

ALEDO HIGH

*Inspiration from
a legendary Texas
program Pg 5*



Sophia Stiles: Montana Strong

Pg 9



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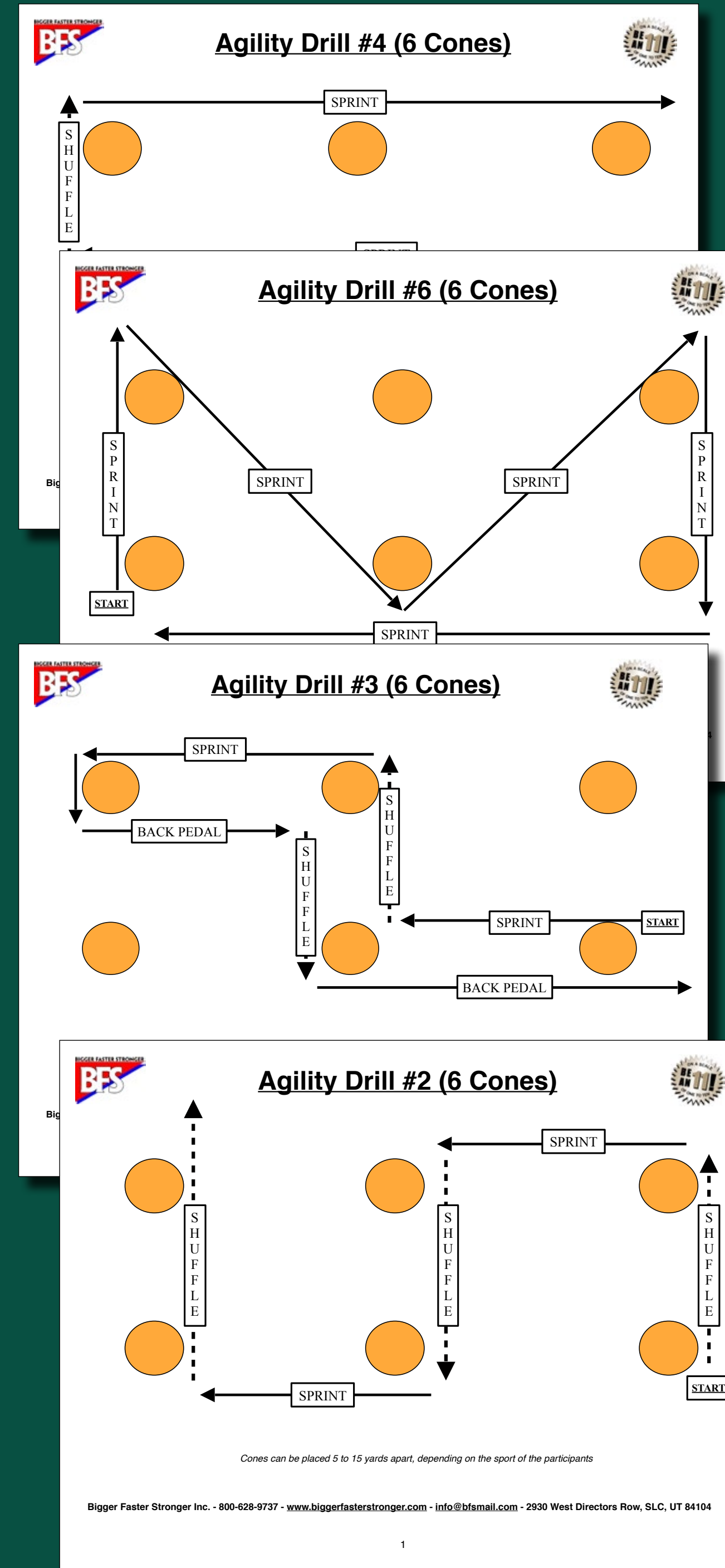
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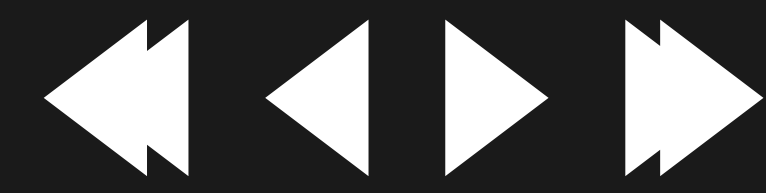


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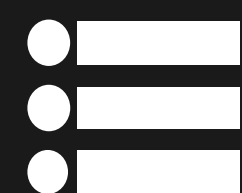
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Five Things You Probably Didn't Know About BFS

With over 41 years in the business, BFS has established itself as the leader in athletic and physical fitness training. We've not only shared our message through our magazine, website, and social media outlets, but our clinicians have given nearly 20,000 hands-on total program clinics, coaching certifications, and character education seminars. Despite this exposure, there are a few unique aspects of BFS that many people may not know about. Here are five of them:

1. We are the only program to support unification.

Unification is the concept that all high school and middle school athletes will adhere to the same basic training philosophy. This means that all athletes, from football players to basketball players to swimmers, perform the same core weight training exercises, the same speed

and agility exercises, and the same flexibility and plyometric exercises. Such organization improves athletic performance and reduces teaching time, as well as preventing many administrative hassles and personality conflicts.

