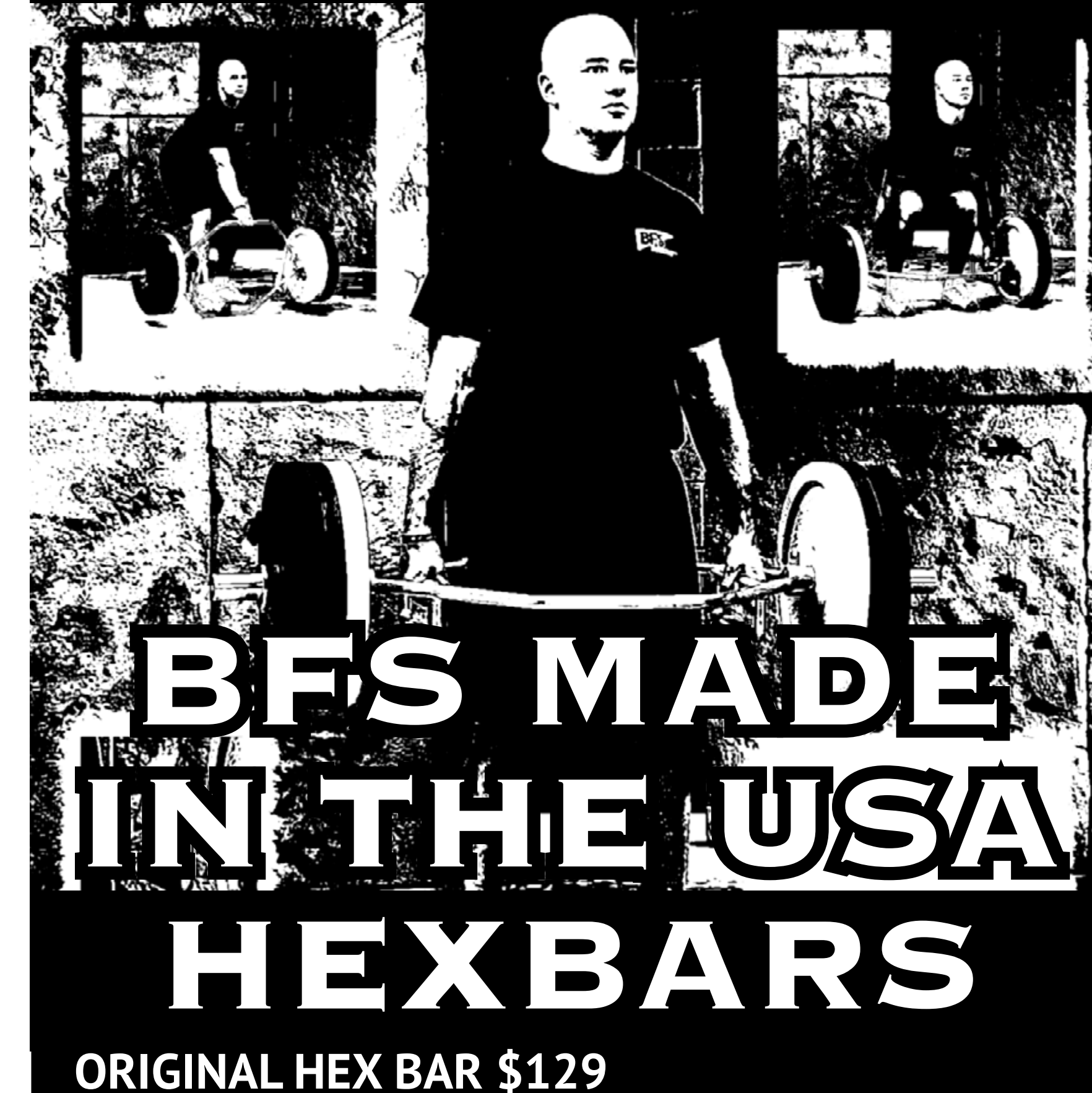
Emphasizing perfect technique allow Jake to safely make great strides in his lifts while maintaining his readiness for game day! Jake has started every game for his four year career.

