



# 2014 BFS CATALOG

**DI** **ELITE** **VARSIY** **BXI**  
**4 LINES OF QUALITY**

**EQUIPMENT**  
**ACCESSORIES**  
**SPEED**  
**PLYOMETRICS**  
**CLOTHING**  
**PROGRAM**  
**BARS**  
**AND MORE!**



**MADE IN THE USA**  
BFS INNOVATION, FEATURES AND OPTIONS  
ON OUR COMPLETE / SELECTION - SEE PG 1



**GSA** **GSA vendor**  
GSA# GS-03F-0001W

## DO YOU HAVE YOUR WRSC?

A Weight Room Safety Certification from BFS provides knowledge from strength and conditioning program info to safety protocols. BFS has the experience to help build and protect your championship program.



**Sieze the Day in 2014 BFS Camps Clinics and Certifications come to you! - Pages 4-9**

## BFS EQUIPMENT FEATURES



### Design

Every single piece of BFS equipment was designed with the athlete in mind, not only in function but also in safety and weight room usability. BFS is the best value available.



### Heavy Duty Steel

Heavy duty 7 or 11 gauge steel on all BFS manufactured steel equipment



### Protective Stripping

Protective stripping/wear guards on contact points.



### Chrome Slides

Chrome on all slides, adjustments, and weight horns



### Brass Bushings

All pivot points have an institutional grade, oil-impregnated brass bushing. The oil is in the brass and released as the brass wears. Bushings are constantly lubricated to last for thousands of movements.



### Lock Downs

All moving parts are secure. BFS uses 3/8" hardened pop pins and threaded secure locks to make sure the unit is safe and stable for the user while being easy to use.



### Upholstery

Marine-grade vinyl with anti-fungal and antibacterial protection, anti-stain and mildew resistance and UV stabilized pigments. The 29 oz. vinyl is backed by 100% polyester and stapled to a 3/4" plywood backing. 5 stock colors: red, black, gray, teal and blue. Custom colors available.



### Upholstered Rollers

Black paint/gray vinyl combination ships with durable black neoprene rollers.



### Hardware

BFS uses zinc-coated bolts with oversized washers with "nylock" nuts. These nuts have a nylon core that grips tight to the bolt and won't come loose.



### Frame & Welds

3" x 3", 2" x 3" & 2" x 2" 11-gauge or 7 gauge A-36 carbon steel tubing; .035 MIG welded.

Washed with a phosphate acid then wrinkle black powder coat paint is applied and baked at 375 degrees



### Padding

Each piece of padded equipment has a minimum 2-inch thick, high-density neoprene padding attached to 3/4" plywood backing. It is manufactured to withstand repeated compression, day after day.



## BFS INNOVATION

**Every Piece of BFS Manufactured Steel Equipment is Crafted With Exceptional Features. Here in the USA!**

## PICK YOUR COLORS

15 options for BFS  
manufactured steel  
equipment



GRAY VINYL  
BLUE VINYL  
TEAL VINYL  
RED VINYL  
BLK VINYL



BLACK FRAME    WHITE FRAME    GRAY FRAME

|       |       |       |
|-------|-------|-------|
| b) 01 | a) 02 | a) 03 |
| a) 04 | a) 05 | a) 06 |
| a) 07 | a) 08 | a) 09 |
| a) 10 | a) 11 | a) 12 |
| a) 13 | a) 14 | a) 15 |

### Frames

Steel is available in tough and durable White, Gray or Black powder coat paint.

### Upholstery

29 oz. vinyl backed by 100% polyester and 3/4" plywood. Vinyl Upholstery is available in Gray, Blue, Teal, Red or Black. More colors are available for custom orders

### Shipping

(a) BFS steel equipment usually ships in 4 to 6 weeks

### Quick Turnaround

(b) Need your equipment now? BFS keeps popular equipment on hand in black paint and gray vinyl\* in order to ship quickly, usually within 48 hours.

\*To achieve quick shipping high wear black neoprene rollers are installed on all orders with the Black Paint / Gray Upholstery color combination.

Don't see what you want, call a BFS equipment expert to discuss customizing your order further

## UPGRADED FEATURES



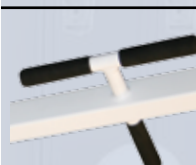
### Steel Endcaps

For durability and strength BFS welds end caps on most of its free weight equipment including racks, benches and more



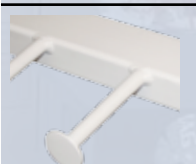
### Integrated Ramps

"Roll up" ramp on platforms provides ease of use and less wear on benches



### Multiple Grip Pull Up Bars

Overhead pull up bars now with multi-handled grips standard on most racks



### Optional Pegs

Resistance band hold downs are now an option on most racks! Call BFS to learn more

## THE BFS ADVANTAGE:

**Reliable:** 35 years in the industry helping coaches and athletes win!

**Affordable:** BFS equipment is the best value on the market.

**Innovative:** Original designs that emphasize function, efficiency and performance.

### BFS Stands Behind our Equipment

Lifetime Frame Warranty

Linear Bearings and Cables: 1 year

Upholstery and Grips: 120 days

Flange Bearings, Pulleys and Guide Rods: 5 years

Custom Logos: 120 Days

Other BFS products carry a one-year warranty against manufacturer's defects



# BIGGER FASTER STRONGER

EQUIPMENT • TRAINING PROGRAMS • CHARACTER

|                                      |           |                                 |           |
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**EXPANDED and NEW PRODUCT LINES - ONLINE**

[www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)



**Nutrition**  
 NCAA Compliant protein from MANFEED PRO. All Natural and highly digestible MANFEED PRO, created by GreenLife Labs, is the safe and effective supplement for increasing weight, strength and power! **Now in Chocolate or Vanilla!**

**Clothing**

Training to Game day - Athletes to Coaches get fit and get fitted out with the all new BFS Clothing Line. With a full line of shirts and shorts in performance materials you will find the gear to help you achieve your goals in comfort and style. For Coaches we have khakis, polos and jackets to keep you steaming towards victory. From Golf to Football to Track - BFS is your solution to training in comfort so you can concentrate on results.

**Computer Aided Coaching**

Whether you are looking for video analysis or an electronic solution to record keeping and weight room motivation we have it with the industry leading Beat the Computer training program and the Quickscore analysis tool

\* Plates, Bars & all Accessories in photos are not included

**BIGGER FASTER STRONGER INC.**  
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[info@bfsmail.com](mailto:info@bfsmail.com)

**BFS Standards and Policies**  
 BFS has standard policies that cover both the responsibilities and expectations of BFS and it's customers. To review these policies in their entirety please visit [www.biggerfasterstronger.com/policies](http://www.biggerfasterstronger.com/policies). If you would like a pdf of this document please email [info@bfsmail.com](mailto:info@bfsmail.com) or call 800-628-9737 and request your copy. Only 1 promotion, sale or discount may be applied to an order.

**PROUD TO BE A LONG TIME SUPPLIER OF US GOVERNMENT FACILITIES**  
 Bigger Faster Stronger is a Proud GSA vendor • GSA# GS-03F-0001W

|                |                |             |                  |
|----------------|----------------|-------------|------------------|
| Camp Pendleton | Fort Bragg     | Center      | DEA              |
| US Army        | Naval Academy  | US Marshals | US Air Force ... |
| Rangers P.B.O  | US Marines     | US Dept of  | And many more    |
| NASA           | Naval Training | Justice     |                  |

**More information: [www.biggerfasterstronger.com/policies](http://www.biggerfasterstronger.com/policies)**

|                         |                            |                |
|-------------------------|----------------------------|----------------|
| Pricing Policy          | Payment Methods            | Sales Tax      |
| Shipping                | Back Orders                | Return Policy  |
| Cancellation Policies   | Damaged Items              | Warranty       |
| Recommended Maintenance | Before Using BFS Equipment | Privacy Policy |

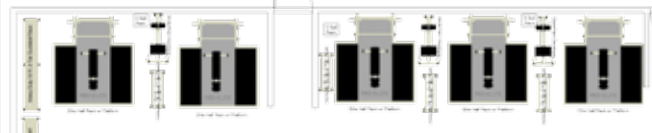
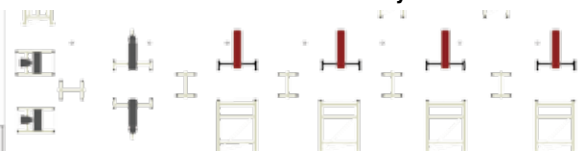
# CONCEPT TO COMPLETION™

## SUPERIOR WEIGHT ROOMS = ATHLETIC DOMINANCE



For over 30 years BFS has been providing middle schools, junior high schools and senior high schools with the tools they need for success. We'd like to do the same for your school. We are

your full-service company for not only all your Exercise Equipment needs, but for safe and effective Exercise Instruction and Program Design.



**1** The 2D illustration is the first step of the Concept to Completion process. These illustrations are drawn to scale to

show you exactly how your weight room can be laid out, thereby ensuring proper use of available space and the

best design for safety and traffic flow.



**3D Illustration \$250**  
Fee waived upon order of \$3000 or more - Item #325095



**2** In addition to 2D illustrations, BFS can also provide you with 3D illustrations. These 3D renderings are drawn to scale to show you exactly how your weight room

can look, ensuring proper use of available space and the best design for safe traffic flow. Having a 3D illustration is also a great way to help generate funding for

a new facility. (BFS must complete a 2D illustration of your facility prior to the 3D illustration)



**Ask about installation services!**

**3** BFS provides unmatched, ongoing support. With instructional clinics in

safety and technique as well as coaches' certification courses, BFS provides all

the tools for raising your program to THE NEXT LEVEL!

## BFS STEP UP TO SUCCESS PROGRAM

### BUILDING A GREAT WEIGHT ROOM - ONE STEP AT A TIME, ALL ON YOUR 3 TO 5 YEAR TIME LINE

Although it's great to get the funding to build a new weight room, as we say, "From Concept to Completion," the reality is that many schools have limited budgets. The alternative is not to give up on your dream, but to take the process one step at a time.

planning BFS can help by providing you with a safety evaluation and needs analysis. From there we will help you establish an annual budget and then show the process, step-by-step, with 2-D and 3-D image rendering technology.

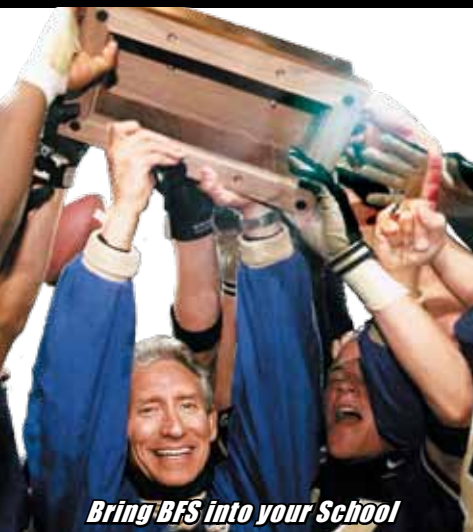
could replace bent barbells with high-quality multi-purpose bars, and your solid steel weight plates with bumpers. The next year, replace worn-out benches and flooring. The following year start adding racks. Before you know it, your dream weight room will become a reality!

Throughout this process of long-term

As an example, during the 1st year you

## CALL BFS AND TALK TO ONE OF OUR SALES STAFF TO GET STARTED

## TOTAL PROGRAM CLINICS & CHAMPIONSHIP CAMPS



Bring BFS into your School

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



## BFS PRESENTATIONS IN 4 FORMATS COMBINE FOR

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

### Pricing and Savings

Includes Travel, Air Fare and Expenses

| Retail: 50 Students & 5 Coaches | Package       |
|---------------------------------|---------------|
| Be An 11 \$2990                 | \$1495        |
| 2 Day TPC \$3990                | \$3990        |
| In-Service WRSC \$3195          | \$1495        |
| Implementation Package \$3500   | \$0           |
| <b>Total: \$13,675</b>          | <b>\$6980</b> |

### Save Over \$6695!

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

### Implementation package

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

Includes:

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

### Experience, Tradition, and Value:

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

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

### Pricing and Savings

Includes Travel, Air Fare and Expenses

| Retail Price: 50 Students     | Package       |
|-------------------------------|---------------|
| Be an 11 Seminar \$2990       | \$1495        |
| 2 Day TPC \$3990              | \$3990        |
| Implementation Package \$2500 | \$0           |
| <b>Total: \$9480</b>          | <b>\$5485</b> |

### Save Over \$3995!

Camp: \$40 per student over 50

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

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

### Pricing and Savings

Includes Travel, Air Fare and Expenses

| Retail: 50 Students & 5 Coaches | Package       |
|---------------------------------|---------------|
| Be an 11 Seminar \$2990         | \$2990        |
| In-Service WRSC \$3195          | \$1745        |
| Implementation Package \$2500   | \$0           |
| <b>Total: \$8685</b>            | <b>\$4735</b> |

### Save Over \$3950!

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

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

### Pricing and Savings

Includes Travel, Air Fare and Expenses

| Retail: 50 Students & 5 Coaches | Package       |
|---------------------------------|---------------|
| Be an 11 Seminar \$2990         | \$1495        |
| 1 Day TPC \$3490                | \$3490        |
| In-Service Cert. \$3195         | \$1495        |
| Implementation Package \$3000   | \$0           |
| <b>Total: \$12,675</b>          | <b>\$6480</b> |

### Save Over \$6195!

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

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

### H Coaches Weight Room Safety Certification

10 Coaches Minimum  
\$5190 Product # 800H

### Pricing

Includes Travel, Air Fare and Expenses

|  |
|--|
| 10 Coaches                                 |
| 10 Coaches x \$399 - \$3990 + 1200 deposit |
| <b>Total: \$5190</b>                       |

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

## START YOUR CHAMPIONSHIP JOURNEY HERE!

**Four Building Blocks are the Foundation of the BFS Camps Clinics and Certification program.**

With two flavors of the **Total Program Clinic**, the character education benefits of the **Be An 11 Seminar**, and the Strength, Conditioning and Safety instruction of the **WRSC** you can find the combination that your program needs!

**2 Day Total Program Clinic:** Up to 12 hours of hands on Strength & Conditioning Training for Athletes & Coaches, Core Lifts, Auxiliary Lifts, Speed, Plyometrics, Flexibility, Nutrition, Program, etc... Coaches only break out session starts off the clinic to ensure you are able to immediately put the Total Program in use for your team. In a 2 Day Clinic, a BFS clinician will show you how to unify your athletic program to ensure athletes will progress, year-round. The two-day clinic permits more hands-on instruction and additional time for our clinicians to answer your questions to make this a more complete, personalized experience.

**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... Learn how a Be An 11 seminar can inspire your teams and student body, Call your BFS coach 800-628-9737!

**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.

## 11 OPTIONS TO COVER YOUR UNIQUE SITUATION

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

**Pricing and Savings**  
Includes Travel, Air Fare and Expenses

|                        | Retail Price: 50 Students | Package       |
|------------------------|---------------------------|---------------|
| Be an 11 Seminar       | \$2990                    | \$1495        |
| 1 Day TPC              | \$3490                    | \$3490        |
| Implementation Package | \$2500                    | \$0           |
| <b>Total</b>           | <b>\$8980</b>             | <b>\$4985</b> |

**Save Over \$3995**

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

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

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

Pricing Includes Travel, Air Fare and Expenses

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

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

**Pricing and Savings**  
Includes Travel, Air Fare and Expenses

|                        | Retail Price: 50 Students | Package       |
|------------------------|---------------------------|---------------|
| 2 Day TPC              | \$3990                    | \$3990        |
| In-Service Cert.       | \$3195                    | \$1745        |
| Implementation Package | \$2500                    | \$0           |
| <b>Total:</b>          | <b>\$9685</b>             | <b>\$5735</b> |

**Save Over \$3,950!**

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

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

Pricing Includes Travel, Air Fare and Expenses

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

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

**Pricing and Savings**  
Includes Travel, Air Fare and Expenses

|                        | Retail Price  | Package       |
|------------------------|---------------|---------------|
| 1 Day TPC              | \$3490        | \$3490        |
| In-Service Cert.       | \$3195        | \$1745        |
| Implementation Package | \$2500        | \$0           |
| <b>Total:</b>          | <b>\$9185</b> | <b>\$5235</b> |

**Save Over \$3,950!**

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

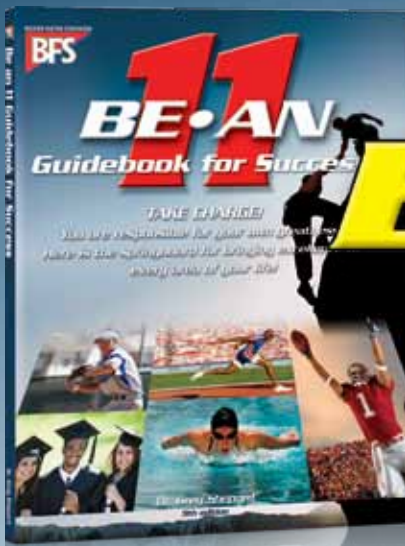
**K** **Be An 11 Seminar 50 Athletes \$2,990**  
Product # 800K

Pricing Includes Travel, Air Fare and Expenses

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

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

**Questions?** Don't hesitate to call BFS at 800-628-9737 to learn more about all the services offered by Bigger Faster Stronger. BFS is Coaches Helping Coaches and we are committed to taking your program in fitness, athletics and physical education to the next level!