2. We've made teaching biomechanics simple.

BFS has developed six training principles, or absolutes, that are amazingly effective in teaching perfect technique not only in the weightroom but also in any sport. One reason the BFS Six

Absolutes are so effective is that they encourage all coaches to use the same terminology when teaching weight training and sport skills.

3. We are leaders in character education.

To help young people fulfill their potential, BFS has developed a character education program called Be an 11. This program is designed to inspire student-athletes to set worthy goals, both athletic and personal, and then help them

develop action plans to achieve those goals. Along the way, they learn about the importance of making positive choices, maintaining their self-respect, and being team players and role models for others.



4. We have a tremendous networking ability.

Since 1980 Bigger Faster Stronger has been the official magazine of BFS. Now online, readers can access more than 5,000 articles over the past 37 years that include inspirational success stories, advice from top coaches and sport sci-

entists, and the latest information on liability and safety – at no cost, with no obligation. Most of these articles are available in PDF format for you to download and share.

5. We have exceptional Clinics, Certifications and Professional Development Days.

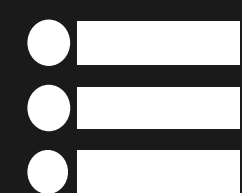
Schools that have had BFS clinics improve their performance by an average of two more football wins, three more basketball wins, three more baseball wins and 20 percent more overall victories, and generally reduce injuries by half – and all this is typical in the year following the clinic. BFS also offers regional and on-site certification clinics, along with a complete line

of multi-media educational materials, to teach coaches and athletes how to exercise for maximum performance with minimal risk of injury. We also provide a link to the BFS Online Learning Center for the latest in multimedia education for strength and athletic fitness training, along with a special coach's forum where BFS certified coaches can share their experiences.

Don't miss all that BFS can do for your school and program!

BFS is a popular and effective training method with a 41-year history of success. It's here to stay, unlike other workouts that have failed to stand the test of time. The BFS program has proven it's the perfect program for any high school athlete, male or female, and it's ideal for coaches who

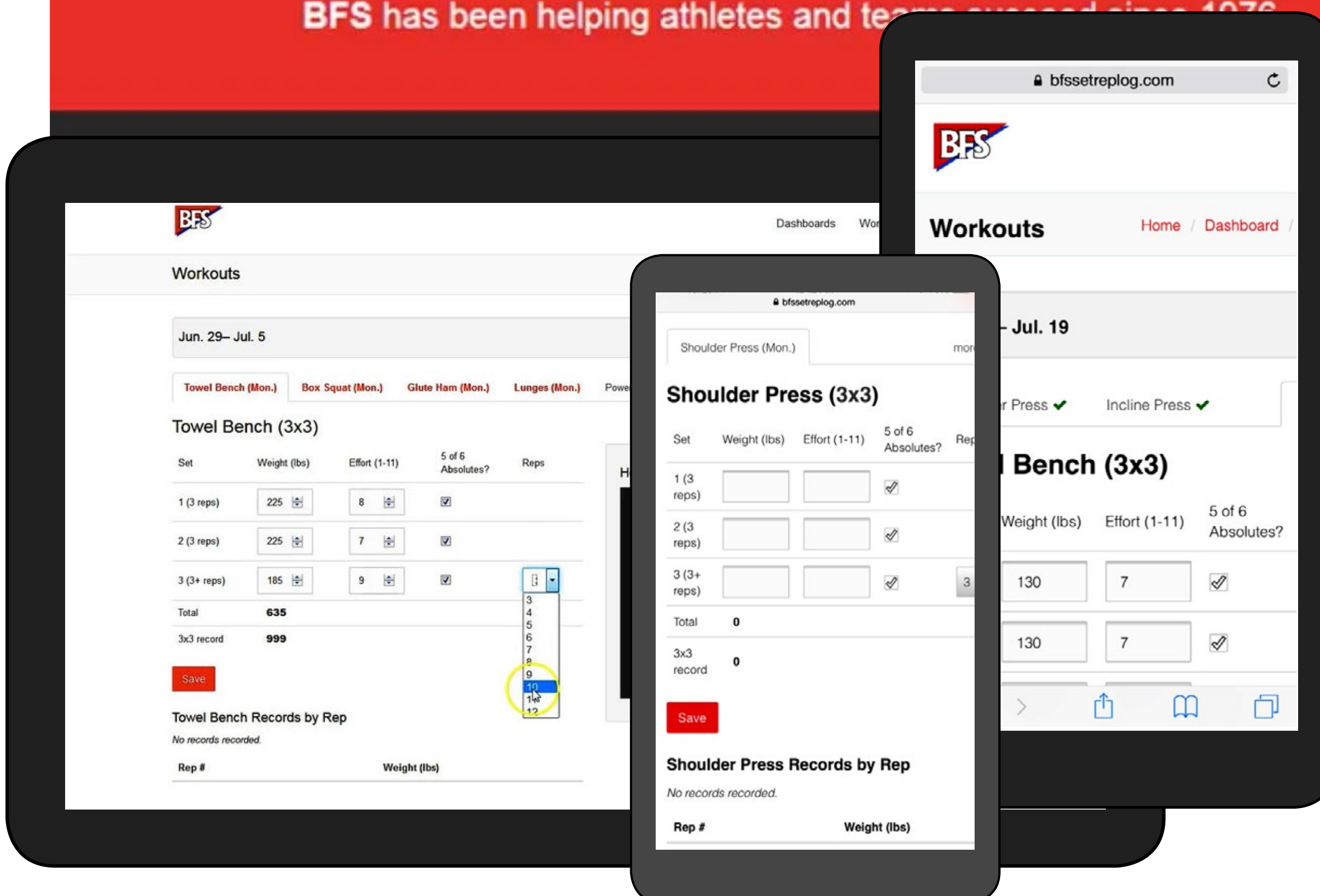
deal with large numbers of athletes. With its proven track record of success, we are confident that BFS offers the best program for you and your athletes.