I've watched him evolve and grow from an under-sized, overmatched freshman into a strong, athletic young man."

Jake batted leadoff and led the team in stolen bases the last two seasons, a testament to his strength and speed training. Bailin says Jake was the best hitter on the team as well, and is one of the best catchers in the county. "Jake played the most difficult, important position on the field, catcher, and did it with outstanding success. And, he did it through hard work in the weight room and his baseball training in the off-season. Jake dedicated himself to becoming the best player he could be,

and he has proven to me, and himself, that he was willing to do whatever it took to be that player."

Jake Guggenheimer will be playing baseball later this year when he attends McGill University in Canada. "I know that Jake will continue to make strides as a player and person, to always work hard to become better," says Mahler. "I am proud to have coached Jake, as I could only hope that he set a good example for every player that pulls on the uniform after him, because he played with pride and dedication, and was the epitome of the word "captain." 



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Stretching For Speed!



A stretching program should never be used solely for a warm-up for other activities. It is an exercise regimen itself like lifting and running. A stretching program should be done to increase flexibility and range of motion. It must be worked daily both in the off-season and the in-season. Flexibility exercises should mean hard work, sweat and concentration of exact and perfect po-

sition. The vast majority of schools and athletes can make big improvements in their flexibility program.

The best approach is to have a united school-wide philosophy and program with all athletes and coaches. Every athlete should do the same program regardless of their sport. Use the BFS

1-2-3-4 stretching program which is specifically designed for speed and jumping power. We have this available in our manual, the Total Program book or on video.

Kevin Devine, once pro football's fastest player, believes that stretching is certainly one of the key elements in developing speed. "If you don't

BFS Training and Equipment

stretch hard everyday,” states Kevin, “you will never be as fast as you could be. My favorite stretch is the hip flexor stretch because it increases my stride length.”











Kevin not only excelled in football in high school and at the University of California but he was also a champion sprinter. He improved his speed every year. Kevin smiled knowingly, “you stretch to win. It’s that simple.”

BFS has many resources to get your team faster and on the path to a winning season. Our 1-2-3-4 stretching program is available as a [free download](#) to get every team started today. Our [Flexibility Manual](#) takes this to next level and explains benefits of a variety of stretching methods for static to dynamic. DVDs are available as teaching aids and for WRSC Certified BFS coaches we have online access to videos on the BFS Total Program through our Online Learning Center. Also find weekly resources on the BFS [CoachBFS YouTube channel](#).

Get your free download
outlining the BFS 1-2-3-4
flexibility program

BFS 1-2-3-4 FLEXIBILITY PROGRAM

Each exercise should be held either once for 30 seconds or for 3 repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity. The 1-2-3-4 stands for One Minute on the Bench, Two Minutes in the Air, Three Minutes on the Wall and Four Minutes on the Floor.

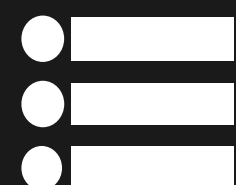
1 ON THE BENCH Hamstring & Back Stretch Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds.		4 MINUTES ON THE FLOOR Abdominal Stretch Lay flat on the floor, put hands on the floor shoulder width apart, extend elbows creating an arch in the back. Relax.	
2 IN THE AIR Latissimus Stretch Cross your hands and raise your arms above your head and as far back as possible.		Adductor Stretch With feet as far apart as possible, grab ankles or feet and pull the torso slowly toward the floor. If you can't reach your toes then place two fists on the floor behind you and push forward.	
Pectoral Stretch Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall.		Groin Stretch Sit with bottom of feet together, grab feet or ankles, pull in and press down with elbows on the thighs toward the floor.	
3 ON THE WALL Calf Stretch With hands on the wall for balance, move hips forward and push back heel down. Keep leg straight. Switch after 30 seconds.		Gluteus Maximus Stretch Twist torso with opposite arm. Press knee firmly with arm, forcing the knee to the other side of the lower leg then switch after 30 seconds.	
Achilles Stretch Same as Calf Stretch but heel, keep ground & increasing load down.		Hip Flexor Stretch Place front foot two feet in front of knee, place hands on knee and force hips forward and down. Spread the chest - eyes straight ahead. Make sure the front lower leg is perpendicular.	