# BE AN 11 Seminars



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

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

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

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



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

**BE AN 11 SEMINAR  
HERE'S HOW IT WORKS:**

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

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

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



## Great Results!

"BFS is the key to a winning program. For over ten years, I have brought BFS in to do clinics, and they are incredible. The clinicians are professional, open to questions, knowledgeable, and I have never been disappointed with their presentations. I have brought BFS in to 3 different high schools and have learned something every year.

I really believe in BFS and the success they can bring to any program."

Ron Hamamoto  
Monte Vista High School  
San Diego, California



# TOTAL PROGRAM CLINIC

## 1 and 2 Day Total Program Clinics teach:

The BFS Total Program

Off-Season Program

The 6 Absolutes of Perfect Technique

Dot Drill

Box Squat, Towel Bench,

Hex Bar Deadlift

Nutrition

Team Building • Goal Setting

Parallel Squat, Bench Press, Power Clean

Total Program Workout

Auxiliary Lifts

In-Season Program

Weight Room Safety

1-2-3-4 Flexibility Program

Sprint Technique

Plyometric Box Jumping



## SUCCESS AND THE TOTAL PROGRAM

Unify Your Sports and Athletic Programs to Win!

A BFS instructor will come to your school and show you how to unify your athletic program to ensure athletes will progress, year-round. With athletes hands-on instruction and pre clinic coaches only session the TPC is the winning edge!

Athletics can be a huge part of a student's development. The BFS Total Program is a complete system that can unify schools's athletic and PE programs.

### THE PROGRAM

The BFS Total Program is a strength and conditioning program that helps athletes reach their full potential. Confidence and leadership is built through the process of consistently breaking personal records and achieving goals.

It is not a fad or a short cut, the Total Program is a time tested regimen that requires discipline and hard work. These qualities make it a great system for team building, offering opportunities for students to help and encourage each other.

For over 35 years coaches and administrators have found the Total Program to be highly efficient and remarkably effective within the confines of student's busy

schedules. Utilizing the Total Program across all sports and in PE classes both coaches and athletes have a framework for improvement. We call this Unification. When an entire athletic department and PE curriculum are on the same page the results are amazing!

### SAFETY

BFS understands that safety is priority one with your athletes. At a Total Program Clinic BFS spends as much time on proper weight room behavior and spotting as on perfect lifting technique. By emphasizing the proper safety protocols and the perfect lifting technique we are building not only strength but responsibility and accountability.

### SUCCESS

When you bring in the BFS Total Program you are bringing in a proven road map to success.

BFS is committed to building winning programs and we have the track record to back this up. The majority of schools that host a Total Program Clinic improve their win loss record immediately! More state championships have been won using the BFS Total Program than any other strength and conditioning program in the country.

### PRESENTATION DETAILS:

2 Day TPC, Up to 12 hours of Hands on Strength & Conditioning Training for Athletes & Coaches

2 Hour Coaches Clinic is part of the TPC: Teaching Protocols, Program Implementation Details, Safety & Liability Details

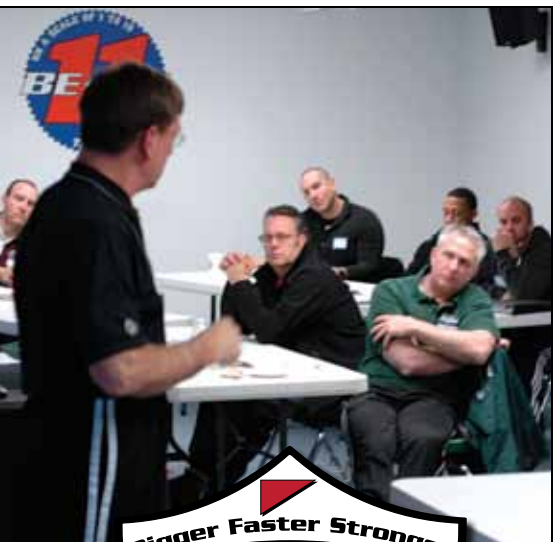
Implementation Each Athlete will receive a Clinic Packet of Materials

2 Day TPC - 50 Athletes \$3990 Includes Travel, Air Fare and Expenses

\$30 per student over 50

Implementation package worth over \$1,500.

1 day option available - Package with other BFS presentations and save hundreds of dollars



## 2014 WEIGHT ROOM SAFETY CERTIFICATION

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

| Date   | Location      | City         | State |
|--|---------------|--------------|-------|
| 3/22/14  | Manchester HS | Manchester   | MI    |
| 3/22/14  | Shorecrest HS | Shoreline    | WA    |
| 4/12/14  | Beresford HS  | Beresford HS | SD    |
| 4/26/14  | Fitchburg HS  | Fitchburg    | MA    |
| 5/17/14  | Ripon College | Ripon        | WI    |
| 5/31/14  | Ferris HS     | Ferris       | TX    |
| 6/30/14  | Knox College  | Galesburg    | IL    |
| Check the BFS calendar for more updates or call 800-628-9737<br>www.biggerfasterstronger.com |               |              |       |

- Improve Weight Room Safety
- Perfect Your Technique

- Learn Proper Spotting
- Understand Liability

- Protect Your Athletes
- Protect Your Coaches

### REDUCE LIABILITY WITH CERTIFIED COACHES AND TEACHERS

Join coaches in your area to learn how best to train your students and athletes with the proven BFS program. Not only will this BFS Weight Room Safety Certification (WRSC) ensure that you know how to improve athletic performance, you will learn techniques to significantly improve the safety of training for every sports program and PE class.

**This is a hands-on, learn-by-doing certification**

**Visit [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) to register**

**\$299 per coach with early registration**

**\$399 regular price within 30 days of certification**

**Keep up with NEW or UPDATED events with the online calendar page**

Practical & Theory Course - 1 Day, Hands on Practicum & Online Exam. **WRSC** includes continuing education through one year of online video training through the BFS Online Learning Center as well as one year of the BFS Magazine and the "What's Happening" Email

### 100's CERTIFIED EVERY YEAR!

"We just clinched the league title with one more regular season game left until playoffs. First time North has won league Championship since 1973. Your program along with the clinic has definitely changed the attitude and helped my football program. Other sports are coming to me asking me about the BFS program after seeing our success."

Joseph Trongone, Head Coach, North High School



## YEAR ROUND SUPPORT

**STREAMING DEMONSTRATION VIDEOS • MAGAZINE SUBSCRIPTION  
POSITION PAPERS • INSPIRATIONAL AND MOTIVATIONAL TECHNIQUES  
REGULAR UPDATES • SETS AND REPS RECORD KEEPING**

Look at who, where, and why America's teachers and coaches are becoming Weight Room Strength and Conditioning Coaches by achieving the BFS "Weight Room & Safety Certification (WRSC).

Should Teachers or School Corporations take the risk of supervising students in weight rooms without a proper Strength and Conditioning Certification that is designed to deal with the potential dangers surrounding the weight room? The completion of a "WRSC" prepares teachers, trainers, and coaches to deal with critical issues involving weight room Strength and conditioning. The BFS Weight Room & Safety Certification (WRSC) is proof of competence, experience, and the qualifications needed to organize, instruct and supervise students in free weight lifting, spotting, and postural issues. WRSC also covers developing program, proper poundage progression, student record keeping, speed and power development, flexibility, and issues that deal with potential weight room litigation.

School corporation administrators, dept heads, and athletic directors can potentially benefit as well, from supporting and encouraging their teachers working in the weight room to achieve the "WRSC" credential.

Together we can make America's weight rooms safer for students, more productive, and help teach students some of the workout skills needed for lifelong health and wellness.

Once certified maintaining all the benefits of being a WRSC Coach is easily maintained through \$99.95 yearly renewal fee. This will keep all the online benefits including video instruction available for incoming athletes and assistants as well as the BFS Magazine to keep up to date on the latest in safety and reducing liability concerns.



**EXCLUSIVE ONLINE SUPPORT • EMAIL BULLETINS • MAGAZINE**

[www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) • 1-800-628-9737 • Fax 1-801-975-1159

FASTER STRONGER - DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

# BFS

**35**  
Years Strong

ISSN 1071-3595 • #141

#21 Marcus Lattimore  
**Heisman Trophy  
Candidate**

University of South  
Carolina  
p26



## D1 Line

BFS is producing the finest weight room equipment available. With the D1 line our exceptional value for dollar is increased. D1 is made for the most demanding, high profile programs. Built in the USA with 3" by 3", 11 gauge steel tubing and chromed and laser cut guides D1 racks, platforms and benches are a must see addition to the BFS universe!

Power Boxing  
World Champ  
MiyoKo Olszewski

## D1 Half Rack

**\$2495**

- ▶ Pick Your Colors Details Page 1
- ▶ 3" x 3" 11-gauge steel construction. Powder coated frame tubing

5D197A  
l-57" w-66" h-104"

### Standard Features



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



- ▶ 4 upright Olympic bar holders



- ▶ Chrome-plated Olympic plate size horns angled for safety



- ▶ Bench Docking System for use with Bench #5D107



- ▶ Multi-grip pull-up bar



- ▶ Multiple pegs on each side for band resistance exercise

- ▶ Custom Logo Available \$299 Call BFS

### Package Options



- A** Swivle Handle Chin Up Option: **\$145** #5D197SW



- B** Dip Attachment: **\$225** #5D118



- C** Land mine option for fulcrum lifts: **\$145** #5D197LM



- D** D1 Bench with docking system **\$605** #5D107



- E** Modular Power Clean Platform: **\$1695** #6D154B



Optional Bench Shown

**MADE IN THE USA**

### D1 Half Rack Total Package

- ▶ Package includes rack and options: 1 x A, 1 x B, 1 x C, 1 x D

**\$3265**  
#6D197

▶ Save \$350 Off Retail

### D1 Half Rack Total Package with Wood Platform

- ▶ Package includes rack and options: 1 x A, 1 x B, 1 x C, 1 x D, 1 x E

**\$4810**  
#6D197W

▶ Save \$500 Off Retail

### D1 Half Rack with Wood Platform

- ▶ Package includes rack and options: 1 x E

**\$3790**  
#6D197WN

▶ Save \$400 Off Retail

# DI Racks and Platforms

## D1 Full Cage

- ▶ Pick Your Colors-See Page 1 for Details
- ▶ 3" x 3" 11-gauge steel construction. Powder coated frame tubing

**\$2795**

5D196  
I-80" w-66" h-104"

### Standard Features



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



- ▶ 4 upright Olympic bar holders



- ▶ Chrome-plated Olympic plate size horns angled for safety



- ▶ Bench Docking System for use with Bench #5D107



- ▶ Multi-grip pull-up bar



- ▶ Multiple pegs on each side for band resistance exercise

- ▶ Custom Logo Available \$299 Call BFS

### Package Options



- A** Swivle Handle Chin Up Option: **\$145**  
#5D197SW



- B** Dip Attachment: **\$225**  
#5D118



- C** Land mine option for fulcrum lifts: **\$145**  
#5D197LM



- D** D1 Bench with docking system **\$605**  
#5D107



- F** Modular Power Clean Platform: **\$1745**  
#6D154C



### D1 Full Cage Total Package

Package includes rack and options:  
1 x A, 1 x B, 1 x C, 1 x D

**\$3515**  
#6D196

▶ Save \$400 Off Retail

### D1 Full Cage Package with Wood Platform

Package includes rack and options:  
1 x A, 1 x B, 1 x C, 1 x D, 1 x F

**\$5110**  
6D196W

▶ Save \$550 Off Retail

### D1 Full Cage with Wood Platform

Package includes rack and options:  
1 x F

**\$4,090**  
#6D196WN

▶ Save \$450 Off Retail

## D1 Double Sided Half Rack

**\$3595**

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

- ▶ Pick Your Colors See Page 1 for Details
- ▶ 3" x 3" 11-gauge steel construction. Powder coated frame tubing



**MADE IN THE USA**

### D1 Double Sided Half Rack Total Package (No Platforms)

- ▶ Package includes rack and options: 2 x A, 2 x B, 2 x C, 2 x D

**\$5235**  
#6D197D

- ▶ Save \$600 Off Retail

### D1 Double Sided Half Rack Total Package with 1 Wood Platform

- ▶ Package includes rack and options: 2 x A, 2 x B, 2 x C, 2 x D, 1 x E

**\$6780**  
#6D197DW1

- ▶ Save \$750 Off Retail

### D1 Double Sided Half Rack Total Package with 2 Wood Platforms

- ▶ Package includes rack and options: 2 x A, 2 x B, 2 x C, 2 x D, 2 x E

**\$8325**  
#6D197DW2

- ▶ Save \$900 Off Retail

### D1 Double Sided Half Rack with 1 Wood Platform

- ▶ Package includes rack and option: 1 x E

**\$4790**  
#6D197DWA

- ▶ Save \$500 Off Retail

### D1 Double Sided Half Rack with 2 Wood Platforms

- ▶ Package includes rack and option: 2 x E

**\$6285**  
#6D197DWB

- ▶ Save \$700 Off Retail

# DI Racks and Platforms

## D1 Heavy-Duty Super Cage

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Attached Plate Holders Optional - Call for Price
- ▶ Heaviest-duty squat cage sold anywhere
- ▶ 8 1/2 feet tall
- ▶ Massive 3" x 3" 11-gauge steel construction with lifetime frame warranty
- ▶ Extra workspace inside the cage (40")

**\$1,475**

#501H41  
l-68" w-49" h-102"



### Dip Attachment

**\$265**

#50118



## D1 Power Clean Platform

- ▶ Pick Your Colors See Page 1 for Details

**\$1595**

#6D154W  
l-76" w-100" h-3"

- ▶ Also available as a modular insert for the D1 Half Racks and D1 Full Cage. See pages 11, 12 and 13 for details





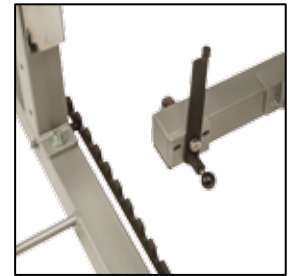


## D1 Flat to Incline Bench

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Adjusts from flat to military positions.  
0°, 30°, 45°, 80°
- ▶ Handle and wheels for easy mobility

**\$605**

#5D107  
l-51" w-30" h-18"



▶ Docking mechanism



## D1 Olympic Bench

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Most heavy duty bench sold anywhere
- ▶ Massive 3"x3" 11-gauge steel construction
- ▶ Lifetime frame warranty

- ▶ Extra durable high-density pad & upholstery

**\$655**

#50401A  
l-60" w-49" h-52"



## D1 Glute/Ham Developer

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Heaviest-duty glute-ham developer
- ▶ Built to accommodate even the largest athletes
- ▶ Strong and smooth vertical and horizontal slides

- ▶ Dual adjustable ankle pads for secure fit
- ▶ Extra large, high-density split thigh pad for maximum comfort

**\$995**

#50730A  
l-62" w-31" h-53"

FASTER STRONGER - DEDICATED TO HELPING ATHLETES SUCCEED SINCE 1976

# BFS

NOVEMBER 2013

Elena  
Delle Donne  
WNBA  
Chicago  
Sky p 44



## Elite Line

BFS Elite racks, platforms and benches, built with 2" x 3" and 2" x 2", 7 or 11 gauge steel, are the foundation for countless championship quality weight rooms. Weight training is the basis for any athletic endeavor. Whether it is basketball, football, soccer, track or volleyball the Elite line from BFS is the straightest path to stronger and more athletic teams.