**CLICK
TO
BEGIN**

BFS Set Rep Log App Phone Tablet Computer

BFS has been helping athletes and teams succeed since 1979



[About Us](#)

You can't break records if you don't keep records!

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Coaches can keep up with the progress of the **whole team.**

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!
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Whats Happeining



Steve Wood, Head Football Coach of the 6 time 5A Texas State Champions, Aledo Bearcat

Returing starting Seniors
L-R Coach Wood, Truett Knox, Cullen Johnson, James Williams, Aaron Hale, Hunter Rosson

Inspiration from a legendary Texas program

BFS Clinician Jim Brown is on the road again. BFS Clinicians are privileged to travel around the country and help athletes students and coaches reach their full potential. On these journey we get to meet with some of the brightest and best influencers in athletics.

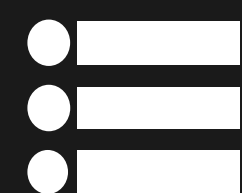
This month Clinician and Coach, Jim Brown was in Texas and was honored to meet with Steve Wood, Head Football Coach of the 6 time, 5A Texas State Champions, Aledo Bearcats. After running the table at 16 - 0 The Aledo Texas Bearcats have been recognized by MaxPreps as one of the top 25 varsity

football programs out of more than 1700 programs across the country and have received the National Guard National Ranking Trophy.

Coach Wood was, of course, familiar with the BFS Total Program and shared his respect for the program with Coach Brown. Coach Wood noted that emphasizing parallel squats and cleans is a key to Aledo's success. These lifts are central to the BFS Total Program and are part of the "BFS Core Lifts" which we recommend for every athlete - no matter the sport. ▶



Like, Follow and Subscribe to the [CoachBFS YouTube](#) channel to stay informed on a wide variety of program enhancing techniques including stretching for speed



Whats Happening



BFS Now Offers the Most Exciting Professional Development Day of the Year For Your PE and Athletics