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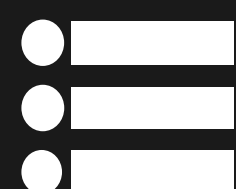


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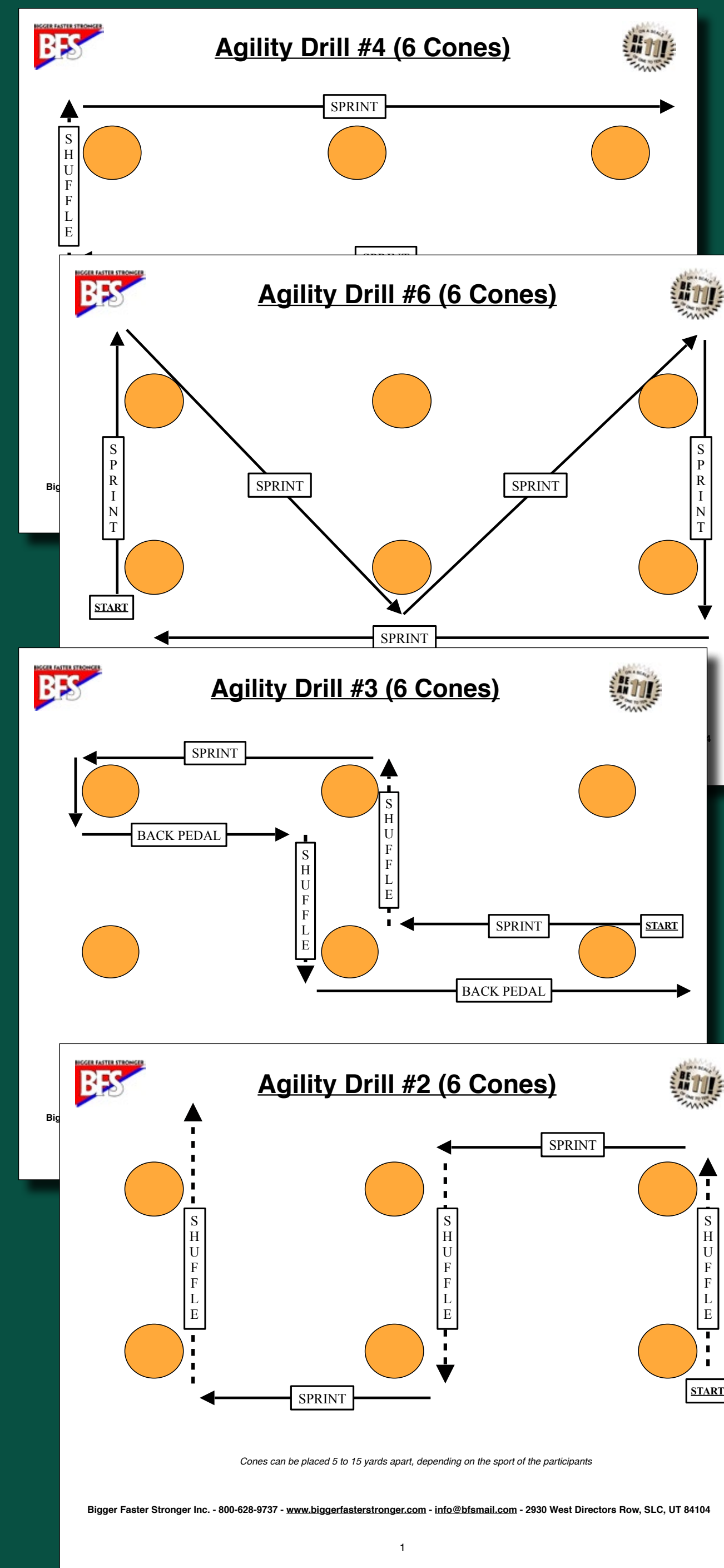
BIGGER FASTER STRONGER
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25 AGILITY DRILLS

FOR EVERY ATHLETE

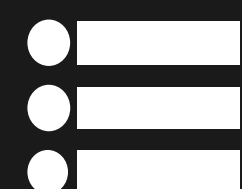
The BFS Total Program is dedicated to developing students and athletes in all sports and activities maximize their potential. Agility is one component and is a skill that can be enhanced through measurable drills record keeping.