**Practical  
Nutrition  
for Athletes p 26**

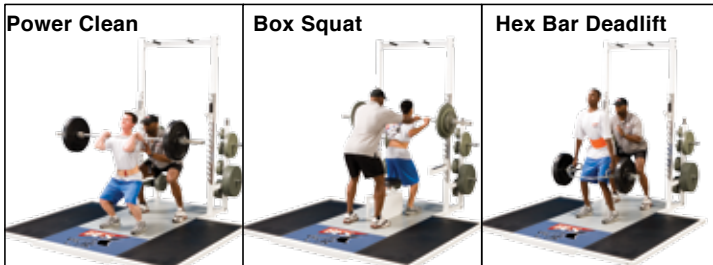
**Facts and Fallacies of  
Functional  
Training p 34**



**Dip Attachment**  
**\$265**  
 #50118



**Technique Attachments**  
**\$275/pr.**  
 #50117



## Elite Half Rack with Platform

**\$2,695**

#60197  
 I-115" w-100" h-95"

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Eliminates weight room bottlenecks
- ▶ Our most popular Total Program station
- ▶ Perform every core weight training exercise at this station
- ▶ Built to Last:  
Massive 7-gauge steel tubing
- ▶ Protectal gray lifting surface - three year warranty, logo not included

- ▶ Custom Logo \$299
- ▶ Bench sold separately: \$415. See Page 23



# Elite Racks & Platforms

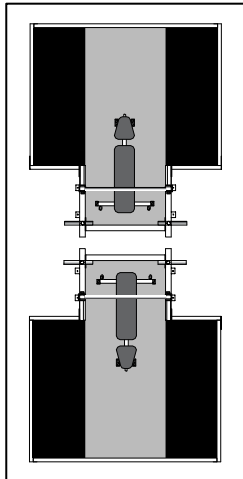
## Dual Elite Half Racks With Platforms (2)

- ▶ Pick Your Colors - See Page 1 for Details
- ▶ Great for group or team use
- ▶ Designed for the most demanding facilities

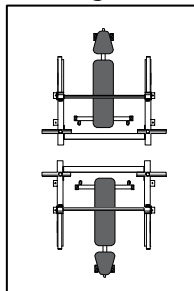
- ▶ Individual weight plate storage at each station
- ▶ Protectal gray lifting surface - three year warranty, logo not included
- ▶ Add a Custom Logo \$299
- ▶ Includes 2 Elite Half Racks w/ Platforms & 2 Heavy-Duty flat to incline benches

**\$5,695**

#60197F



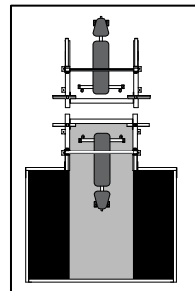
## Additional Configurations Available:



**\$4,195**

- ▶ Dual Elite Half Rack Without Platforms

#60197H  
(This Option Includes 2 Flat to Incline Benches)



**\$4,895**

- ▶ Dual Elite Half Rack with 1 Platform

#60197G  
(This Option Includes 2 Flat to Incline Benches)

## Double Sided Elite Half Rack With Platforms (2)

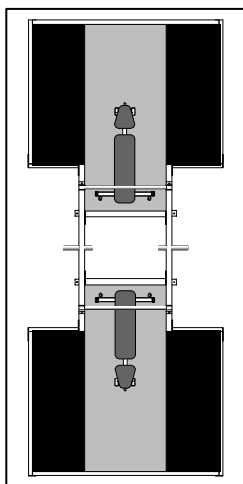
### Includes:

- ▶ 1 Double Sided Elite Half Rack with 2 Attached Platforms
- ▶ 2 Flat to Incline Benches

**\$5,695**

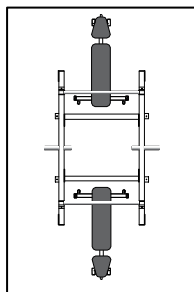
Includes 2 Benches  
#60197B  
l-235" w-100" h-95"

- ▶ Add a Custom Logo \$299



## Additional Configurations

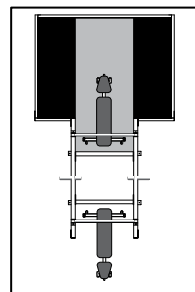
(These Options Include 2 Flat to Incline Benches)



**\$4,195**

- ▶ Double Sided Elite Half Rack Without Platforms

#60197D  
(This Option Includes 2 Flat to Incline Benches)



**\$4,895**

- ▶ Double Sided Elite Half Rack with 1 Platform

#60197C  
(This Option Includes 2 Flat to Incline Benches)



## TOP OF THE LINE FEATURE SET

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Maximize weightroom efficiency
- ▶ Massive 7-gauge steel construction
- ▶ Dual workstations with smallest footprint
- ▶ Chromed plate holders

- ▶ Accommodates a large number of athletes
- ▶ 2 Heavy-duty flat to incline benches
- ▶ Protectal gray lifting surface - three year warranty, logo not included





**ROTATIONAL TRAINING**  
**CrossCore 180**  
Expand Your Rack!  
See page 84 for details



# Elite Racks & Platforms

## Elite Half Rack

**\$1,995**

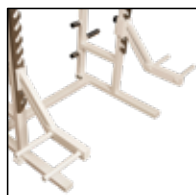
- #50197A
- l-44" w-64" h-95"
- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Great for group or team usage
- ▶ Improves weightroom traffic
- ▶ **BUILT TO LAST:**  
Massive 7-gauge steel construction
- ▶ Bench sold separately \$415. See Page 23
- ▶ Lifetime frame warranty



### Dip Attachment

**\$265**

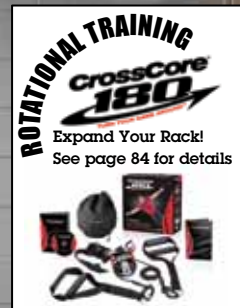
#50118



### Technique Attachments

**\$275/pr.**

#50117

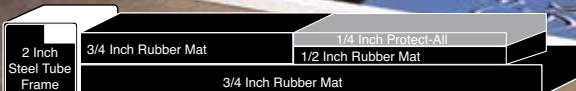


## Elite Power Clean Platform

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Most durable, best-performing platform surface available
- ▶ Features ProtectAll™ long-lasting vinyl surface
- ▶ No warping. No wood. Solid rubber. Non-slip.
- ▶ Our most popular power clean platform
- ▶ Protectal gray lifting surface - three year warranty, logo not included
- ▶ **Custom Logo \$299**

**\$995**

# 60154A  
6ft. x 8ft. x 2in.



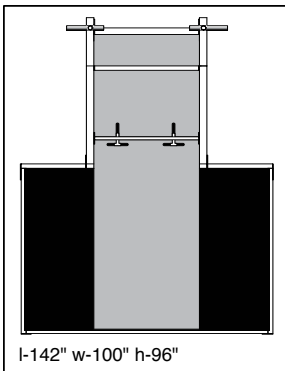
Not to scale

## Elite 8-Foot Power Rack with Platform

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Our safest all purpose station
- ▶ Built for heavy lifting
- ▶ Quickly accommodates every size athlete  
(6 fixed bar holders)
- ▶ Extra workspace inside rack  
(40 inches)
- ▶ Standard 6' x 8' Platform
- ▶ Protectal gray lifting surface - three year warranty, logo not included
- ▶ Custom Logo \$299

**\$2,595**

#60141B  
l-142" w-100" h-96"



**ROTATIONAL TRAINING**  
**CrossCore**  
**180**  
Expand Your Rack!  
See page 84 for details



# Elite Racks & Platforms

## Elite 8-Foot Power Rack

**\$995**

#50141

l-66" w-49" h-96"

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Our most popular squat rack
- ▶ Built for heavy lifting
- ▶ Quickly accommodates every size athlete (6 fixed bar holders)
- ▶ Extra workspace inside rack (40 inches)
- ▶ Attached Plate Holders optional - Call for Price



## Elite Multi-use Rack

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Offers unparalleled safety
- ▶ Never feel cramped (46 inches of work space)
- ▶ Rock solid durability: massive 7-gauge steel
- ▶ Lifetime frame warranty
- ▶ Bench sold separately: \$415. See Page 23
- ▶ Add optional chin-up bar for only \$300

**\$2,095**

#50196

l-78" w-66" h-70"



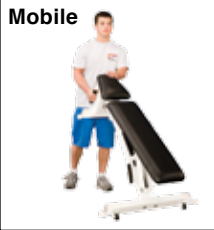
**Dip Attachment**

**\$265**

#50118







Mobile



Military



Flat

## Elite Flat Bench w/Incline

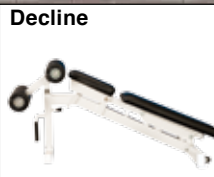
- ▶ Pick Your Colors See Page 1 for Details
- ▶ Easily adjusts from flat to military: 0, 30, 35, 45, 85 degrees
- ▶ Heavy-duty: Built to last
- ▶ Easy to move with handle and wheels

**\$415**

#50407  
l-51" w-30" h-18"



Incline



Decline



Flat



Incline



Military

## Elite Multi-Angle Bench

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Easily adjusts from decline to military: -20, 0, 30, 35, 85 degrees
- ▶ Heavy-duty and very stable
- ▶ Functional design with removable leg hold-down component

**\$535**

#50414  
l-57" w-30" h-29"



## Elite Olympic Bench

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Our most popular Olympic bench
- ▶ Built for years of reliability:  
Lifetime frame warranty
- ▶ Durable high-density pad

**\$735**

#50401W  
I-49" w-48" h-47"



### Spotter Stand

Attaches to Olympic Bench,  
Incline & Decline

**\$145**

#50413



## Elite Olympic Incline

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Lifetime frame warranty
- ▶ Durable high-density pads
- ▶ Optimal 30-degree angle
- ▶ Adjustable seat pad

**\$815**

#50402W  
I-50" w-48" h-57"





## Elite Olympic Decline

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Lifetime frame warranty
- ▶ Durable high-density pads
- ▶ Optimal -20-degree angle
- ▶ Adjustable leg hold-down pad
- ▶ Includes plate storage

**\$875**

#50403W  
l-57" w-48" h-47"



### Spotter Stand

Attaches to Olympic Bench,  
Incline & Decline

**\$145**

#50413W



## Elite Olympic Military (Shoulder Press)

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ New, improved design
- ▶ Adjustable back pad
- ▶ Includes plate storage

**\$845**

#50404W  
l-36" w-48" h-57"

▶ This Elite Bench Includes Built in Weight Holders



BIGGER FASTER STRONGER - DEDICATED TO HELPING ATHLETES SUCCEED

# BFS

MAY/JUNE 2010 • \$5.95

No. 132

**NICK SELLERS**  
**Starting Strong**  
**With BFS**  
p 4



## Varsity Line

At BFS we know the real measure of a weight room is the results you see outside the weight room. The Varsity line, built with 2" x 3" or 2" x 2" 11 gauge steel, has every rack, bench or platform you need to achieve your goals. The Varsity line is built for teams that know they have to work hard and get a little dirty to reach their dreams. Get started on your dreams with equipment that is as serious as you are.

**Inside Ground-  
Based Training**

p 40

**What's New in  
Flexibility Training**

p 44



## Varsity Half Rack with Platform

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Perform every core weight training exercise on this station
- ▶ Constructed of 11-gauge steel tubing for years of durability

**\$1,595**

#60198  
I-110" w-100" h-83"

**ROTATIONAL TRAINING**  
**CrossCore 180**  
Expand Your Rack!  
See page 84 for details



## Varsity Half Rack

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Improves weight room traffic
- ▶ Versatile training station with compact design
- ▶ Built to last: Durable 11-gauge steel
- ▶ Bench sold separately: \$415. See page 23

**\$1,245**

#50198A  
I-44" w-64" h-83"



# Varsity Racks & Platforms

## Varsity Squat Cage

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Attached Plate Holders optional - Call for Price
- ▶ Built tough: 11-gauge steel for reliability
- ▶ Extra workspace inside cage (36 inches)
- ▶ Heavy-duty steel safeties
- ▶ Great for bench & incline

**\$655**

#50140  
l-49" w-48" h-84"



## Varsity Angled Squat Rack

- ▶ Pick Your Colors See Page 1 for Details
- ▶ New, improved design
- ▶ Built super strong for high-volume use
- ▶ 6 fixed bar holders for accurate positioning

**\$625**

#50142  
l-57" w-49" h-70"



## Varsity Power Clean Platform

- ▶ Pick Your Colors See Page 1 for Details
- ▶ 1.5 inches of solid rubber
- ▶ 12-year warranty

**\$725**

#60154B  
6ft. x 8ft. x 2in.



**Power Clean Mats**  
See Page 75

▶ 4'x8'x1/2" Solid Mat #321112

**\$99**

▶ 4'x8'x3/4" Solid Mat #381114

**\$149**



## Varsity Olympic Bench

- ▶ Pick Your Colors  
See Page 1 for details
- ▶ Our most popular Olympic bench
- ▶ Built for years of reliability:  
Lifetime frame warranty
- ▶ Durable high-density pad

**\$435**

#50401  
l-49" w-48" h-47"



**Spotter Stand**  
Attaches to Olympic Bench,  
Incline & Decline

**\$145**

#50413



## Varsity Olympic Incline

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Lifetime frame warranty
- ▶ Durable high-density pads
- ▶ Optimal 30-degree angle
- ▶ Adjustable seat pad

**\$515**

#50402  
l-50" w-48" h-57"



### Elite Flat Bench w/ Incline

- ▶ Easily adjusts from flat to military:  
0, 30, 35, 45, 85 degrees

**\$415**

#50407  
l-51" w-30" h-18"



### Elite Multi-Angle Bench

- ▶ Easily adjusts from decline to military: -20, 0, 30, 35, 85 degrees
- ▶ Heavy-duty and very stable

**\$535**  
#50414

l-57" w-30" h-29"

### More Varsity Compatible Bench Options, Pg 23

- ▶ Shop the Elite line of benches on Page 23 to find the perfect solution to your weight room

# Varsity Benches

## Olympic Decline

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Lifetime frame warranty
- ▶ Durable high-density pads
- ▶ Optimal -20-degree angle
- ▶ Adjustable leg hold-down pad

**\$575**

#50403  
l-57" w-48" h-47"



## Spotter Stand

Attaches to Olympic Bench,  
Incline & Decline

**\$145**

#50413



## Olympic Military (Shoulder Press)

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ New, improved design
- ▶ Adjustable back pad

**\$545**

#50404  
l-36" w-48" h-57"





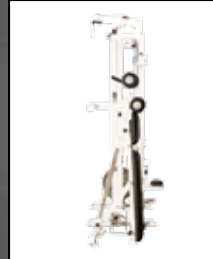
# Specialty Racks & Benches

## Space-Saver Rack

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Allows user to perform all BFS core lifts and many more
- ▶ Easily folds for storage (24")
- ▶ Includes weight stack for all auxiliary lifts
- ▶ Built in bar, accessories holders and plate racks
- ▶ Includes heavy-duty multi-angle bench (flat/incline/military/decline)

**\$3,695**

#60139  
l-49" w-48" h-84"



**ROTATIONAL TRAINING**  
**CrossCore 180**  
Expand Your Rack!  
See page 84 for details



## Counterbalanced Smith Machine

- ▶ Pick Your Colors  
See Page 1 for Details,
- ▶ Smooth, consistent movement due to quad-linear bearing system
- ▶ Counter balanced bar for 20 lbs. starting weight
- ▶ Attached Plate Holders  
Optional, Call for Pricing

**\$1,795**

#50152  
l-57" w-86" h-86"



# Specialty Racks & Benches

## Unilateral Power Press

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Total body workout
- ▶ Great for explosive training
- ▶ Develop strength, balance and coordination
- ▶ Perform extension and rotation
- ▶ Unilateral design
- ▶ Heavy duty – designed for the strongest athletes
- ▶ Weight plate attachments

**\$1,445**

#50195A  
l-64" w-72" h-88"



(Unit must be bolted to floor)

## Power Press

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Improves athletic explosiveness
- ▶ Trains all major muscle groups from functional standing position
- ▶ Bilateral training - Consistent with traditional core exercises: cleans, squats, bench
- ▶ Safe clean variation
- ▶ Includes instructional video

**\$1,345**

#50195  
l-64" w-72" h-88"



(Unit must be bolted to floor)

# Specialty Benches

## Olympic 4-in-1 Bench

- ▶ Pick Your Colors See Page 1 for details
- ▶ Easily adjusts between Olympic decline, Olympic bench, Olympic Incline and Olympic military (-20, 0, 30, 85 degrees)
- ▶ Built sturdy for your strongest athletes

**\$645**

#50405  
l-67" w-48" h-57"

### Military (shoulder press)



### Flat



### Decline



## Flat Bench

- ▶ Pick Your Colors See Page 1 for details

**\$245**

#50406 • l-46" w-24" h-18"

## Adjustable Decline

- ▶ Pick Your Colors See Page 1 for details

**\$465**

#50409 • l-60" w-26" h-24"

## Seated Bench

- ▶ Pick Your Colors See Page 1 for details

**\$285**

#50410 • l-26" w-24" h-39"



# BXI Series

BFS Introduces the BXI Series of racks and rigs. Quality components, in a huge variety of configurations, powered by over 37 years of experience, guarantees a modular system like no other. Built with primarily 3" X 3" steel tubes these rigs and their auxiliaries have all the functionality and durability to stand up to the toughest work outs.