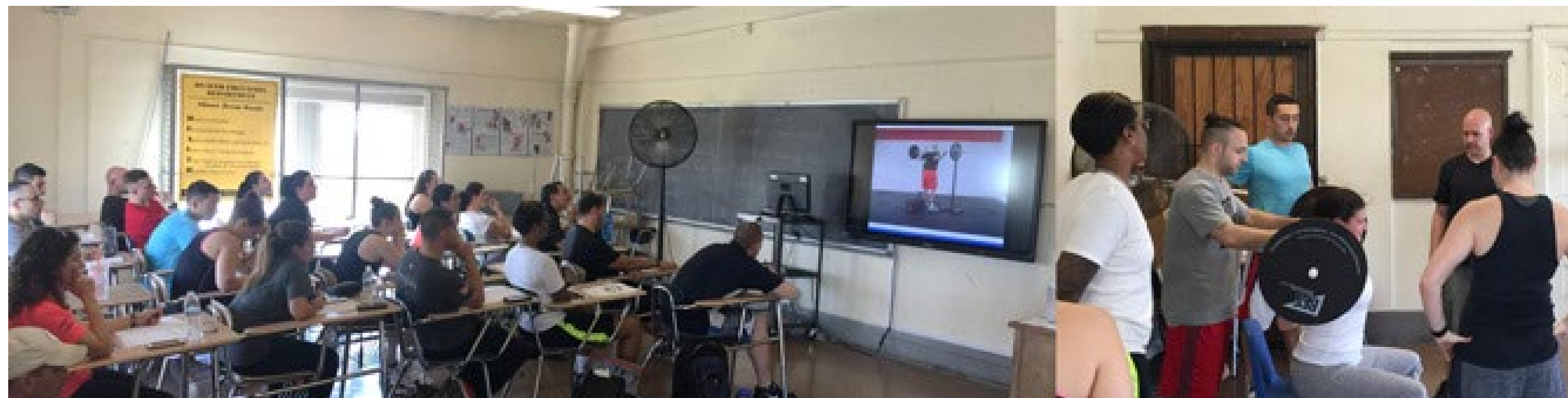
Commitment at the District Level Reaps Benefits for Physical Education



Working with New York City Public Schools this year has been an awesome experience for BFS. Our all new Professional Development seminars have really been making an impact across the largest school district in the

country. Many PE teachers and administrators have hailed the day as one of the most fruit-

ful seminars they have ever attended. Learning about effective and safe weight room protocols has really opened up these teachers to the ease of incorporating strength training into their Physical Education environment. By combining a dynamic presentation along with actual hands on training every educator in attendance was kept involved and excited to learn more.

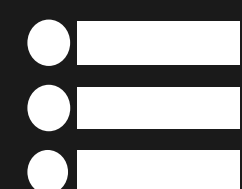


ful seminars they have ever attended. Learning about effective and safe weight room protocols has really opened up these teachers to the ease of incorporating strength training into their Physical Education environment. By combining a dynamic presentation along with actual hands on training every educator in attendance was kept involved and excited to learn more.

BFS provides the path to ongoing education and Weight Room Strength and Safety Certification (WRSC) by crediting teachers in attendance with credit toward completing the WRSC course. Working closely with NYPS, BFS can offer PE teachers their WRSC for only \$99.95 (a \$399 value). ▶



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Pricing and Savings

RETAIL: 50 STUDENTS & 5 COACHES	PACKAGE
BE AN 11 \$2990	\$1495
2 DAY TPC \$3990	\$3990
IN-SERVICE WRSC \$3195	\$1495
IMPLEMENTATION 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!

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

Pricing and Savings

RETAIL PRICE: 50 STUDENTS	PACKAGE
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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	PACKAGE
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	PACKAGE
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	PACKAGE
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	PACKAGE
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!

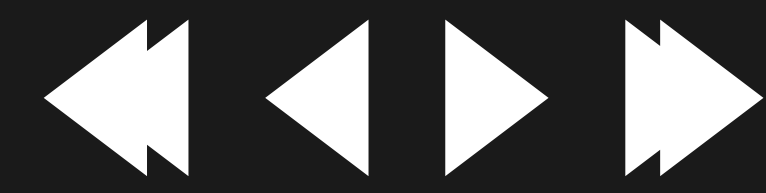
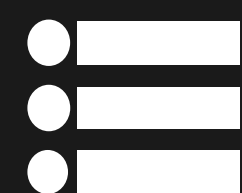
K Be An 11 Seminar
50 Athletes \$2,990
Product # 800K
Be An 11: \$30 per student over 50
Implementation package worth over \$1,000.

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.

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Sophia Stiles: Montana Strong

If you're a sports fan and live in Montana, you've probably heard about Malta High School. BFS first wrote about this school's athletic dominance in 2001, and are pleased to hear that they haven't slowed down their commitment to developing physically superior athletes. In our next issue will be updating BFS readers on how this small school has continued its tradition of developing big-time athletes, but for now let's focus on one remarkable young woman who epitomizes the Malta's athletic program: Sophia Stiles.

BFS Program

A two-time recipient of Gatorade Montana Player of the Year for girls basketball, Sophia started as a freshman for the M-Ettes. As a junior, the 5-foot-8 guard averaged with 17.2 points, 4.3 rebounds, 5.8 assists, and 5.2 steals per game. As a senior, she got even better with 21.8 points, 6.6 rebounds, 5.7 assists, and 4.3 steals. Her contributions enabled Sophia to help lead the Mustangs to the State B title game not once, but for four years, winning the championships in her sophomore and junior years. There's more – much more.