Spring Outside and Get on the Field!
 25 drills for developing students and athletes in all sports and activities. Agility is one component and is a skill that can be enhanced through measurable drills record keeping. Use these drills and a stop watch and make some records!



The BFS Dot Drill Pad is the warm up foundation to all the work we do in the BFS Total Program. The BFS Dot Drill gives athletes a perfect start to get their muscles firing before a work out while building the agility and foot speed to compete on the field of play. We recommend two Dot Drill pads for every work out station.

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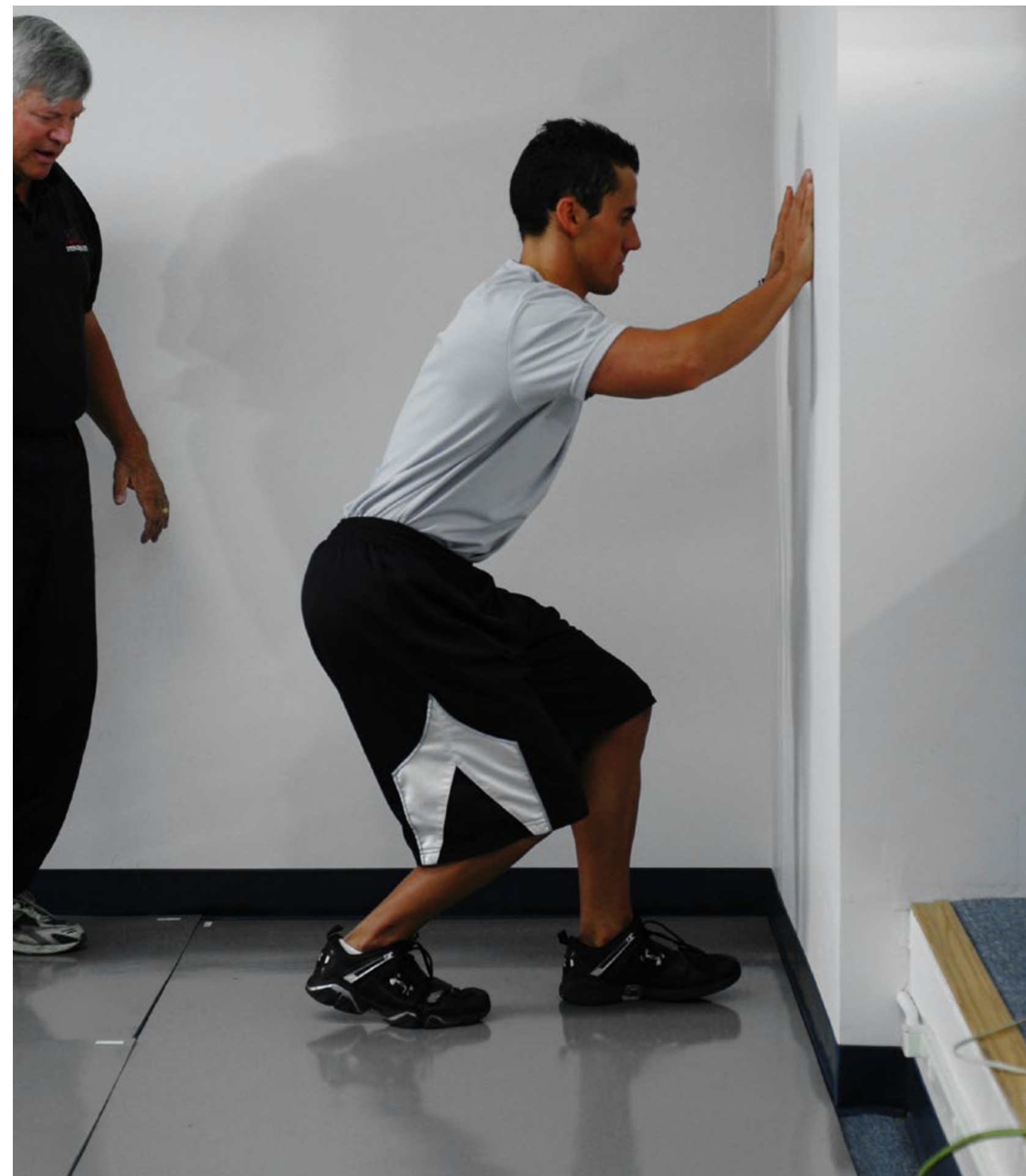
Rediscover Static Stretching