**MADE IN THE USA**

## BXI Modular Components

### Uprights

|             |         |       |
|-------------|---------|-------|
| 8' Upright  | 5BXUP8  | \$145 |
| 9' Upright  | 5BXUP9  | \$160 |
| 10' Upright | 5BXUP10 | \$175 |
| 11' Upright | 5BXUP11 | \$190 |
| 12' Upright | 5BXUP12 | \$205 |

### Connectors

|                      |         |       |
|----------------------|---------|-------|
| 42" Single Connector | 5BXSC42 | \$70  |
| 42" Double Connector | 5BXDC42 | \$100 |
| 42" Triple Connector | 5BXTC42 | \$115 |
| 48" Single Connector | 5BXSC48 | \$80  |
| 48" Double Connector | 5BXDC48 | \$110 |
| 48" Triple Connector | 5BXTC48 | \$125 |
| 60" Single Connector | 5BXSC60 | \$85  |
| 60" Double Connector | 5BXDC60 | \$115 |
| 60" Triple Connector | 5BXTC60 | \$130 |
| 69" Double Connector | 5BXDC69 | \$130 |
| 72" Double Connector | 5BXDC72 | \$140 |
| 84" Double Connector | 5BXDC84 | \$145 |

### Attachments

|                   |         |       |
|-------------------|---------|-------|
| Bar Catches       | 5BXBC   | \$85  |
| Bar Safeties      | 5BXS    | \$130 |
| Dip Attachment    | 5BX18   | \$170 |
| Step Up Platform  | 5BXSU   | \$185 |
| Land Mine         | 5D197LM | \$145 |
| Wall Ball Target  | 5BXWBT  | \$170 |
| Plate Storage Peg | 5BXSP   | \$30  |



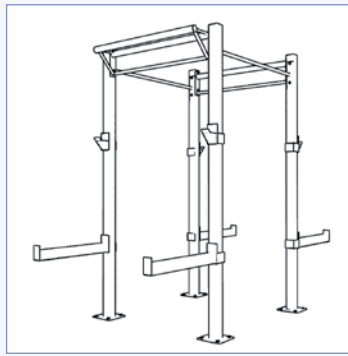
Expand Your Rack! See page 84 for details



**Note:** All BXI Rigs & Racks must be solidly secured to structural elements. Must be bolted to the floor and to a solid wall or wall support. No hardware is included for mounting. It is recommended to hire a professional to ensure proper installation.

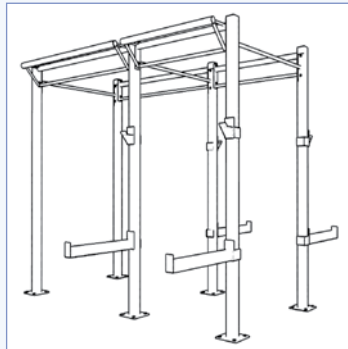


**BXI Free Standing Rigs - Construct your own (pg 34) or purchase kits on this page and save**



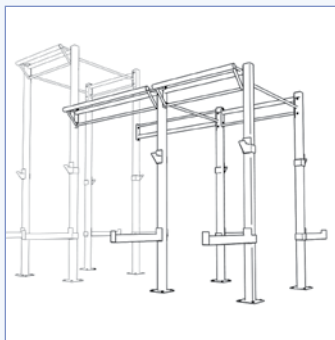
**Base Rig - 8' \$935 #6BXFS8**  
**Base Rig - 10' \$995 #6BXFS10**

|   |                       |
|---|-----------------------|
| 4 | 8' or 10' Uprights    |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |



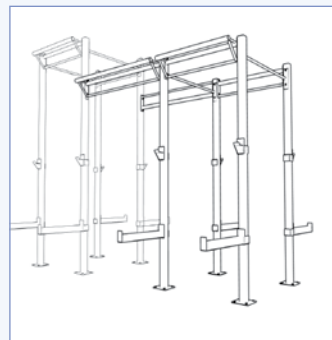
**Base Rig + 1 - 8' \$1245 #6BXFS8P**  
**Base Rig + 1 - 10' \$1345 #6BXFS10P**

|   |                       |
|---|-----------------------|
| 6 | 8' or 10' Uprights    |
| 3 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 1 | 60" Double Connector  |
| 1 | 60" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |



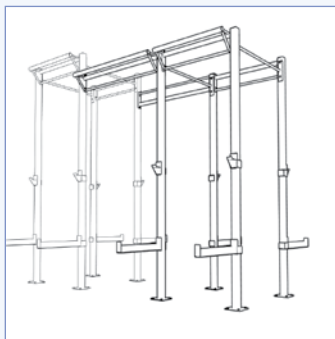
**8' Add On \$1055 #6BXFS8A**

|   |                       |
|---|-----------------------|
| 4 | 8' Uprights           |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 1 | 60" Double Connector  |
| 1 | 60" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |



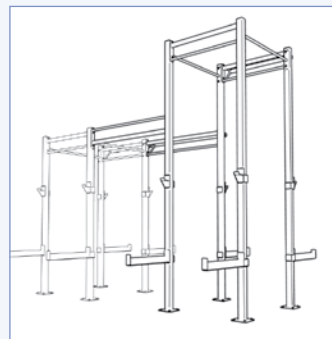
**9' Add On \$1085 #6BXFS9A**

|   |                       |
|---|-----------------------|
| 4 | 9' Uprights           |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 1 | 60" Double Connector  |
| 1 | 60" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |



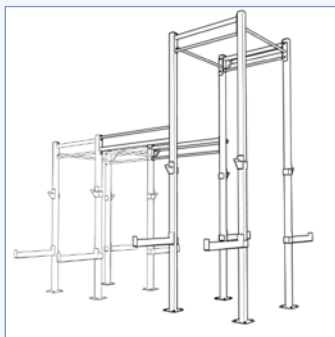
**10' Add On \$1115 #6BXFS10A**

|   |                       |
|---|-----------------------|
| 4 | 10' Uprights          |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 1 | 60" Double Connector  |
| 1 | 60" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |



**11' Add On \$1145 #6BXFS11A**

|   |                       |
|---|-----------------------|
| 4 | 11' Uprights          |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 1 | 60" Double Connector  |
| 1 | 60" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |



**12' Add On \$1175 #6BXFS12A**

|   |                       |
|---|-----------------------|
| 4 | 12' Uprights          |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 42" Triple Connector  |
| 1 | 60" Double Connector  |
| 1 | 60" Triple Connector  |
| 4 | Bar Catches           |
| 4 | Safeties              |

**Attachment Package \$565 #6BXAP**

|   |                |   |                  |
|---|----------------|---|------------------|
| 1 | Land Mine      | 1 | Wall Ball Target |
| 1 | Dip Attachment | 1 | Step Up Platform |

See Page 37 for description of these products

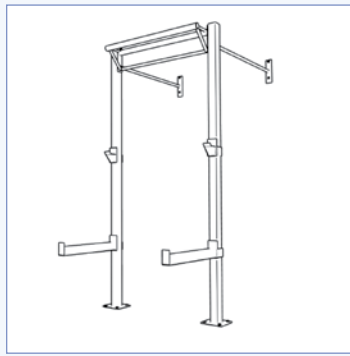
**ROTATIONAL TRAINING**  
**CrossCore 180**  
TRUCKER TRAINING SYSTEM

**Expand Your Rack!** See page 84 for details  
**\$249.99**

# BXI Series

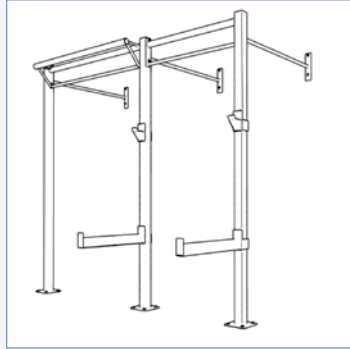


BXI Wall Mounted Rigs - Construct your own (pg 34) or purchase kits on this page and save



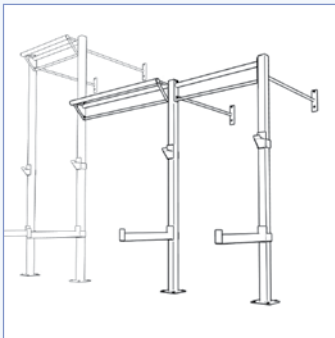
**Base Wall Rig - 8' \$485 #6BXWM8**  
**Base Wall Rig - 10' \$535 #6BXWM10**

|   |                       |
|---|-----------------------|
| 2 | 8' or 10' Uprights    |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |



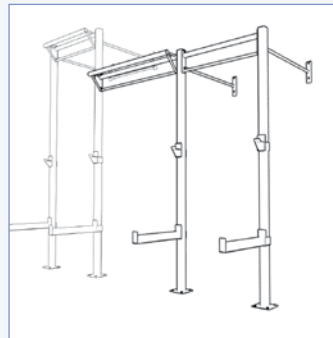
**Base Wall Rig +1 - 8' \$700 #6BXWM8P**  
**Base Wall Rig +1 - 10' \$740 #6BXWM10P**

|   |                       |
|---|-----------------------|
| 3 | 8' or 10' Uprights    |
| 3 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 60" Triple Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |



**8' Add On \$570 #6BXWM8A**

|   |                       |
|---|-----------------------|
| 2 | 8' Uprights           |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 60" Triple Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |



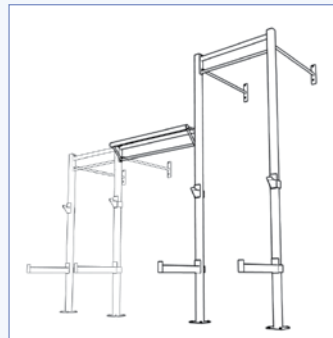
**9' Add On \$585 #6BXWM9A**

|   |                       |
|---|-----------------------|
| 2 | 9' Uprights           |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 60" Triple Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |



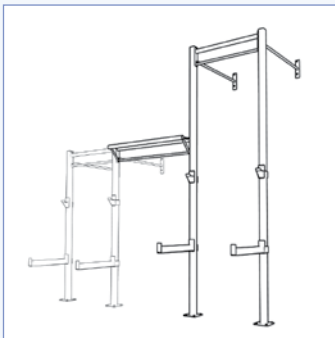
**10' Add On \$600 #6BXWM10A**

|   |                       |
|---|-----------------------|
| 2 | 10' Uprights          |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 60" Double Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |



**11' Add On \$625 #6BXWM11A**

|   |                       |
|---|-----------------------|
| 2 | 11' Uprights          |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 60" Triple Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |



**12' Add On \$645 #6BXWM12A**

|   |                       |
|---|-----------------------|
| 2 | 12' Uprights          |
| 2 | 48" Single Connectors |
| 1 | 42" Double Connector  |
| 1 | 60" Triple Connector  |
| 2 | Bar Catches           |
| 2 | Safeties              |

**Attachment Package \$565 #6BXAP**

|   |                |   |                  |
|---|----------------|---|------------------|
| 1 | Land Mine      | 1 | Wall Ball Target |
| 1 | Dip Attachment | 1 | Step Up Platform |

See Page 37 for description of these products



Expand Your Rack! See page 84 for details

**\$249.99**



**BXI Land Mine Attachment**  
**\$145**  
 #5D197LM



**BXI Wall Ball Target**  
**\$170**  
 #5BXWBT



**BXI Dip Attachments**  
**\$170**  
 #5BX18



**BXI Safeties (Pair)**  
**\$130**  
 #5BXS



**BXI Step Up Platform**  
**\$185**  
 #5BXSU



**BXI Bar Catches (Pair)**  
**\$85**  
 #5BXC

## BXI Wall Mounted Modular Chin Up Bars



**8' Set of the 2 X 2 X 24 BXI Modular Chin Up Bars**



► Mounting width can be set on any distance stud centers up to 48"

► Units come with NO mounting hardware  
 Professional Contractor Installation Required

► Expansion Sets Available. Check online for details or call 800-628-9737

### BXI 3 X 3 X 36

► Heavy Duty 3" x 3" 11 gauge brackets

► Stands 3 feet off the wall

**4 Foot Set**  
**\$200**

#5BX1001  
 l-50" w-36" h-19"

**8 Foot Set**  
**\$315**

#5BX1002  
 l-100" w-36" h-19"

**12 Foot Set**  
**\$430**

#5BX1003  
 l-150" w-36" h-19"

### BXI 2 X 2 X 24

► 2" x 2" 11 gauge brackets

► Stands 2 feet off the wall

**4 Foot Set**  
**\$145**

#5101001  
 l-50" w-24" h-19"

**8 Foot Set**  
**\$230**

#5101002  
 l-100" w-24" h-19"

**12 Foot Set**  
**\$315**

#5101003  
 l-150" w-24" h-19"

# BXI Series

## BXI Power Racks

► Available in 4 configurations:

### Welded Sides

36" Deep

\$775

I-40" w-48" h-91"  
#5BXGR36W

### Bolt Together

36" Deep

\$800

I-40" w-48" h-91"  
#5BXGR36BT

### Welded Sides

30" Deep

\$700

I-34" w-48" h-91"  
#5BXGR30W

### Bolt Together

30" Deep

\$725

I-34" w-48" h-91"  
#5BXGR30BT



Welded



Bolted



## BXI Glute Ham Developer

I-72" w-28" h-45"

- Built in band resistance pegs
- Built in wheels for mobility

\$600

#5BX30BP



## BXI Squat Stand

I-54" w-48" h-100"

- Includes 2 Safeties and 2 Bar Catches

\$485

#6BXSS





## BXI Dog Sled

**\$265**  
#5BX451



## BXI Farmer's Walk

**\$150 pair**  
#5BXFW



## BXI 9 Bar Storage Rack

**\$115**  
#5BX9VBS



## BXI Mobile Bumper Storage Rack

**\$90**  
#5BXMBP

## Crossfire Conquest

- ▶ **EIGHT STATIONS**
- ▶ Olympic Half Rack
- ▶ Ring Tower Station
- ▶ Plyo/Step Up Station
- ▶ Kettlebell Station
- ▶ Medicine Ball Station
- ▶ Adjustable Push/Pull Station
- ▶ Heavy Bag Station
- ▶ Inner Conquest Mat Station
- ▶ Optional Cable Column
- ▶ Patent Pending CrossfireConquest provides **over 100 different** functional movements in 8 stations and occupies an area approximately 20' x 20'. CrossfireConquest blends traditional Olympic weightlifting and new cutting edge functional exercises ,maximizing your space.
- ▶ Massive 7-gauge steel construction
- ▶ Lifetime frame warranty
- ▶ Accessory packages available!



ITEM #501702HB



ITEM #501701CC

- ▶ Available with a 400lb Cable Column station in place of the heavy bag. Four pulley cable system allows for an 18 foot range - Great for sprint work and much, much more!

## 3 Configurations Available

- ▶ Configuration 1:  
Conquest with Heavy Bag Station Heavy Bag not included

**\$10,499**  
ITEM #501700

- ▶ Configuration 2:  
See Above Conquest with Heavy Bag and chain included

**\$10,799**  
ITEM #501702HB

- ▶ Configuration 3:  
See Left Conquest with High-Low Pulley, 400 lb. weight stack/100 lbs Resistance, Cable Belt and Single Handle

**\$12,499**  
ITEM #501701CC

# Plate Loaded Upper Body Equipment

## Plate Loaded Lat Machine

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Super smooth movement
- ▶ Side-load carriage for quick weight changes
- ▶ Adjustable seat for optimal positioning

**\$935**

#51025  
l-49" w-24" h-92"



## Low Pulley Attachment

**\$185**

#51026



Seated Row



## Pec Dec

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ The classic movement to isolate pectorals
- ▶ Side-load carriage for quick and easy weight changes
- ▶ Super smooth movement
- ▶ Adjustable seat for optimal positioning

**\$915**

#51024  
l-59" w-45" h-73"

# Plate Loaded Upper Body Equipment



## 4-Way Neck Machine

- ▶ Pick Your Colors! See Page 1 for Details
- ▶ Four patterns of resistance
- ▶ Reduces risk of injury
- ▶ Great for rehab
- ▶ Improve posture
- ▶ Easy in, easy out
- ▶ Seat design fits all athletes
- ▶ Unbeatable price!