Malta's athletic program encourages their students to fully enjoy the high school athletic program by participating in multiple sports. Sophie's choices are basketball, cross country, and track and field. Her focus in track are the jumps and hurdles, and she has won four straight triple jump titles and three long jump titles – this year she earned a trifecta by sweeping the long jump, high jump, and triple jump. Her best results include a time of 15.19 in the 110m hurdles, 45.46 in the 300m hurdles, 5'6" in the high jump, 17'11" in the long jump, and 37"10" in the triple jump.

Although Sophia could have had a future in track, she decided her college career would focus on basketball. She fielded many scholarship opportunities, including those from Montana State and MSU-Billings, but decided to accept a

full-ride to the University of Montana to become a Lady Griz.

For 38 years the Montana program was led by Robin Selvig, who retired last year; Selvig won 865 games at Montana and is ranked seventh on the all-time list of women's coaches in Division I. The program was taken over last August by Shannon Schweyen, who was Selvig's assistant for 24 years. Stiles will be in good hands; Schweyen led Montana to three Big Sky Conference Titles with her 2,172 career points, and as a coach was part of 13 NCAA tournament teams and 538 victories. Sophia was Schweyen's first verbal commitment. Sophia said she especially admired Schweyen's athletic accomplishments and that she always gave good advice.

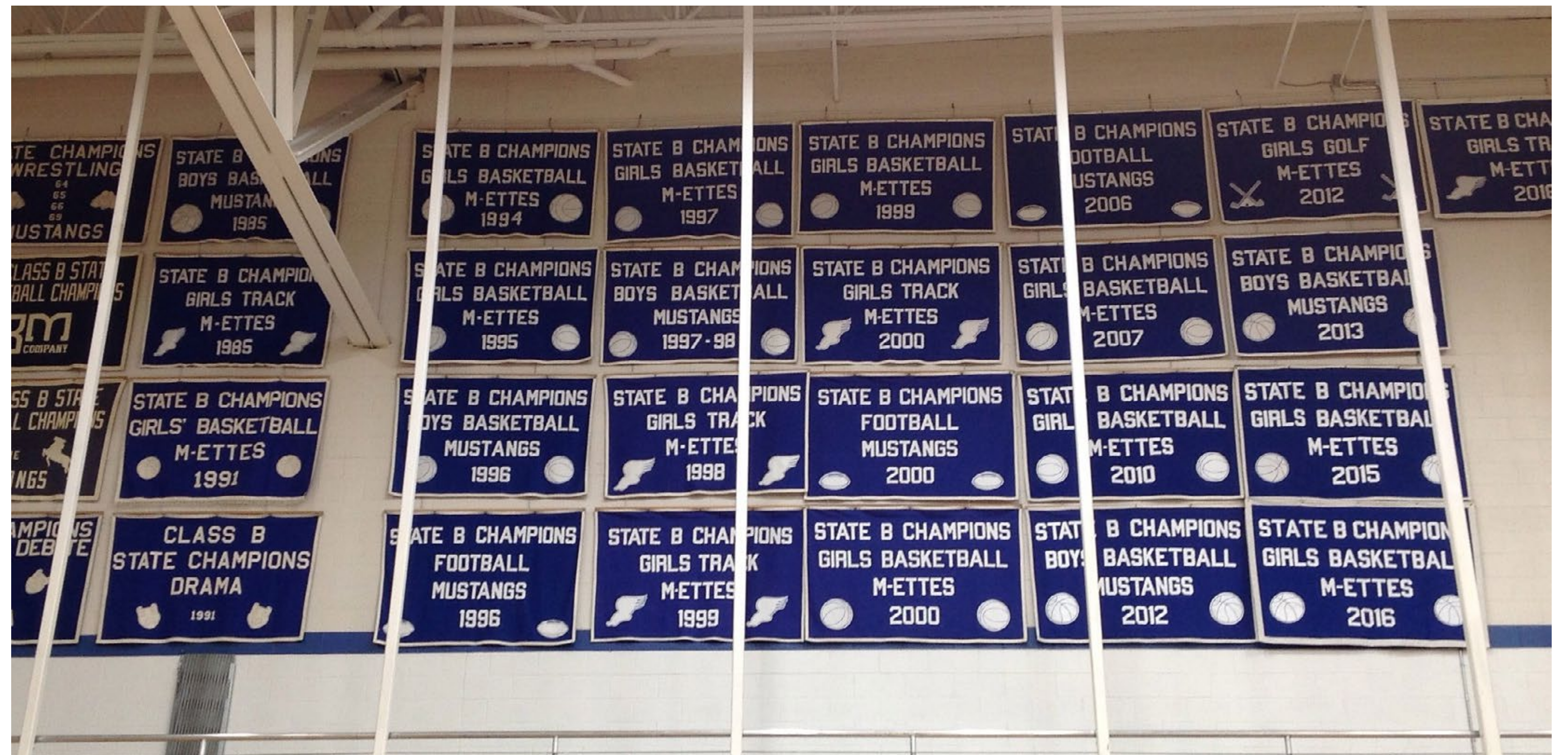
She will be the eighth Malta player to become a Lady Griz, the most recent being Hailey Nicolson, who signed a year ago and started in 16



games as a freshman. In her final three years at Malta teamed with Sophia, the Mustangs went 74-2 with two undefeated seasons. In the 90s, Sophia's cousin Linda Cummings played for the Lady Griz.