Lifting weights will enable athletes to become stronger and thus perform better and be less susceptible to injury. Performing plyometrics will enable athletes to jump higher run faster. Pushing and pulling sleds enables athletes to perform longer with less fatigue. These statements come with little opposition among coaches and athletes alike. Convincing athletes to stretch, however, is a hard sell.

Many athletes look at stretching as a method of preventing injuries, but if they are not injured it's difficult for a coach to convince them of the value of stretching. We have a different perspective, as we look at stretching as a tool that can improve athletic performance.

BFS founder Dr. Greg Shepard estimates that a two-inch improvement in hip flexor mobility may

improve a 40-yard-dash time by two-tenths of a second. Increasing range of motion helps other sports. For example, if baseball pitchers can get their arms back a little farther, they will throw harder and faster because they can accelerate the arm over a longer distance. Further, stretching helps reduce muscle tension that can affect a muscle's ability to contract – an analogy would be pushing the gas pedal on a car while also putting on the breaks.



In stretching, as in all other workout routines, maximum results are obtained through perfect technique. Good coaching is key to getting the best results, however once a motivated athlete learns the feel of the stretch reaching the targeted muscle they will be able to improve with just periodic adjustments from coaches.

BFS looks at stretching as a separate exercise regimen, such as sprinting or weight training. It also should not be thought of as part of a warm-up or cool-down for physical activity that athletes only need to do occasionally. We also believe athletes should stretch daily, in both the offseason and the in-season.

The type of stretching performed in the BFS 1-2-3-4 Flexibility Program is called static stretching, and it has been used successfully by young athletes for over 40 years. Static stretching involves maintaining a stationary position in which the muscles are held at a greater-than-at-resting length. It's a type of stretching that is extremely safe and can be mastered easily and can be performed without a partner.

The BFS program consists of 10 stretches, divided into four groups, performed in the following order:

1. On a bench
2. Standing
3. On a wall
4. On the floor.



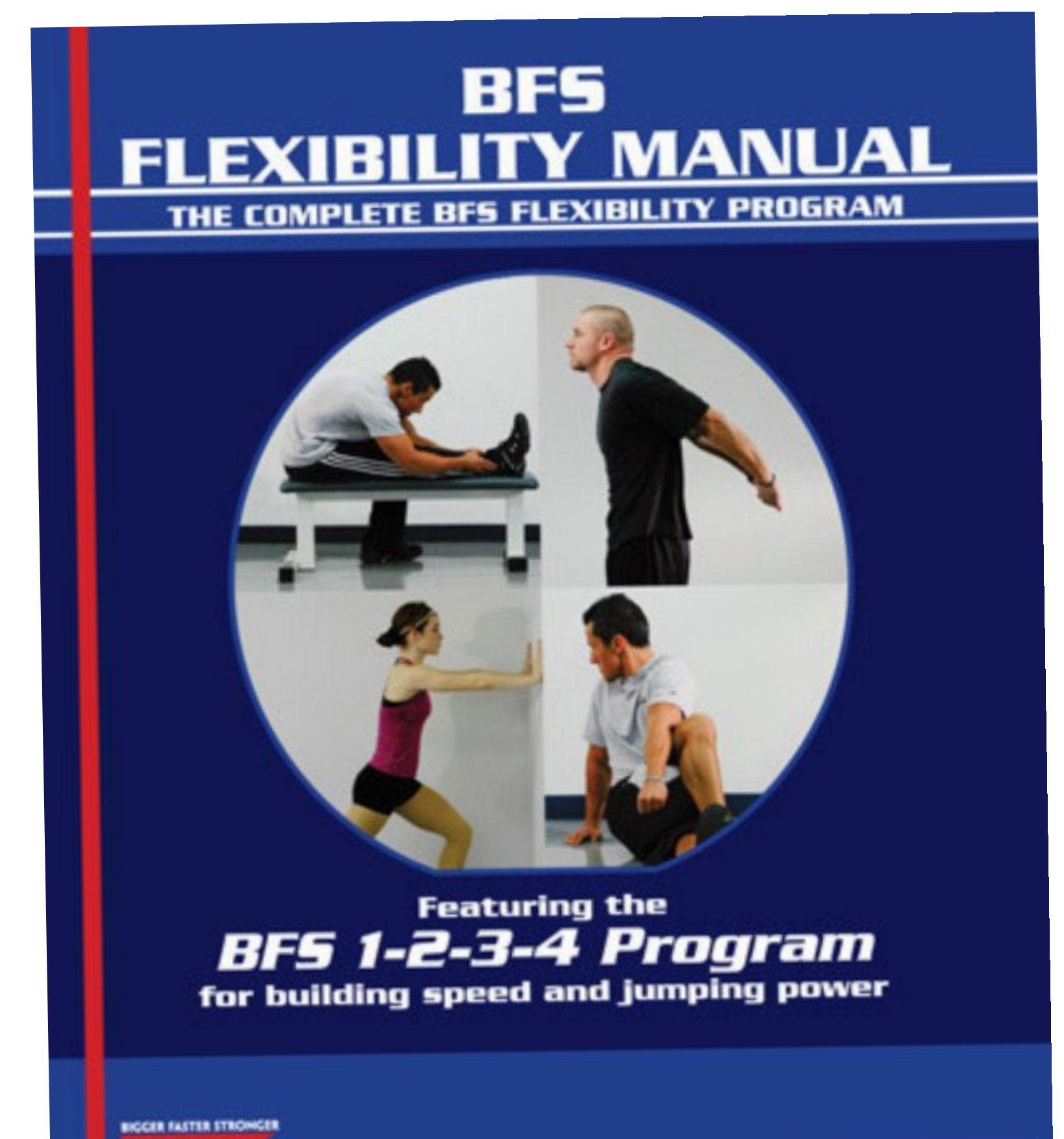
Implementing a stretching program delivers benefits for all students, boys and girls, athletics and Physical Education.

The numbers 1-2-3-4 refer both to the order in which the athlete performs each group of exercises and to the approximate amount of time, in minutes, the athlete devotes to each group of exercises. Thus, the athlete spends one minute performing stretches while sitting on a bench, two minutes while standing, three minutes in contact with a wall and at least four minutes (performing five stretches) while sitting on the floor.

Each stretch should be held for at least 30 seconds, although it's fine to hold a stretch up to 60 seconds to create a higher degree of relax-


ation. Stretches involving single limbs are performed for 30 seconds on each side for a total of one minute. Beginners have the option of holding each stretch for only 10 seconds, performing three sets per stretch to equal 30 seconds. After a few weeks of BFS stretching exercises, athletes will begin to enjoy significant improvements in flexibility and overall athletic ability.

If the training environment is crowded and time is short, such as in a classroom situation, athletes would be better off stretching at home. If facilities are spacious and plenty of time is available,



The complete BFS stretching program, along with many other types of stretching, such as dynamic and PNF, is covered in detail in the BFS Flexibility Manual.

the ideal scenario would be to stretch after performing the dot drill and again at the end of the workout. Also, stretching in a group environment may be especially effective to ensure this important work gets done.