**\$455**

#51023  
l-36" w-21" h-58"



Works great with chains



## Bent Knee Sit-Up Bench

**\$535**

#51337  
l-73" w-17" h-15"

## Single Ladder

**\$395**

#51334  
l-27" w-24" h-34"

## Flat Sit-Up Bench

**\$465**

#51336  
l-73" w-17" h-21"

## Double Ladder

**\$455**

#51335  
l-67" w-24" h-34"

- ▶ Pick Your Colors! See Page 1 for Details

# Plate Loaded Upper Body Equipment

## Incline Lever Row

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Smooth motion with easy lift-off design
- ▶ Dual-position rubber hand grips
- ▶ Comfortable, high-density chest pad
- ▶ Adjustable foot platform

**\$685**

#51027  
l-75" w-36" h-49"



## T-Bar Row

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Designed to handle strongest athletes
- ▶ Three grip positions
- ▶ Non-skid diamond tread plate

**\$665**

#51028  
l-86" w-35" h-23"



## Arm Curl Bench

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Adjustable seat for ideal positioning
- ▶ Convenient barbell supports
- ▶ Compact, sturdy design

**\$445**

#51011  
l-42" w-30" h-36"





## Straight V-Dip

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Combination Parallel/V-handles accommodate all athletes
- ▶ Built for heavy-duty use
- ▶ Solid 2" oversized handles for comfort
- ▶ Convenient step-bar for easy access

**\$395**

#51033  
l-35" w-28" h-59"



## Chin-Dip V.K.R.

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ A weightroom must!
- ▶ Perform three great auxiliary exercises
- ▶ Convenient step-bar for easy access
- ▶ Compact and incredibly sturdy

**\$625**

#51032  
l-60" w-48" h-83"



V.K.R. (Vertical Knee Raise)



# Plate Loaded Upper Body Equipment

## Sit-up Bench

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Versatile sit-up bench – great for lower ab work
- ▶ Comfortable padding and secure foot roller

**\$385**

#51312  
l-43" w-24" h-28"



## 45° Hyper Extension

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Angled design and handles provide easy in, easy out
- ▶ Comfortable, adjustable pelvic pad with rounded corners
- ▶ Ankle pads and angled footplate for secure positioning

**\$425**

#51331  
l-40" w-29" h-36"



## Plate Loaded Ab Crunch

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Floating pivot point allows abdominal isolation
- ▶ Plate Loaded
- ▶ Comfortably stabilizes lower back and neck
- ▶ Easy entry and exit

**\$775**

#51316  
l-62" w-34" h-40"



# Plate Loaded Upper Body Equipment



## Incline Press

- ▶ Adjustable seat ensures perfect form
- ▶ Bench press variation that emphasizes shoulder development

**\$925**

#52292  
l-77" w-54" h-39"



## Lat Pull

- ▶ Three hand positions
- ▶ Simulates lat pulldown

**\$995**

#52294  
l-68" w-54" h-53"

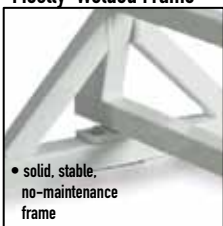
- ▶ Pick Your Colors, see page 1 for details
- ▶ Call for shipping lead times on all lever equipment
- ▶ Perfect complement to any free-weight weightroom
- ▶ Minimizes joint stress
- ▶ Plate Loaded Lever Features
- ▶ Smooth, natural predetermined movement
- ▶ Space efficient, innovative designs
- ▶ Low starting resistance levels
- ▶ User-friendly adjustable starting positions

### Flange Bearings



- years of smooth operation

### Mostly-Welded Frame



- solid, stable, no-maintenance frame

### Chrome Plate Pins & Slides



- appearance and durability

### Adjustable Starting Point



- for a wide range of users & abilities

### No Spotter Required



- safe and easy to operate

# Plate Loaded Upper Body Equipment

## Chest Press

- ▶ Simulates free-weight bench press no spotters required
- ▶ Works all the major upper body pressing muscles

**\$875**

#52291  
l-74" w-54" h-30"



## Military/ Shoulder Press

- ▶ Simulates military press
- ▶ Adjustable backrest ensures perfect, upright posture

**\$925**

#52293  
l-57" w-54" h-48"



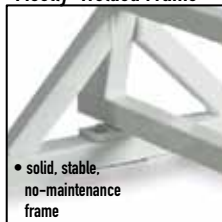
- ▶ Pick Your Colors, see page 1 for details
- ▶ Call for shipping lead times on all lever equipment
- ▶ Perfect complement to any free-weight weightroom
- ▶ Minimizes joint stress
- ▶ Plate Loaded Lever Features
- ▶ Smooth, natural predetermined movement
- ▶ Space efficient, innovative designs
- ▶ Low starting resistance levels
- ▶ User-friendly adjustable starting positions

### Flange Bearings



- years of smooth operation

### Mostly-Welded Frame



- solid, stable, no-maintenance frame

### Chrome Plate Pins & Slides



- appearance and durability

### Adjustable Starting Point



- for a wide range of users & abilities

### No Spotter Required



- safe and easy to operate



# Plate Loaded Lower Body Equipment



## Glute Ham Developer

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Our most popular glute ham developer
- ▶ Dual adjustable ankle pads for secure fit
- ▶ High-density thigh pad

**\$715**

#50730  
l-61" w-30" h-47"



## Beginner Glute/Ham Developer

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Knee pad ensures perfect form
- ▶ Comfortable angled foot support
- ▶ Rotating thigh pads reduce friction on upper thighs

**\$925**

#50738  
l-61" w-30" h-47"



**Guarantees Proper Knee Placement**



# Plate Loaded Lower Body Equipment



## Squat Press

**\$1,885**

#50790  
L-95" w-84" h-56"

- ▶ **Pick Your Colors**  
See Page 1 for Details
- ▶ A leg press built to improve athletic performance, a great squat variation
- ▶ Innovative design, superior biomechanics
- ▶ Incorporates hamstrings and glutes
- ▶ Storage plate holders on back
- ▶ Variable resistance minimizes stress on the knees and hips

# Plate Loaded Lower Body Equipment

## 3-Way Hip Sled

\$1,655

#50720  
1-94" w-36" h-60"

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Our most popular lower body machine!
- ▶ Innovative design with optimal 45-degree angle
- ▶ Built tough: Heavy-duty 11-gauge steel with massive 7-gauge channel
- ▶ Space-efficient design with weight holders under carriage



Hip Thrust



Back Squat



# Plate Loaded Lower Body Equipment

## Plate Loaded Leg Curl & Extension

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Innovative dual-function design
- ▶ Heavy-duty: Built for the most demanding facilities
- ▶ Adjustable leg curl/leg extension pad

**\$635**

#50721  
l-65" w-25" h-30"



## Plate Loaded Reverse Back Extension

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Small footprint
- ▶ Pivot point properly aligned with hips
- ▶ Decline chest pad reduces low back strain
- ▶ Adjustable safety stop provides maximum range of motion for athletes, to limited range of motion for rehabilitation

**\$1195**

#50729  
l-62" w-41" h-50"



# Plate Loaded Lower Body Equipment



## Seated Calf

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Angled footplate for max range of motion
- ▶ Adjustable knee pad accommodates any-size athlete

**\$475**

#50722  
l-50" w-24" h-36"



## Plate Loaded Standing Calf

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Call for shipping lead times
- ▶ Isolates upper calf
- ▶ Comfortable, high-density shoulder pads

**\$1,435**

#516115A  
l-52" w-52" h-65"



## BFS Adjustable Step

- ▶ Pick Your Colors See Page 1 for Details
- ▶ Sturdy, broad foot plate
- ▶ Adjustable heights for a full range of motion
- ▶ Incremental adjustments from 6 to 26 inches

**\$495**

#50719  
l-50" w-24" h-36"





**Low Pulley Attachment**  
**\$185**

#51026

## Selector Lat Pull

- ▶ **Pick Your Colors!** See Page 1 for Details
- ▶ **Pulley Attachment optional**
- ▶ Our lowest-priced selector lat pull
- ▶ Adjustable seat for optimal positioning
- ▶ 200-lb weight stack with 5-year warranty
- ▶ Optional low pulley attachment
- ▶ Call for shipping lead times on all selector equipment

**\$1,475**

#510100  
I-49" w-24" h-92"

## Elite Lat Pull

- ▶ **Pick Your Colors!** See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Weight stack faces user for easy adjustment
- ▶ Adjustable, high-density thigh pads
- ▶ 200-lb weight stack with 5-year warranty

**\$1,845**

#516106  
I-42" w-37" h-90"

## 4 Stack Functional Trainer

**\$6,495**

#516130  
L-103" w-183" h-89"

- ▶ Pick Your Colors! See Page 1 for Details
- ▶ Strength facility staple
- ▶ Lat Pulls and Low pulls offer 200lb Weight Stacks / 200lb Resistance
- ▶ Functional Trainer offers 2 x 200-lb weight stacks/ 100lb resistance with 5-year warranty
- ▶ Extremely compact footprint. Allows utilization of corners and wall space
- ▶ Chin-Up Station
- ▶ Several configurations available to meet your facilities individual needs
- ▶ Add a dual lat pull down or an adj. cable crossover - Call BFS to learn more about this versatile station
- ▶ Small footprint fits into corners for maximum efficiency



# Selector Upper Body Equipment

## Functional Trainer

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Adjustable, 12 position swivel pulleys with independent weight stacks
- ▶ Perfect for Swiss ball and Bosu exercises
- ▶ Angled chin-up bar with handles
- ▶ Requires less floor space than standard cable crossover
- ▶ 200-lb weight stack (100 lbs resistance per side) with 5-year warranty

**\$2,695**

#516102C  
l-123" w-42" h-89"



## Adjustable Cable Crossover

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ The ultimate cable pulley system
- ▶ 12-position, super-smooth pulleys
- ▶ Angled chin-up bar with handles
- ▶ Stabilizing handles for perfect form
- ▶ 200-lb weight stack (100 lbs resistance per side) with 5-year warranty

**\$2,695**

#516102A  
l-157" w-35" h-96"



Adjustable

## Cable Crossover

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ A great value!
- ▶ High and low pulleys
- ▶ 200-lb weight stack (100 lbs resistance per side) with 5-year warranty

**\$2,095**

#516102  
l-134" w-35" h-96"



▶ Pulley swings for exercises inside and outside the racks.





## Vertical Chest Press

**\$1,845**

#516101  
1-52" w-52" h-65"

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Comfortable, oversized, two-position handles
- ▶ Foot controlled pre-stretch
- ▶ Adjustable seat ensures optimal positioning
- ▶ 200-lb weight stack with 5-year warranty



## Pec Dec/Rear Delt

**\$1,995**

#516103  
1-53" w-48" h-82"

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Two great exercises in one: Pec Dec and Rear Delt
- ▶ Pop pins allow easy exercise conversion
- ▶ Adjustable seat and backrest ensure optimal positioning
- ▶ 200-lb weight stack with 5-year warranty



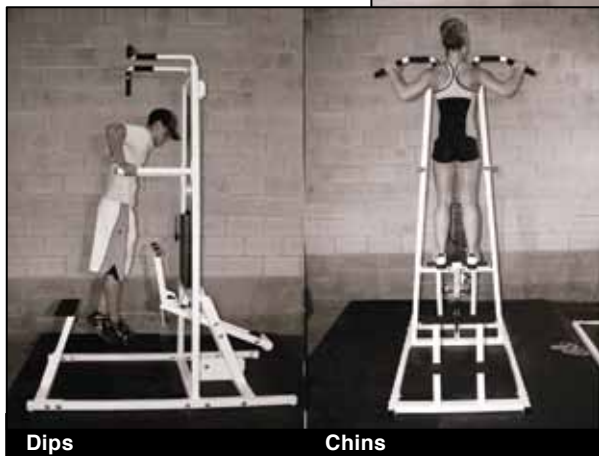
# Selector Upper Body Equipment

## Assisted CHIN/DIP

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Heavy Duty: over 1/4 ton of high quality steel
- ▶ Adjustable / retractable footplate
- ▶ 200-lb weight stack with 5-year warranty
- ▶ Easy on - easy off platform steps
- ▶ Perform dips and four types of chin-ups

**\$2,495**

#516117  
l-55" w-51" h-65"



## Military/ Shoulder Press

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Adjustable seat and backrest ensure optimal positioning
- ▶ Ability to change weights while seated
- ▶ 200-lb weight stack with 5-year warranty
- ▶ Comfortable, oversized, two-position handles

**\$1,795**

#516104  
l-55" w-51" h-65"



# Selector Upper Body Equipment



## Arm Curl

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Provides constant tension through out exercise
- ▶ Adjustable seat and chest pad ensure proper positioning
- ▶ 200-lb weight stack with 5-year warranty

**\$1,845**

#516108  
l-54" w-44" h-65"

Tricep Pushdown



## Double Tricep

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Perform French press and tricep pushdowns on one machine
- ▶ Heavy-duty construction
- ▶ Angled bench and adjustable seat encourage perfect form
- ▶ 200-lb weight stack with 5-year warranty

**\$1,995**

#516109  
l-79" w-37" h-74"



# Selector Upper Body Equipment

## Seated Row

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Design enables user to perform numerous upper and mid-back exercises
- ▶ 220-lb weight stack with 5-year warranty
- ▶ Front-loading weight stack for quick weight changes

**\$1,965**

#516116  
l-108" w-37" h-88"



## Abdominal/ Low Back Selector

- ▶ **Pick Your Colors**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Easily changes from abs to back with pop-pin

- ▶ Adjustable chest/back pad ensures perfect form
- ▶ Roller ankle pad secures lower leg position
- ▶ 200-lb weight stack with 5-year warranty

**\$1,995**

#516110  
l-60" w-44" h-65"



## Vertical Row

- ▶ **Pick Your Colors!**  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Great exercise to isolate upper back muscles
- ▶ Adjustable seat and chest pad ensure proper positioning
- ▶ High-density foam for maximum comfort

- ▶ Comfortable, dual-position, oversized rubber handles
- ▶ 220-lb weight stack with 5-year warranty
- ▶ Front-loading weight stack for quick weight changes

**\$1,845**

#516107  
l-57" w-38" h-80"

# Selector Lower Body Equipment

## Selector Leg Curl & Extension

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Super smooth, 200-lb. weight stack
- ▶ 5-yr. warranty on weight stack
- ▶ Adjustable ankle pad

**\$2,095**

#516114  
l-77" w-41" h-65"



Leg Curl



### Leg Extension

**\$1,845**

#516112  
l-68" w-41" h-65"

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment

- ▶ Super smooth, 200-lb. weight stack
- ▶ 5-yr. warranty on weight stack

### Leg Curl

**\$1,845**

#516113  
l-77" w-41" h-65"

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Super smooth,

- ▶ 200-lb. weight stack
- ▶ 5-yr. warranty on weight stack



# Selector Lower Body Equipment

## Leg Press

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Adjustable starting position allows full range of motion
- ▶ Super smooth, 400-lb. weight stack

**\$2,595**

#516111  
l-63" w-48" h-65"

Call for shipping lead times on all selector equipment



## Standing Calf (Selector)

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment
- ▶ Isolates upper calf

- ▶ Super smooth, 400-lb. weight stack

**\$2,195**

#516115  
l-52" w-52" h-65"



## Total Hip

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Exercises: Hip Abduction, Adduction, Flexion and Extension
- ▶ Works hips, glutes, and hamstrings
- ▶ 5 position adjustable platform

- ▶ 250 degree adjustable Hip Pad
- ▶ Ballet Bars
- ▶ 200lb weight stack

**\$1,995**

#516105  
l-38" w-48" h-72"

Call for shipping lead times on all selector equipment

## Full Circuit Package

► BFS has created a full body, selectorized package to work every major muscle group.

► Pick Your Colors  
See Page 1 for Details

► Call For Shipping Lead Times of Selector Equipment



### The package includes 12 of the following

(Maximum of 1 each):

- Vertical Chest Press
- Pec Dec/Rear Delt
- Military/Shoulder Press

- Elite Lat Pull
- Vertical Row
- Arm Curl
- Double Tricep
- Abdominal/Low Back
- Leg Press
- Leg Extension
- Leg Curl

- Standing Calf
- Standing Calf (plate loaded)
- Leg Curl/Extension
- Seated Row
- Assisted Chin Dip
- Total Hip
- Cable Crossover (counts as 1)

- Adjustable Cable Crossover (counts as 2)
- Functional Trainer (counts as 2)

### Reinforced Nylon Pulleys



sealed ball bearings

### 19-Strand, 2000 lb Cable



nylon coated for years of use

### Ductile Steel Plates



steel/iron alloy won't break

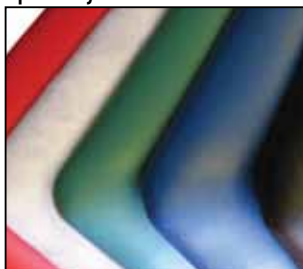
### Powder Coated Paint Options



bright, durable color

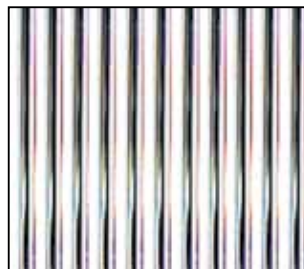
**Made in the USA**

### Upholstery Selection



select a color that fits your style

### Chromed Guide rods



appearance and durability

### Cam Driven Mechanism



smooth, consistent resistance

- Best value in selector equipment
- Lifetime frame warranty
- Ergonomically designed for maximum effectiveness
- Constructed of 11-gauge steel tubing for years of durability
- Durable high density pads

**\$19,999 Plus Shipping**

#616150

# 2 in 1 Selector

## Bicep/Tricep

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment

**\$2295**

#519504  
l-93" w-34" h-83



## Multi-Chest Press

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment

**\$2295**

#519501  
l-79" w-58" h-64"



## Lat Pull/Vertical Row

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment.

**\$2295**

#519503  
l-54" w-36" h-83"

## 2-in-1 Selector Package

- ▶ All 6 pieces

**\$12,995**

1 of each • Plus Shipping  
#619500





## Leg Press/Calf Raise

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment.

**\$2295**

#519506  
l-78" w-53" h-64"



## Abdominal/ Low Back

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment.