Sophia is the daughter of Del and KayDel Stiles. She comes from a large family with three older brothers -- Shade, Jaren and Dane – and two sisters, Mercedes, who is older, and Chevell RedEagle, who is younger. Sophia says her primary mentor was her mother, who played point guard and always got her to the gym.

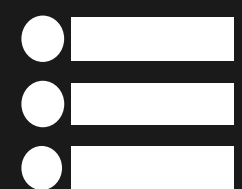
BFS Program



Head Basketball Coach Nate Hammond knew Sophia was going to be a star before she even started high school, having seen her play in the summer before her freshman year at Malta. In her first year the M-Ettes battled for the state title, losing in overtime. Four years later she can look back at 1,809 career points and a string of 54 consecutive wins.

One reason for Sophie's success is her commitment to the school's emphasis on strength and conditioning run by Patrick Sargent. Sargent implemented the BFS program in 1994 that is used not just by athletes, but is also offered in the school's physical education classes. When we ran our first story about Malta High in 2001, the school has won 12 state championship titles – and they haven't slowed down.

Sophia is a good role model -- she's been one of our team leaders for four years," says Hammond. "She sets a very high standard in practice and works very hard. I consider her a leader by how she conducts herself and by how hard she works." As far as her specific strengths on the court, Hammond says "Sophia has always been a great defender – she's so quick that she sets the tone of the game on the defensive end. Offensively, she's lead our team in scoring for the past four years – we're talking about quite an athlete here."



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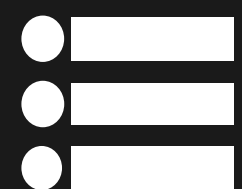


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Hidden Factors

The hidden components of performance... Cognition... Balance... Timing... Coordination...

By Dr. Peter G Gorman, President MicroGate USA

Cognition... the neural switch that controls all movement

Balance... the critical component of all movement

Timing... the moment by moment movement of the body

Coordination... the symmetrical execution of this movement

There is an old saying...Out of sight...Out of mind

And so the reason for the expression... Hidden Factors. As athletes, these factors are taken for granted. As a player steals second base, we do not usually say... wow look how balanced and coordinated they are. No we usually say, wow look how fast they are. Or when a soccer goalie reacts and blocks an oncoming shot, we do not usually say... wow that is effective cognition and speed of processing. No, we usually say, wow what a great move, that goalie can really react and play.



BFS Program

Underlying every movement of every play of every game is a Decision. Decision based movement is the definition of “True Agility”. Decision is cognition, and its efficiency is based in Speed of processing. Think slow and you will play slow. Same thing with balance, timing, and coordination. When they are working we see an able and agile athlete, and do not think twice as to why that is so. It is only when they are not working, such as that player is limping, is any attention brought to them.

This approach to understanding the hidden factors, is assuming that the factors are either working or not. That they are either on or off. This is far from the truth, and must be addressed. None of the hidden factors are on/off mechanisms. Each and every one has a level of efficiency. The problem is we do not measure them on a frequent consistent basis. By the time we SEE the problem, the player has the problem, and it is too late to prevent it. This is unacceptable and must be corrected.

The facts are out there, and they hurt to read. The USA is ranked 47/50 in youth fitness. A big part of this is due to youth inactivity. Also ineffective movement patterns affect efficiency of play. Understanding the hidden factors has been designed to monitor the movement of all children, so that safe, efficient and effective play

can be had by all.

Knowing that all movement is decision based, and cognitive efficiency is key to this **Cognitive Understanding** is our first factor. Before an athlete gets into their game, they must have an understanding of their cognitive ability, so that it can be trained and improved. This can easily and precisely be accomplished. Posit Science has created BrainHQ.com Here everyday a cognitive training is given for free. The train-

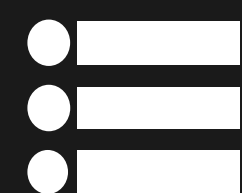
Decision based movement is the definition of “True Agility”. Decision is cognition, and its efficiency is based in Speed of processing. Think slow and you will play slow.

ing is called the Daily Sparq. By taking a simple training online, our athletes are able to monitor their brain speed for various tasks of cognition. As our athletes see improvement, they can challenge themselves at higher and higher levels. If there is ever a SLOWING of brain speed, it can be noted, so that questions as to the reasons why can be asked and answered.