There are many other effective methods of stretching, such as PNF and dynamic stretching. These are covered in detail in the BFS Flexibility Manual. In the meantime, consider stretching should not be viewed as a method to become more flexible, but to become better all-around athletes. 

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BXI line has your back

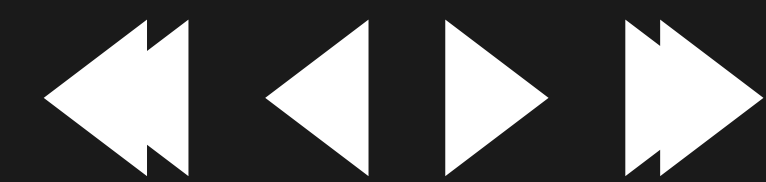
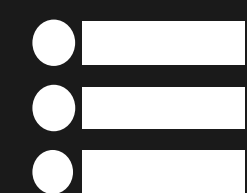
Call a Weight Room Specialist 800-628-9737



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



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



Learn More about the Total Program
at 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	PACK-AGE
BE AN 11 \$2990	\$1495
2 DAY TPC \$3990	\$3990
IN-SERVICE WRSC \$3195	\$1495
IMPLEMENTATION PACKAGE \$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	PACK-AGE
BE AN 11 SEMINAR \$2990	\$1495
2 DAY TPC \$3990	\$3990
IMPLEMENTATION PACKAGE \$2500	\$0
TOTAL: \$9480	\$5485

Save Over \$3995!

Camp: \$40 per student over 50

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

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

Pricing and Savings

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

Save Over \$3950!

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

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

Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES	PACK-AGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1495
IMPLEMENTATION PACKAGE \$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	PACK-AGE
BE AN 11 SEMINAR \$2990	\$1495
1 DAY TPC \$3490	\$3490
IMPLEMENTATION PACKAGE \$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	PACK-AGE
2 DAY TPC \$3990	\$3990
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACKAGE \$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	PACK-AGE
1 DAY TPC \$3490	\$3490
IN-SERVICE CERT. \$3195	\$1745
IMPLEMENTATION PACKAGE \$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.

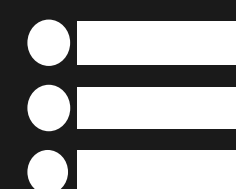
Package Details and Information: All camps and clinics offered come with implementation packages containing instructional materials, many worth more than \$3,000. For complete details on these packages and what you can expect from your camp, clinic or seminar visit www.biggerfasterstronger.com/camps. 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.

Combine your clinics and save!

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



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





REMAINING CERTIFICATIONS 2016

Clarksville AR:

8/16/2016
 Univeristy of the Ozarks
 415 North College Ave
 Clarksville, AR 72830
 Info Contact: jbrown@bfsmail.com
 Onsite registration: 8:30am
 8/16/2016 - Time: 9:00 AM to 5:00 PM

Additional Information:
 EARLY REGISTRATION
 30 days prior = \$100 OFF!!

Timonium MD:

8/20/2016
 Dulaney High School
 255 East Padonia Road
 Timonium, MD 21093
 InfoContact: john@bfsmail.com
 Onsite registration: 8:30am
 8/20/2016 - Time: 9:00 AM to 5:00 PM

Additional Information:
 EARLY REGISTRATION
 30 days prior = \$100 OFF!!

CALL NOW 800-628-9737
Online Early Registration Saves \$100

The BFS WRSC In-Service presentation is a full-day, hands-on practicum with a multimedia presentation. The certification goes from 8:00 a.m. to 5:00 p.m., with a 30-minute lunch break.

Early Registration, 30 days prior to event: \$299, Regular price: \$399
 Practical and Theory Course • 1 Day,

Hands on Practicum • Online Exam
 Each Coach recieves a Certification Implementation Package including all study materials to complete the course
 • Access to BFS Online Learning Center with complete technique and trianing video library to teach the BFS Total Program!

BFS Magazine comes to you 12 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 40 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!

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