**\$2295**

#519505  
l-34" w-48" h-64"



## Leg Extension Seated Leg Curl

- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Call for shipping lead times on all selector equipment

**\$2295**

#519502  
l-53" w-49" h-64"



# Hydraulic Equipment



**Bicep/Tricep**

**\$1295**

#525904 l-48" w-40" h-49"



**Chest Press/Row**

**\$1295**

#525901 l-48" w-46" h-53"



**Vertical Row/Chest**

**\$1295**

#525903 l-48" w-40" h-49"



**Abdominal/Low Back**

**\$1295**

#525908 l-48" w-40" h-60"



**Shoulder Press/Lat Pull**

**\$1295**

#525902 l-48" w-40" h-55"



**Leg Extension-Curl**

**\$1295**

#525906 l-48" w-40" h-47"



**Ab/Ad Hip**

**\$1295**

#525907 l-54" w-48" h-48"



**Upright Row-Tricep**

**\$1295**

#525909 l-84" w-46" h-60"



**Squat Press**

**\$1295**

#525905 l-84" w-46" h-60"

► Pick your colors, see page 1 for details

► Call for shipping lead times on all hydraulic equipment ► Train Safe - Train Smart

**MIDDLE SCHOOL CIRCUIT  
ALL 9 PIECES NOW ONLY**

**\$10,995**

plus shipping  
Circuit Item #625900





Fits virtually every style of DB

## Heavy Duty 10 ft. 3-Tier Dumbbell Rack

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Dumbbells not Included

**\$745**

#52849  
l-116" w-18" h-32"

## 2-Tier VERSION

**\$645**

#52848 (not shown)

## Heavy Duty 5ft. 3-Tier Dumbbell Rack

- ▶ Pick Your Colors!  
See Page 1 for Details
- ▶ Dumbbells not Included

**\$515**

#52847  
l-55" w-18" h-32"

## 2-Tier Version

**\$455**

#52846 (not shown)

## Economy Dumbbell Racks

### 2-Tier

- ▶ Holds 5-50lb. Hex Head Set
- ▶ No Custom Options Available

**\$149**

#340432  
l-50" w-18" h-26"



### 3-Tier

- ▶ Holds 5-65 lb. Hex Head Set
- ▶ No Custom Options Available

**\$169**

#340433  
l-53" w-24" h-33"



# Weight Room Storage



- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Plates, Collars and Bars not Included

**Standard Plate Rack**  
#52843  
l-32.5" w-24.5"  
h-36.5"

**Olympic Plate Rack**  
#52844  
l-32.5" w-24.5"  
h-36.5"

**Plate Tree**  
#52862  
l-26.5" w-20"  
h-47.5"

**Bumper Plate Rack**  
#52845  
l-32.5" w-24.5"  
h-36.5"



- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Plates not Included



- ▶ Pick Your Colors  
See Page 1 for Details
- ▶ Bars not Included

**Horizontal Bumper Plate Rack**

**\$275**  
#52861  
l-47" w-18" h-18"



**Horizontal Plate Rack**

**\$275**  
#52860  
l-41" w-18" h-18"

**5-Bar Vertical Rack**

**\$205**  
#52851  
l-37" w-37" h-8"

**5-Bar Horizontal Rack**

**\$325**  
#52850  
l-24" w-31" h-49"

**Economy Plate Rack**  
#340444  
l-32.5" w-24.5" h-36.5"

## BFS Olympic Sets

- ▶ Top quality cast iron plates
- ▶ Smooth machined edges without pits or holes and precision weights on each plate

### 500 lb Set

|                  |                           |
|------------------|---------------------------|
| 1 - Olympic Bar  | 2 - 5 lb Plates           |
| 6 - 45 lb Plates | 4 - 2.5 lb Plates         |
| 2 - 35 lb Plates | 1 pr. - Mega Grip Collars |
| 2 - 25 lb Plates |                           |
| 4 - 10 lb Plates |                           |

### 400 lb Set

|                  |                           |
|------------------|---------------------------|
| 1 - Olympic Bar  | 4 - 5 lb Plates           |
| 4 - 45 lb Plates | 4 - 2.5 lb Plates         |
| 2 - 35 lb Plates | 1 pr. - Mega Grip Collars |
| 2 - 25 lb Plates |                           |
| 2 - 10 lb Plates |                           |

### 300 lb Set

|                  |                           |
|------------------|---------------------------|
| 1 - Olympic Bar  | 2 - 5 lb Plates           |
| 2 - 45 lb Plates | 4 - 2.5 lb Plates         |
| 2 - 35 lb Plates | 1 pr. - Mega Grip Collars |
| 2 - 25 lb Plates |                           |
| 2 - 10 lb Plates |                           |

## Ultra-Lite Bar (6 ft.)

**\$145**

#310072

### Ultra-Lite Bar Set:

**\$215**

#312073

#### 1 Ultra-Lite Bar

#### 1 pr. 10 lb Bumper Plates

#### 1 pr. Mega Grip Collars

- ▶ An Olympic bar that weighs only 30 pounds
- ▶ Great for teaching snatches and cleans
- ▶ Fits on all standard-size racks and benches

TRAINING BAR

## Aluma-Lite Bar (6 ft.)

**\$155**

#311005

### Aluma-Lite Bar Set:

**\$219**

#312004

#### 1 Aluma-Lite Bar

#### 1 pr. 5 lb Training Plates

#### 1 pr. Mega Grip Collars

- ▶ An Olympic Bar that weighs only 15 pounds
- ▶ A must for teaching snatches and cleans
- ▶ 2" Olympic rotating steel sleeves and light knurling on an aluminum shaft
- ▶ Fits on all standard-size racks and benches

TRAINING BAR

## BFS Olympic Sets

▶ Top quality cast iron plates

▶ Smooth machined edges without pits or holes and precision weights on each plate

### Standard Olympic Bar

**\$139**

#340069

#### Standard Olympic Bar Sets

**300lb set \$369**

#312050

**400lb set \$459**

#312055

**500lb set \$549**

#312060

- ▶ Our best value!
- ▶ General-purpose bar
- ▶ Yield strength: 105,000-125,000 PSI
- ▶ Beautiful black oxide shaft and polished steel sleeves



### Super Bar Black

**\$159**

#340071

#### Super Bar - Black Bar Sets

**300lb set \$389**

#312020

**400lb set \$479**

#312025

**500lb set \$569**

#312030

- ▶ Our most popular bar!
- ▶ Heavy-duty general-purpose bar
- ▶ Yield strength: 135,000-165,000 PSI



### Super Bar Zinc

**\$169**

#340042

#### Super Bar - Zinc Bar Sets

**300lb set \$399**

#312043

**400lb set \$489**

#312044

**500lb set \$579**

#312045

- ▶ Same as the Black Super Bar, but with a rust-resistant silver zinc finish
- ▶ Yield strength: 135,000-165,000 PSI
- ▶ Perfect general-purpose Olympic bar for heavy training



### Power Squat Bar

**\$179**

#340064

#### Power Squat Bar Sets

**300lb set \$409**

#312067

**400lb set \$499**

#312068

**500lb set \$589**

#312069

- ▶ The perfect bar for power lifting exercises
- ▶ Center knurling for no-slip squatting
- ▶ Yield strength: 135,000-165,000 PSI



### Pro-Elite Power Squat Bar

**\$349**

#320076

#### Pro-Elite Power Squat Bar Sets

**300lb set \$579**

#312016

**400lb set \$669**

#312017

**500lb set \$759**

#312018

- ▶ Heavy-duty bar perfect for squatting
- ▶ Center knurling for no-slip squatting
- ▶ Yield strength: 185,000 PSI
- ▶ Durable black oxide



### Pro-Elite Silver Zinc Olympic Bar

**\$359**

#320080

#### Super Bar - Zinc Bar Sets

**300lb set \$589**

#312061

**400lb set \$679**

#312062

**500lb set \$769**

#312063

- ▶ Designed for the strongest athletes
- ▶ Yield strength: 185,000 PSI
- ▶ Durable zinc finish
- ▶ No center knurling





**\$119**

#340181  
sleeve 10"  
26"x 25" inside  
dimension

## Original Hex Bar

- ▶ The classic model
- ▶ The best way to perform deadlifts and shrugs
- ▶ Hex bar design offers greater stability than triangle design
- ▶ Weighs 45 lbs with solid, 2" Olympic sleeves
- ▶ Holds five 45 lb Slim-line plates with collars



**\$139**

#340178  
sleeve 10"  
26"x 25" inside  
dimension

## High Hex Bar

- ▶ Handles are 4" higher than original Hex Bar, to accommodate taller or bigger athletes
- ▶ A must for basketball teams
- ▶ Weighs 45 lbs with solid, 2" Olympic sleeves
- ▶ Holds five 45 lb Slim-line plates with collars



**\$169**

#340179  
sleeve 10"  
26"x 25" inside  
dimension

## Combo Hex Bar

- ▶ Combines the High-Hex and regular Hex bars in one bar
- ▶ Simply flip over to change exercise starting position
- ▶ Weighs 50 lbs with solid, 2" Olympic sleeves
- ▶ Holds five 45 lb Slim-line plates with collars



**\$199**

#340180  
sleeve 15.5"  
26"x 24" inside  
dimension

## Mega Hex Bar

- ▶ Built for the biggest and strongest athletes
- ▶ Weighs 75 lbs
- ▶ Solid, 2" Olympic sleeves and a thicker steel frame
- ▶ Holds up to nine 45 lb Slim-line plates per side
- ▶ Combines the High-Hex and regular Hex bars in one bar
- ▶ Simply flip over to change exercise starting position



**\$159**

#320074  
sleeve 9"  
20"x 21" inside  
dimension

## Youth Hex Bar

- ▶ Great for teaching perfect technique
- ▶ Weighs only 15 lbs
- ▶ Slightly smaller in diameter with shorter sleeves
- ▶ Ideal for rehab and upper body exercises
- ▶ Used in the BFS Readiness Program

# Bars & Collars

## Youth Training Bar

- ▶ With 2 training plates
- ▶ Learn perfect technique with no stress

**\$15<sup>95</sup>**

#329073

## Youth Training Bar Class Package

- ▶ 10 Bars with 20 Plates

**\$99<sup>95</sup>**

#329074



## Curl Bar

- ▶ Chrome finish
- ▶ 2" Rotating Sleeves

**\$89**

#310185

## Heavy Duty Curl Bar

- ▶ Chrome finish
- ▶ Urethane grips

**\$129**

#310184

## Arm Blaster

- ▶ Stabilizes the arms for a better workout

**\$39**

#320613



## Tri-Trap Bar

**\$129**

#310182



## Fixed Bar Sets

- ▶ 10 Bar Sets

- ▶ Rack Included



## Straight Bar Sets

**\$2599**

# 318193

- ▶ 25-115 lb. (10-bar set in 10 lb increments)



## Curl Bar Sets

**\$2499**

# 318192

- ▶ 20-110 lb. (10-bar set in 10 lb increments)





## Lock Jaw Pro Collars

\$3700/pr.  
#320097P

- ▶ Now with locking tab for securing the heaviest weights!



## Mega Grip Collars:

### Olympic Heavy Duty Collar ▼

\$2195/pr.  
#320096



### Olympic Collar

\$1795/pr.  
#320095

- ▶ Extreme durability & tight hold!
- ▶ Wider for an even greater hold!
- ▶ Shark Skin Neoprene & Velcro Construction with a Steel Ring Buckle



### Lock Jaw Collars

\$3400/pr.  
#320097

- ▶ Powerful lever action locks collar in place



### Spring Lock Collars

\$1195/pr.  
#320087

- ▶ Quick and easy to use with plastic hand grip area



### Muscle Clamps

\$33/pr.  
#320246



- ▶ Made of resin compound; more durable than plastic

### Bulldog Collars

\$4995/pr.  
#310183

- ▶ Machined aluminum with a super tight hold.



# Plates/Bumpers/Dumbbells

## KettleBells



### Kettle Bells Pricing

|         |       |          |         |       |           |
|---------|-------|----------|---------|-------|-----------|
| #319405 | 5 lb  | 12.95 ea | #319440 | 40 lb | 58.95 ea  |
| #319410 | 10 lb | 19.95 ea | #319445 | 45 lb | 63.95 ea  |
| #319415 | 15 lb | 26.95 ea | #319450 | 50 lb | 69.95 ea  |
| #319420 | 20 lb | 32.95 ea | #319460 | 60 lb | 84.95 ea  |
| #319425 | 25 lb | 39.95 ea | #319470 | 70 lb | 99.95 ea  |
| #319430 | 30 lb | 46.95 ea | #319480 | 80 lb | 109.95 ea |
| #319435 | 35 lb | 52.95 ea |         |       |           |

## Solid Rubber Bumpers



|         |             |      |         |             |       |
|---------|-------------|------|---------|-------------|-------|
| #320390 | 10 lb. pair | \$69 | #320393 | 35 lb. pair | \$119 |
| #320391 | 15 lb. pair | \$89 | #320394 | 45 lb. pair | \$139 |
| #320392 | 25 lb. pair | \$99 | #320395 | Full Set    | \$499 |

\*(10 lb. Bumpers - Teaching Only - Do Not Drop, Do Not Use With Iron Plates)

## Solid Colored Bumpers



|         |             |       |
|---------|-------------|-------|
| #320386 | 10 lb. pair | \$99  |
| #320382 | 25 lb. pair | \$139 |
| #320383 | 35 lb. pair | \$199 |
| #320384 | 45 lb. pair | \$229 |
| #320387 | Full Set    | \$599 |
| #320385 | HD Set      | \$529 |

HD Set includes pairs of 25, 35 and 45  
Full Set includes pairs of 10, 25, 35 and 45

## Rubber Rimmed Bumpers

|         |             |       |         |             |       |
|---------|-------------|-------|---------|-------------|-------|
| #310325 | 25 lb. pair | \$109 | #310345 | 45 lb. pair | \$179 |
| #310335 | 35 lb. pair | \$149 | #310350 | Full Set    | \$429 |



Brightly colored bumper plates with a cast iron center and permanently attached rubber rims.

## HiTech Plates

► The most durable training plates made!

|         |             |       |
|---------|-------------|-------|
| #380211 | 5 lb. pair  | \$139 |
| #380212 | 10 lb. pair | \$159 |



## 5lb. Training Plates

\$69/pr.

#320200

Teaching Only - Do Not Drop,  
Do Not Use With Iron Plates



## Deca Disc Training Plates

\$45/pr.

#320204

Teaching Only - Do Not Drop,  
Do Not Use With Iron Plates



## Iron Grip Plates (5 Hole)

**\$1.49**  
Per Pound



## Rubber Grip Plates (5 Hole)

**\$1.79**  
Per Pound



## Rubber Grip Plates (3 Hole)

**\$1.59**  
Per Pound



## Dumbbells

**\$1.19**

Per Pound

- ▶ Call for full set discounts
- ▶ Highest durability
- ▶ Comfortable grip



## Slim Line Plates

**\$1.09**  
Per Pound



## Rubber-Encased Dumbbells

**\$1.49**

Per Pound

- ▶ Call for full set discounts
- ▶ Machined steel handles
- ▶ Super tough, best quality rubber
- ▶ Lowest price - Highest Quality



## 1.25 Pound Plates

**\$2.25 each**  
340000



## Neoprene - Covered Dumbbells \$1.39

Per Pound

- ▶ Neoprene-coated cast iron



**Club Pack \$999**  
#318511

- CLUB PAK INCLUDES**
- 12 pair - 2 lb.
  - 10 pair - 3 lbs.
  - 8 pair - 5 lbs.
  - 7 pair - 8 lbs.
  - 7 pair - 10 lbs.
  - 1 Rack



## ALL NEW FLOORING OPTIONS FROM MONDO & BFS

Call 800-628-9737 to learn more



### RAMFLEX

The leading choice for weight applications. Non-porous marbled surface, uniform composition and hammered texture.

Solid homogenous rubber wear layer engineered to withstand heavy abuse from strength and conditioning areas

Non-porous surface requires no coating or finishes, elimination of odors and hygiene issues

Provides protection against heavy impact. Glued down installation eliminates chance of bacteria or mold growth

### MONDO COMFORT & SAFETY

Class 1 fire code rating. Antibacterial and antimicrobial throughout minimizes the risks of staph infections (MRSA). Outstanding slip resistance, ADA compliant as per ASTM D2047

### DURABILITY AND LIFE CYCLE COST

Unparalleled ease of maintenance • Engineered to withstand static loads such as heavy weights and cardio equipment • 10+ year life expectancy • 100% recyclable



### SPORT IMPACT

Demanding areas? Sport Impact is the premium weight resistant rubber flooring. The leading choice for weight rooms.

### PERFORMANCE LAYER

Solid 3mm homogenous rubber wear layer engineered to withstand heavy abuse from strength and conditioning areas

Non-porous surface requires no coating or finishes elimination of odors and hygiene issues

### IMPACT LAYER

Provides protection against heavy impact. Glued down installation eliminates chance of bacteria or mold growth

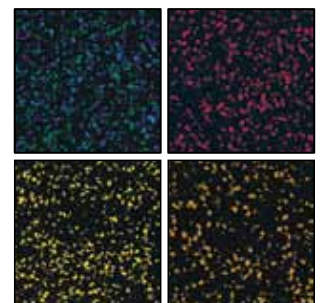
## BFS ROLLED FLOORING

As low as \$1.99/sq. ft. Call for details



### Numerous Color Options

- ▶ May cost less than 3/4" standard mats
- ▶ Custom cut to fit your room's dimensions
- ▶ Seamless appearance - lays like carpet
- ▶ Quick-ship option
- ▶ 4 Feet wide by any length
- ▶ 6mm and 8mm thickness
- ▶ 10% to 20% color density option
- ▶ It's affordable
- ▶ It's sturdy enough to protect your floor
- ▶ It's odorless
- ▶ It's easy and inexpensive to install
- ▶ Mats are not trued  
Call for pricing to true mats
- ▶ **CALL FOR CURRENT COLOR OPTIONS  
800-628-9737**



## BFS Area Mats

- ▶ Our most economical flooring option
- ▶ 12 year warranty on 3/4" mats
- ▶ Mats are not trued  
Call for pricing to true mats

**4'x6' x 1/2"**  
**\$65ea.**

#321004  
3 Yr. Warranty

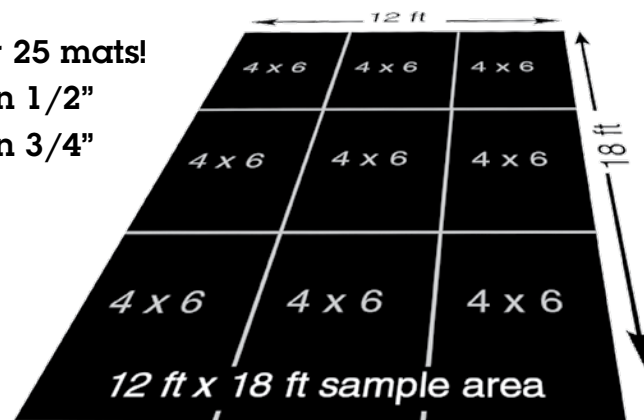
**4'x6' x 3/4"**  
**\$75 ea.**

#321003  
12 Yr. Warranty

Save on orders over 25 mats!