Our Second factor is **Balance Testing**. Balance is the critical component of all movement,

and must be shown to improve to achieve higher and higher performance levels. To keep track of Balance ability, we have a simple BFS protocol to follow. First have the athlete stand on one leg with eyes open. Try to achieve 15 seconds. Where ever you stop, note the time. Then repeat with opposite leg. When the athlete is able to reach 15 seconds on both legs, then and only then, is the athlete instructed to repeat the test eyes closed. When athletes achieve 15 seconds each leg eyes closed, then and only then are they instructed to repeat the tests now standing on a foam pad. The idea of the protocol is to very simply make sure the athletes are achieving higher and higher levels of Balance control as the weeks go by. Any reduction in this ability, affords the athlete to ask the question “Why”, to make sure decreased Balance is not effecting performance.

We now move to our next factors, **Timing and Coordination**. These factors work together and are tested accordingly. The test is performed by assuming the BFS Absolute position. The athlete is then instructed to march in place at a good natural rhythm. After 3 seconds of marching the athlete is instructed to close their eyes and proceed for another 50 seconds. Any deviations from the starting point during this time are noted. The more deviation, the more imbalance in the athlete. While marching we look at the ath-



BFS Feature Story

letes ability to mover upper and lower body in a synchronous or coordinated manner. Any timing delay on right or left foot landing and going back up is noted. (Please note this timing delay might have to be extreme to be seen). We also note any movement from starting point. Did the athlete move forward, back or in some cases actually rotate. The idea here is to make sure the athlete is remaining neutral in place over time. Once seen any deviation can be corrected.

Although not listed as a hidden factor, **Power** is next examined. The reason is simple. Efficient power is needed for all movement. Power is not considered hidden, because it is usually monitored in one form or another. Here we perform a simple front wall squat to judge efficiency. The wall prevents the athlete from bringing their knees, chest, and nose, forward of their toes. The goal is to see the athlete go to a parallel squat, without falling backwards. Once the athlete can do so, they are then allowed to start using weight. Overtime we want to see the athlete in perfect form, with higher amounts of weight being applied. Any deviation from this begs the question Why, and must be answered.

The whole idea of this simple check program is to identify any imbalances early, before they have time to manifest in to dysfunction and injury. Also any inefficiency of these factors can cause a reduction in performance, without the athlete, coaches or trainers being aware of it.

It is well understood that imbalances in the body can be compensated for, so that play is negatively affected without knowing it is happening. Every athlete has their own unique ability to compensate. This capacity to compensate can easily be seen by performing the *BFS Spin Test*. Very simply we have our athletes spin 20 times in place while being spotted by their coach. We then note the obvious loss of balance and coordination to the athlete as they display problems with standing. We allow our athlete to recover and ask them to spin one time then look at their ability to stand. For most it looks as if nothing is happening. This is not because the spin had no effect on the athlete, it is because the athlete was able to compensate for the spin. Depending on the athlete's ability, the athlete might have to be spun 5, 10, 15 times before they show any effects from the spin. The better the athlete's compensatory ability, the better their ability to hide hidden factors which cause decrease in performance. It is the athletes with this high compensatory ability that must have their hidden factors tested more often.

Every child/athlete has the right to balanced and symmetrical growth, it is our job to ensure it. The Hidden Factors are a simple screen to help provide this for all.

Wishing everyone healthy and safe play

YOUTUBE LINK <https://youtu.be/7vLjckwJh1Y>

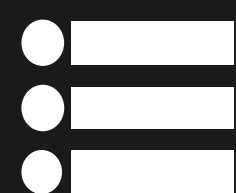


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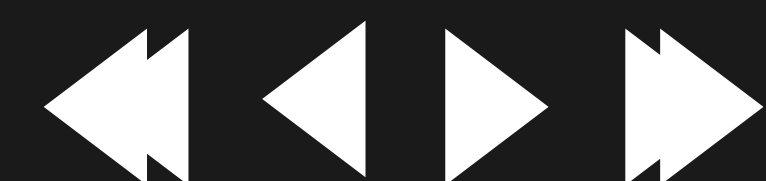
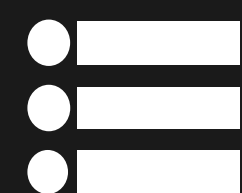


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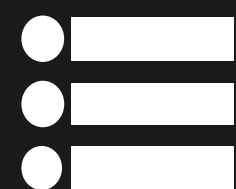
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Why BFS Athletes Need Lat Pulldowns

Auxiliary lifts are special exercise that are sport specific and help prevent common injuries. One auxiliary exercise that BFS has been promoting for the past four decades is the lat pulldown, which may seem odd as most coaches would consider it a bodybuilding or general fitness exercise. Some even believe that it's a harmful exercise that may case injury. Let's look at the facts.

The two primary muscles are the latissimus dorsi, which is the biggest muscle of the upper back, and the teres major, a muscle at the bottom of the shoulder blades. There are many other muscles involves, such as the trapezius muscles, rhomboids, and biceps brachii.

As far as biomechanics, the movements that occur when you pull the bar down are as follows: Elbow flexion, Shoulder adduction and horizontal abduction, and scapulae retraction and downward rotation. When you return the bar to the start, your movements change to the following: elbow extension, shoulder abduction and horizontal adduction, and scapulae protraction and upward rotation.





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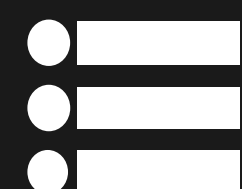
Most sports don't require climbing, so why are lats important? First, the lats are the only muscle that connects the arms to the lower body. This anatomical uniqueness has many implications to athletic performance. If you want to throw a baseball faster, hit a golf ball harder, or swim with more power, you need to train your lats. Also, if the lats are relatively weak or there is an imbalance between them, this could manifest itself in postural issues.

There are many types of lat pulldowns. You can use a wide grip, medium grip, or close grip; you can use a pronated (palms away) grip, supinated grip (palms facing you), and neutral grip (palms facing each other); and you can pull the bar behind the head or in front.

What type of pulldown is best for lat development? Two of most referenced studies that provided some answers was a study published in 2010 in the Journal of Strength and Conditioning Research (vol. 24-7) and another published in 2014 in the same journal (28-4). The researchers concluded that a pronated grip and a wider grip are best for lat activation. However, the downside of the wide grip is that it shortens the range of motion.

Pulling the bar behind your head has created the most controversy about the exercise. Pulling the bar behind the head may cause joint instability, especially for those with poor posture, because it forces the shoulders into a position of extreme external rotation.

BFS is in the equipment manufacturing business, and we've found that many of our competitors have designed lat pulldown machines that to avoid hitting yourself in the head,





SPACE SAVER Work Out :

- Seated Row
- Cable Curl
- Squat
- Chin Up
- Cable Crossover
- Lat Pull Downs



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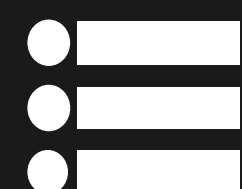
- Seated Row
- Cable Curl
- Squat
- Chin Up
- Cable Crossover
- Lat Pull Downs

you are forced to poke your head forward, placing excessive stress on the upper (cervical) spine. This technique is bad enough for those with good posture, but it's worst for those individuals with a forward head/round shoulders posture. The solution is to simply perform the exercise in front of the neck.

Fitness athletes will argue that chin-ups and pull-ups work the "core" abdominal muscles than lat pulldowns because you have to pull your body around the bar, rather than pulling the bar around the body as you would do in a lat pull-down. Chin-ups and pull-ups also work the grip harder. All true. However, the reality is that overweight individuals have difficulty performing even a single chin-up or pull-up. Also, those with mobility restrictions in the upper body could injure themselves because these exercises force the trainee into an extreme range of motion with a high level of resistance (which is compounded if the trainee does these at high speeds).

Since day 1, BFS has been promoting the lat pulldown as a key auxiliary exercise in the BFS Total Program for both athletic fitness and physical fitness. It's a safe, effective exercise to work a large number of upper body muscles, and has a positive effect on improving athletic performance and posture. On a scale of 1 to 10, the lat pulldown is an 11!

BFS offers a wide range of solutions for incorporating the Lat Pulldown into your weight room and your program. From Uni=Lateral to Bi-Lateral lever machines to Selector Pin units there is no reason not get started involving all your students and athletes in this essential exercise.



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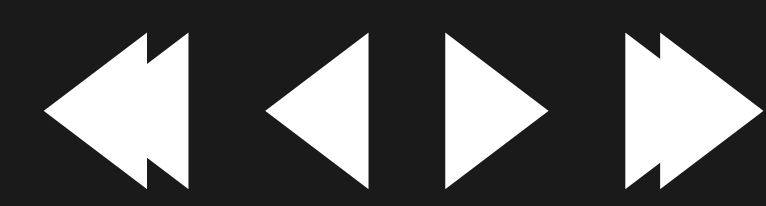
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