Only \$2.59/sq. ft. on 1/2"

Only \$2.99/sq. ft. on 3/4"



## Power Clean Mats

- ▶ 4'x8'x1/2" Solid Mat

**\$99**

#321112

- ▶ 4'x8'x3/4" Solid Mat

**\$149**

#381114



## 25 ft. Rubber Roll

- ▶ Perfect surface for plyos, sprinting and jumping!

**\$279**

#321122



Not recommended for full floor applications.  
For this purpose use BFS rolled flooring.



## Star Trac S-TRx Treadmill

- ▶ **Call for Multi Unit Prices**
- ▶ User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry.
- ▶ Running Surface 60" x 20"
- ▶ 3 HP DC Motor
- ▶ ELECTRICAL: 110 volt, dedicated NEMA 5-20 cord; 220 volt, dedicated NEMA 6-15 cord (optional)\*
- ▶ 20" Belt
- ▶ 7" step-up height
- ▶ User weight capacity 500 lbs (227 kg)

▶ **Call for Pricing Discounts**

#328060  
l-81" w-32" h-58"



## Star Trac S-RBx Recumbent Bike

- ▶ **Call for Multi Unit Prices**
- ▶ Walk-through design - wrap-around seat adjust allow users to access and change seat position with ease
- ▶ ELECTRICAL: Self-contained power supply, no external power needed. AC adapter is available for an upgrade
- ▶ Dual-platform pedals with inline skate-style straps provide user with option for secure hold or strap-free platform workout
- ▶ Star Trac's popular adjustable personal fans create a more rewarding workout
- ▶ Contoured backrest for increased airflow and comfort
- ▶ User weight capacity 350 lbs (159 kg)

▶ **Call for Pricing Discounts**

#328062  
l-66" w-28" h-53"

## Star Trac S-CTx Cross Trainer

- ▶ **Call for Multi Unit Prices**
- ▶ User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry.
- ▶ ELECTRICAL: Self-contained power supply, no external power needed. AC adapter is available for an upgrade
- ▶ Efficient footprint and approachable, stable platform with minimal step-up height for easy access from all angles
- ▶ User weight capacity 350 lbs (159 kg)

▶ **Call for Pricing Discounts**

#328061  
l-76" w-64"  
h-71.5"



## Star Trac S-UBx Upright Bike

- ▶ **Call for Multi Unit Prices**
- ▶ User-friendly console and keypad feature a large service scrolling message window, user-specific workout programs, a dedicated heart rate display, Polar® telemetry.
- ▶ ELECTRICAL: Self-contained power supply, no external power needed. AC adapter is available for an upgrade
- ▶ Easy-up seat adjust for simple seat position changes
- ▶ Star Trac's popular personal fan creates a more rewarding workout
- ▶ All-steel frame is an approachable design that is rust resistant
- ▶ User weight capacity 350 lbs (159 kg)

▶ **Call for Pricing Discounts**

#328063  
l-46" w-23" h-57"



## Sideline Cycle

**\$1195**

#383214

- ▶ **Maintain athletic readiness during games!**
- ▶ Commercial-grade drive belt for the smoothest ride
- ▶ Proper warm-up and cool-down prevents muscle pulls
- ▶ Heavy duty, solid steel frame handles up to 350 pounds
- ▶ Fully-adjustable seats and handle bars
- ▶ Electro-powder coated frame resists rusting and scratching
- ▶ "Quick stop" safety system
- ▶ **Color and Model of bike may change based on manufacturer's supplies**



## Rowing Machine

**\$799**

#314054

- ▶ **Space Saving Design**
- ▶ Involve the whole body and multi-joint movement for a superior cardio work out

## Super Tread

- ▶ Massive - weighs 525 pounds!
- ▶ User weight up to 600 pounds!

- ▶ Huge 20" wide treadmill belt
- ▶ 40,000-mile rated deck and belt

- ▶ Patented drive,
- ▶ Elevation and shock absorption

▶ 10-year warranty on motor ▪ 3-years on parts ▪ Lifetime guaranteed steel frame

### 4600C FEATURES

- ▶ 5 Window LED displays Calories, METS (metabolic equivalents), watts, time, distance, incline and speed
- ▶ Magnetic emergency "kill" switch
- ▶ Countdown timer and security code

### 4600CC FEATURES

- ▶ All the features of the 4600C, plus contact heart rate display

### 4600PR FEATURES

- ▶ 5-Window LED displays Calories, METS (metabolic equivalents), watts, time, distance, incline and speed
- ▶ Dot matrix information display
- ▶ Magnetic emergency "kill" switch
- ▶ Countdown timer and security code

### 4600PRC FEATURES

- ▶ All the features of the 4600PR, plus contact heart rate display
- ▶ Gerkin Fitness Protocol available

### 4600HRT FEATURES

- ▶ All the features of the 4600PR, plus contact heart rate display
- ▶ Two polar telemetry controlled heart rate programs: Weight Loss and Advanced Cardio
- ▶ Gerkin Fitness Protocol available rate display

**\$6,595**

#323192 • Call for upgrade pricing



# Speed and Plyos

**BFS Plyo Boxes are the safest on the market**

BFS Plyo Boxes



Non-BFS Plyo Boxes



**Boxes easily stack for storage**



## Varsity Plyo Box Set With Plyo Box Jumping Video

- ▶ Three 20" boxes
- ▶ One 32" box with booster
- ▶ Plyo box jumping video

### Varsity Set Features:

- ▶ Nailed, screwed and glued together
- ▶ Made of 3/4" plywood
- ▶ 3/8" solid, non-slip rubber tops
- ▶ Call for custom colors

**\$695**

#651256



## Individual Plyo Boxes

- ▶ Call for custom colors



**\$259**

#551269  
42" Box

**\$219**

#551268  
32" Box

**\$139**

#551267  
20" Box

**\$119**

#551266  
10" Box

## Booster Plyo Boxes

### Small Booster

**\$129**

551254

### Med. Booster

**\$139**

551253

### Large Booster

**\$149**

551252

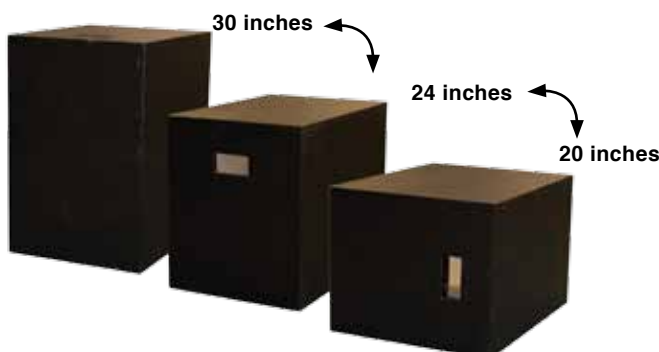
- ▶ No booster available for 42" box

## Readiness Plyo Box Set

- ▶ Shown in custom, call for custom colors
- ▶ Great for beginners
- ▶ Three 10" boxes
- ▶ One 20" box with booster
- ▶ Includes plyo box jumping video

**\$595**

Stock Price  
(Black Paint)  
#651261



## Plyo Max 3

**\$169**

#551265

- ▶ One Box - 3 heights!
- ▶ One box, maximum versatility
- ▶ Flip for 3 height options, 20, 24 and 30 inches
- ▶ Solid sided construction
- ▶ Call for custom colors





## BFS Dot Drill

- ▶ Use indoors and outdoors
- ▶ Fully integrated dots — not just stuck on or painted

**\$49**

#321040  
3' x 4' x 3/8"



FRONT TO BACK



QUARTER EAGLE

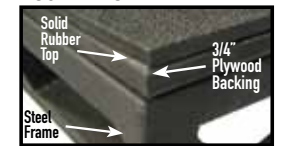


## Plyo Ramp

- ▶ **Pick Your Colors**  
See Page 1 for details
- ▶ Develop explosive lateral quickness
- ▶ Rehab tool for ankles and knees
- ▶ Stable steel frame; non-slip rubber top
- ▶ Includes plyo ramp video

**\$495**

#551270  
1-89" w-48" h-14"



DURABLE CONSTRUCTION



UPPER BODY PLYO



LOWER BODY PLYO



## Plyo Bar

- ▶ **Pick Your Colors**  
See Page 1 for details
- ▶ Sturdy adjustable bar height from 23" to 39"
- ▶ Great for beginner's & advanced athletes
- ▶ Challenging anaerobic exercise
- ▶ Dozens of sport specific exercises in one station
- ▶ Finally something new in plyometrics

**\$1145**

#65164  
1-77" w-100" h-23"



## Verti-Block Package - 12 Blocks

- ▶ Our newest youth speed and agility training product!
- ▶ Our goal is to increase your vertical jump, improve explosive power, as well as speed and agility, regardless of the level of fitness you are currently in now. Our Verti-block is designed to meet these goals in a safe, fun and affordable way.

**\$549**

#323275



## BFS TEAMS WITH TECHNOLOGY LEADER OPTOJUMP

- ▶ One meter system runs the BFS Protocol
- ▶ Includes 2 Cameras and Tripods and 2, 1 meter skis
- ▶ Quick accurate vertical jump
- ▶ Computer not included



### Balanced Training - BFS and Optojump

- ▶ SYMMETRY / FOUNDATION    ▶ ABILITY / STABILITY
- ▶ OPTIMAL PERFORMANCE    ▶ INJURY PREVENTION

▶ OPTOJUMP  
1 Meter System:

**\$5895**

#323279

Includes software support package with free software upgrades for the life of the product as well as technical support - 3 year warranty

▶ OPTOJUMP MAKES IT POSSIBLE TO:  
Assess performance and physical condition

Rapidly identify imbalances

Develop program specific training based on the test results

Periodically check the results and the effectiveness of treatment



### 5 and 10 Meter Systems Now Available Call for Pricing

Includes software support package with free software upgrades for the life of the product - 3 year warranty

### Just Jump & Run

- ▶ The essential jump, plyometric, and speed testing tool with exclusive new BFS plyometric features!
- ▶ Computerized system and platform
- ▶ Measures vertical jump, foot quickness, reaction time, sprints
- ▶ Voice activated and accurate up to .01 seconds,
- ▶ Easily test 40+ athlete's vertical jump in 10 minutes or less

**\$599**

#324040

Fast & Accurate Vertical Jump



|   |                             |  |
|---|-----------------------------|--|
| <p><b>Air Time</b> <span style="border: 1px solid black; padding: 2px;">.67 21.7</span></p> <p>IT'S SO SIMPLE! Just step on the pad and jump! The vertical jump is displayed in inches. And instantly the unit is ready for the next athlete! Super quick &amp; easy!</p> | <p><b>V.J.in Inches</b></p> | <p><b>Sprint Time</b> <span style="border: 1px solid black; padding: 2px;">.67 21.7</span></p> <p>Voice activated: timer starts when the coach yells "go" or whistle blows. Stops when pad is reached. Reads out to 1/100 of a second.</p> |
|---|-----------------------------|--|



Depth Jump

Upper Body Explosiveness

Muscular Endurance

Sprint Timing



## Agility Timer

**\$899**

#324038

### Kit Includes:

- ▶ Agility Timer box unit
- ▶ One (1) reflector (for use on tripod)
- ▶ Two adjustable tripods (one for sensor box and one for reflector)
- ▶ Operating manual and test procedures



## Fast, accurate and easy measurement of the "Pro Shuttle" drill!

- ▶ The Agility Timer was designed to measure lateral agility. Agility refers to the ability to change directions rapidly while maintaining balance without the loss of speed.
- ▶ Collects two (2) times - Perfect for measuring Lateral Speed.
- ▶ Times to 1000th of a second (.000 decimal)



## Speed Trap 1

- ▶ Infrared beam times distances up to 50 yards
- ▶ Accurate to .01 sec.
- ▶ Use indoors or outdoors
- ▶ Starting pad can be used with hand or foot

**\$549**

#324031

## Speed Trap 2

- ▶ Includes 1 TC Timer, 1 TC Gate, and 1 TC Start Pad with Touch Gate
- ▶ Completely wireless – Infrared beam times any distance
- ▶ Numerous start options
- ▶ Accurate to .001 of a second

**\$1,299**

#324037



## 30' Ballistic Response Ladder

**\$59<sup>95</sup>**

#323266

- ▶ Our #1 speed training product!
- ▶ Improve linear and lateral movement and foot quickness
- ▶ Develops change-of-direction skills
- ▶ 10 yards long, 20 rungs
- ▶ Storage bag and training manual

### Also Available:

- ▶ 15' Ballistic Response Ladder

**\$39<sup>95</sup>**

#323264



## Performance Hurdles

- ▶ #323268 6" Hurdle \$8.50
- ▶ #323267 12" Hurdle \$8.95
- ▶ #323269 Extension \$5.99

### HURDLE EXTENSIONS:

#### Snap-on hurdle extension

**Increases height of hurdles by 6 inches!**

**Save 10 percent when ordering six or more**

- ▶ Teaches proper leg recovery and force application
- ▶ Increases power and improves running technique

# Speed and Plyos

## Heavy Duty BFS Push/Pull Sled

- ▶ Heavy 11 Gauge Steel Tubing
- ▶ Durable 3/8" Solid Steel Slide Plates
- ▶ 2 times as long lasting as aluminum
- ▶ Built to be used on concrete or asphalt or any hard surface
- ▶ High Vertical Handles & Low Horizontal handles
- ▶ Pull Harness attachment position
- ▶ Dual Olympic Plate Holders
- ▶ Develop explosive power in LEGS and HIPS

**\$295**

551451  
Harness and Bumpers not Included

**\$345**

651451A  
With Harness and Lead



## Sprint Sled

- ▶ Improves power
- ▶ 2" Olympic plate holder
- ▶ Comfortable, yet durable, nylon harness and lead

**\$199**

#551450



## D Flex

- ▶ The D Flex will give you a kinesthetic feel of how to keep your toes up as you sprint!
- ▶ Includes a manual of training protocols (download at [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com))

**\$69**

#325165



## Speed Harness

- ▶ Recommended for sprints of less than 30 yards
- ▶ Neoprene and PVC handle; easy to use and durable

**\$4995**

#323129



## Doubleman Overspeed

- ▶ Cord safely contained in nylon sleeve

**\$10995**

#325155



## Giant Sprint Chute

**\$8995**

#323200

## Large Sprint Chute

**\$7995**

#323203

## Medium Sprint Chute

**\$7595**

#323202

## Small Sprint Chute

**\$6995**

#323201



- ▶ Specifically designed to increase speed
- ▶ Strong, inner-core webbing
- ▶ Quick-release belt



## Harness & Lead

- ▶ Comfortable, yet durable, nylon harness and lead

**\$4995**

#323130



## 3-in-1 Squat Box

► PICK YOUR COLOR  
see page 2 for details

**\$295**

554447

Sit and Reach

Straight Leg Dead Lift

BoxSquat



## Safety Squat

**\$49**

#324035

- 2 or more only \$43.50 ea
- Longer strap and stronger fastening clip
- New, improved design - more durable and consistently accurate
- Beeps at parallel, two volumes
- Test squats, dips and push-ups
- Lights up when parallel

## Squat Box

► Thousands sold!

554244 **\$89** Low (for heavy squats)

554240 **\$99** Short (under 5'8")

554245 **\$109** Med. (5'8" to 6'1")

554250 **\$119** Tall (6'1" to 6'6")

554255 **\$129** X-Tall (over 6'6")

## Squat Box Booster

**\$89**

320251



## Manta Ray

**\$44<sup>95</sup>**

#324029



## BFS Bench Block

- Lock onto the bar and get the correct depth on your towel bench press

**Coming Soon!**



## Barbell Pad

**\$12<sup>95</sup>**

#320107



## Towel Bench Pad

**\$12<sup>95</sup>**

#320154

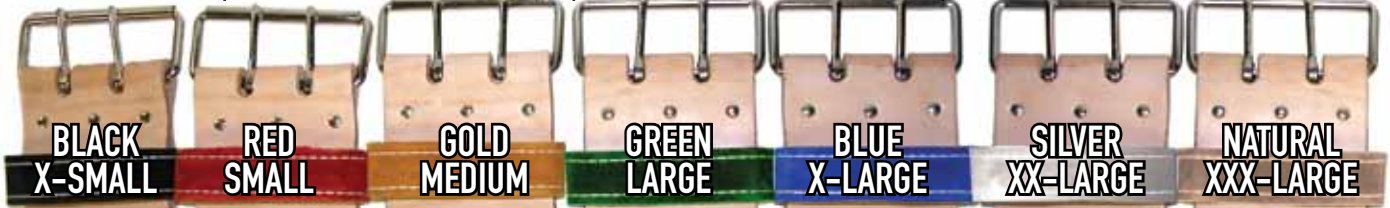
- A BFS core lift



## EXCLUSIVE BELT COLOR CODED SIZING SYSTEM FROM BFS

► Made of 1/4" top-grain leather & steel buckles and designed for the toughest environments.

| 4" Belt- Color Coded |         | 6" Belt - Color Coded |         | Power Belt Color Coded |         | Waist Size Chart |         |
|----------------------|---------|-----------------------|---------|------------------------|---------|------------------|---------|
| XS, S, M, L          | \$27.95 | XS, S, M, L           | \$32.95 | XS, S, M, L            | \$36.95 | X-Small          | 22"-33" |
| X-Large              | \$32.95 | X-Large               | \$37.95 | X-Large                | \$42.95 | Small            | 25"-36" |
| XX-Large             | \$37.95 | XX-Large              | \$43.95 | XX-Large               | \$48.95 | Medium           | 28"-41" |
| XXX-Large            | \$44.95 | XXX-Large             | \$49.95 | XXX-Large              | \$54.95 | Large            | 33"-44" |
|                      |         |                       |         |                        |         | X-Large          | 38"-47" |
|                      |         |                       |         |                        |         | XX-Large         | 43"-52" |
|                      |         |                       |         |                        |         | XXX-Large        | 49"-55" |



### BFS Flex Belts

► The color of belts varies based on manufacturer's Stock; Black is the most available color



| Belt Size   | Waist Size     | 5 inch Flex \$ 40.00 | Power Flex \$ 44.00 |
|---|----------------|----------------------|---------------------|
| X-Small   | 22 – 28 inches | 323103XS             | 323104XS            |
| Small   | 26 – 32 inches | 323103S              | 323104S             |
| Medium  | 30 – 36 inches | 323103M              | 323104M             |
| Large   | 34 – 40 inches | 323103L              | 323104L             |
| X - Large   | 38 – 44 inches | 323103XL             | 323104XL            |
| XX - Large  | 42 – 48 inches | 323103XXL            | 323104XXL           |
| <b>Custom Lettering: Per Belt</b>                     |                | \$25.00              | 383104              |
| <b>Must be used w/ Product #s 323103 &amp; 323104</b> |                |                      |                     |

### 4" and 6" Nylon Belt

◆ Nylon belt with steel buckle and Velcro® closure.

| Nylon Belt | 4 inch - \$ 25.95 | 6 inch - \$ 29.95 |
|------------|-------------------|-------------------|
| Small      | 322910            | 322915            |
| Medium     | 322911            | 322916            |
| Large      | 322912            | 322917            |
| X - Large  | 322913            | 322918            |



### Nylon Dip Belt

**\$3495**

#322920



### Dip Belt

**\$47**

#323105



### Belt Rack

- Safe and stable steel frame
- Lockable — Protect your investment!
- Use the BFS Belt Rack to store your chains

**\$159**

#554435



# Accessories

## 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. Purple 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<br><b>Save \$6.00</b>   |
| 315058 | Varsity Band Set Pairs 1, 2, 3, 4      | \$115.00<br><b>Save \$11.00</b> |
| 315059 | Elite Band Set Pairs 1, 2, 3, 4, 5     | \$160.00<br><b>Save \$20.00</b> |
| 315060 | D1 Band Set Pairs 1, 2, 3, 4, 5, 6     | \$230.00<br><b>Save \$34.00</b> |
| 315061 | Pro Band Set Pairs 1, 2, 3, 4, 5, 6, 7 | \$315.00<br><b>Save \$54.00</b> |



### Battle Rope

**\$119**

40' length, 1.5" diameter  
25 lbs.  
#314050



### Gym Chalk

**\$11<sup>95</sup>**

#320104



### Chalk Bin

**\$79**

#324010



### Chalk Ball

**\$6<sup>99</sup>**

#320099



### Gripper

**\$37<sup>99</sup>**

#320086



### Fat Gripz

**\$44<sup>95</sup>**

#320152



### Wrist Roller

**\$19<sup>95</sup>**

#320625



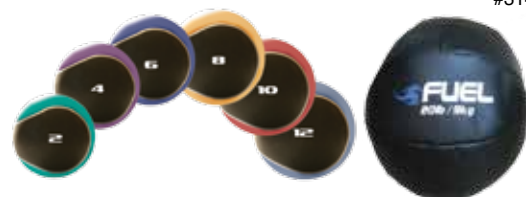
### Plate Loaded Gripper

**\$169**

#554452

## Medicine Balls

► Thick, durable rubber shells



### 20 lb Ball

**\$39.95**

#314053

323141 2 lb Ball-Teal

**\$15.95**

323142 4 lb Ball-Purple

**\$23.95**

323143 6 lb Ball-Blue

**\$31.95**

323144 8 lb Ball-Yellow

**\$39.95**

323145 10 lb Ball-Red

**\$44.95**

323146 12 lb Ball-Gray

**\$51.95**

### 6-Ball Rack

**\$69**

#340086



### 6-Ball Full Set & Rack

**\$249**

#323149







**Jump Rope**  
**\$8.99**  
 #314052



**Beaded Jump Rope**  
**\$10.95**  
 #323150



**ISO Balls**  
**\$22**  
 55cm #340089  
**\$26**  
 65cm #340090



**Sit & Reach Box**  
 ▶ -6 inches to + 12 inches  
 ▶ 3/4" plywood construction  
**\$119**  
 #554262



**Straight Leg Dead Lift Platform**  
 ▶ Diamond tread, non-slip surface • Solid steel frame  
**\$139**  
 #554449



**Power Clean Blocks**  
 ▶ 3/4" plywood construction  
 ▶ Rubber tops and rubber lip to prevent rolling  
**\$159**  
 #554241



**Leather Tricep Strap**  
**\$28**  
 #323117



**Tricep Press Down Rope**  
**\$25.95**  
 #310165



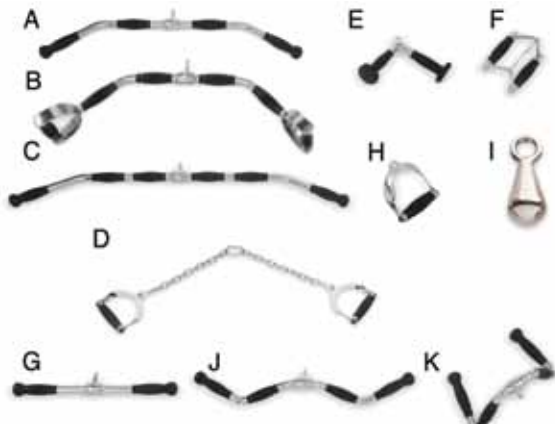
**Leather Ankle Strap**  
**\$28**  
 #323123



**Nylon Ankle Strap**  
**\$12.95**  
 #322922

## Cable Attachment Bars

## Chromed Bars and Handles with Urethane Grips



|    |                                  |         |      |
|----|----------------------------------|---------|------|
| A. | 36" Lat Bar                      | #310169 | \$45 |
| B. | 34" Pro-Style Lat Bar            | #310173 | \$59 |
| C. | 48" Revolving Lat Bar            | #310171 | \$57 |
| D. | Dual Action Chain Stirrup Handle | #310175 | \$59 |
| E. | Tricep Press Down Bar            | #310161 | \$30 |
| F. | Seated Row / Chinning Bar        | #310160 | \$33 |

|    |                         |         |      |
|----|-------------------------|---------|------|
| G. | 20" Cable Bar           | #310168 | \$31 |
| H. | Deluxe Stirrup          | #310163 | \$27 |
| I. | Single Palm Grip Handle | #310176 | \$25 |
| J. | 28" Revolving Curl Bar  | #310170 | \$45 |
| K. | Multi-Exercise Bar      | #310158 | \$54 |



## Quick Wraps

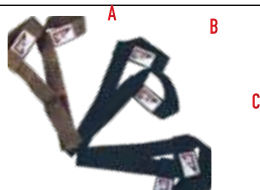
**\$1195**  
Black  
#320505



## Tiger Tail

- ▶ Muscle Recovery System
- ▶ Smooth Rolling

**\$3299** **\$2799**  
22 inch #326011 18 inch #326010



## Sure Grip Straps

**\$995**  
#323150  
A. Leather - #322927 \$10.95pr  
B. Cotton - #322925 \$7.95pr  
C. Padded - #322926 \$9.95pr



## Knotty Tiger

- ▶ Muscle Recovery System
- ▶ Release knots in tight areas

**\$1899**  
#326012



## Lifting Hooks

- ▶ Deadlifts, shrugs, rows
- ▶ Forged steel hook in heavyweight cordura nylon

**\$2595**  
#322928



## Extreme Roller

- ▶ Muscle Recovery System

**\$3995**  
#314051



## Elastic Knee Wraps

**\$1995**  
#322932



## BFS Back Pack

**\$999**  
#950BCKPCK



## Power Lifting Knee Wraps

**\$2895**  
#322933



## BFS Water Bottle

**\$599**  
#950WTBT



## Elastic Elbow Wraps

**\$1595**  
#322934



## BFS Wrist Bands

**\$699**  
#950WRBD



## Elastic Wrist Wraps

**\$995**  
#322931



## BFS Head Band

**\$799**  
#950HDBD



## Neck Harness

Leather **\$45** Nylon **\$2695**  
#323115 #322921



## BFS Hand Towel

**\$699**  
#950TWL



## Leather Gloves

**\$1695**  
XS 322945 L  
322948  
S 322946 XL  
322949  
M 322947 XXL  
322950



## BFS Dog Tag

**\$499**  
#950DGTG



## BFS Lanyard

**\$499**  
#950LNYD

## Safety Package

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325077

- ▶ Now With Six "Absolute" Posters & The "Safety & Liability Manual"
- ▶ Prepare yourself with the information you need as a coach or administrator to avoid and/or win lawsuits that deal with the weight room.
- ▶ Implementation Instructions
- ▶ Weight Room Safety DVD
- ▶ Weight Room Rules Poster
- ▶ 1 Year Magazine Subscription
- ▶ Student/Athlete Acknowledgement Form
- ▶ Safety Posters, Training Posters



## Total Program Package

**\$99**  
#325187

- ▶ BFS Total Program Video
- ▶ Exercise Instruction DVD
- ▶ Bigger Faster Stronger Book
- ▶ Set-Rep Log Book
- ▶ Record Card
- ▶ Be an 11 Manual
- ▶ 1 Year Magazine Subscription



## Women's Total Program Package

**\$89**  
#325139

- ▶ Total Program for Women Video
- ▶ Exercise Instruction DVD
- ▶ Bigger Faster Stronger Book
- ▶ Womens' Set-Rep Log Book
- ▶ Record Card
- ▶ Be an 11 Manual
- ▶ 1 Year Magazine Subscription



## Readiness Program Package

**\$79**  
#325189

- ▶ Readiness Video
- ▶ Exercise Instruction DVD
- ▶ Bigger Faster Stronger Book
- ▶ Readiness Log Book
- ▶ Readiness Card
- ▶ Be an 11 Manual
- ▶ 1 Year Magazine Subscription



## BFS Clothing Line Exclusively online at the BFS eStore

- ▶ [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com)
- ▶ Coaches
- ▶ Athletes
- ▶ Training
- ▶ Gameday
- ▶ Casual



Scan Code to visit BFS Clothing Page



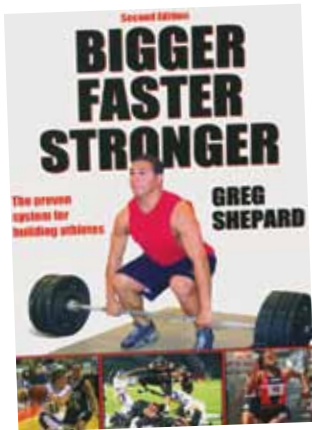
## Weight Room Survival Kits

- ▶ You are ready, ready to work, ready to train, ready to sweat and push. This season, this year, this week, this game is your time. You are ready to begin to win and BFS is there to stand behind you with top flight equipment and a program that has been impacting generations of athletes and champions!
  - ▶ Now you can let the world know just how ready you are with your BFS Weight Room Survival Kit!
  - ▶ Water bottles
  - ▶ Sweat Bands (you're going to need them)
  - ▶ Training Logs (you can't break records if you don't keep records)
  - ▶ Year round inspiration with the BFS Magazine
  - ▶ And Much Much more!
- ▶ All you need to help build your physical and mental strength - All you need to supply is the will and commitment to BE AN 11!

| <b>A</b><br>940WRSVA   | <b>B</b><br>940WRSVB   | <b>C</b><br>940WRSVC   | <b>D</b><br>940WRSVD   |
|--|--|--|--|
| BFS String Back Pack<br>BFS Water Bottle<br>BFS Wrist Band<br>BFS Head Band<br>BFS Towel<br>Readiness Log Book<br>Set Rep Log Book<br>Be An 11 Manual<br>BFS Total Program Book<br>BFS Magazine 1 Year<br>BFS Dog Tag<br>BFS Lanyard | BFS String Back Pack<br>BFS Water Bottle<br>BFS Wrist Band<br>BFS Head Band<br>BFS Towel<br>Readiness Log Book<br>Set Rep Log Book<br>Be An 11 Manual<br>BFS Total Program Book<br>BFS Magazine 1 Year<br>BFS Dog Tag<br>BFS Lanyard<br>BFS Sets and Reps DVD<br>BFS T-Shirt | BFS String Back Pack<br>BFS Water Bottle<br>BFS Wrist Band<br>BFS Head Band<br>BFS Towel<br>Readiness Log Book<br>Set Rep Log Book<br>Be An 11 Manual<br>BFS Total Program Book<br>BFS Magazine 1 Year<br>BFS Dog Tag<br>BFS Lanyard<br>Cotton Lifting Straps<br>Dream the Biggest Dream Novel<br>BFS Sets and Reps DVD<br>BFS Clinic Exercise Instruction DVD<br>BFS Knit Beanie<br>BFS T-Shirt | BFS String Back Pack<br>BFS Water Bottle<br>BFS Wrist Band<br>BFS Head Band<br>BFS Towel<br>Readiness Log Book<br>Set Rep Log Book<br>Be An 11 Manual<br>BFS Total Program Book<br>BFS Magazine 1 Year<br>BFS Dog Tag<br>BFS Lanyard<br>Cotton Lifting Straps<br>Dream the Biggest Dream Novel<br>Safety Squat |
| <b>\$106.78 VALUE</b>  | <b>\$163.77 VALUE</b>  | <b>\$230.66 VALUE</b>  | <b>\$367.51 VALUE</b>  |
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| SAVE 17.78   | SAVE 44.77   | SAVE 71.66   | SAVE 98.51   |

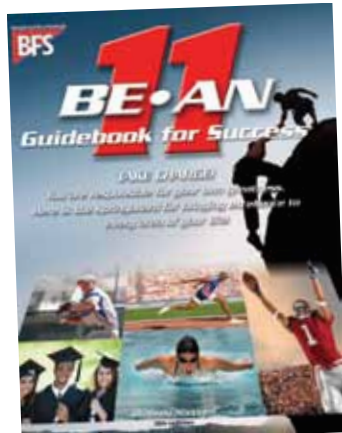


## BFS Total Program Book



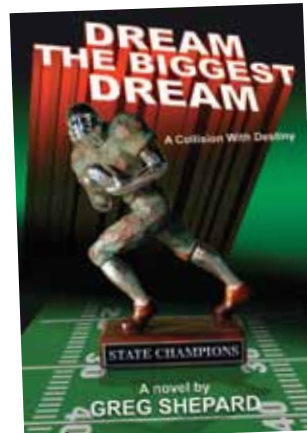
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## Be an 11 Guidebook for Success



\$13<sup>95</sup>  
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## Dream the Biggest Dream



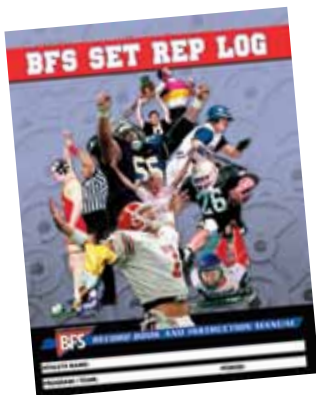
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## Magazine Subscription



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1 year    2 years    3 years  
080001    080002    080003

## BFS Set-Rep Log Book



#325060

## Women's Set-Rep Log Book



#325040

## Readiness Log Book



#325050

## BFS Log Book Pricing

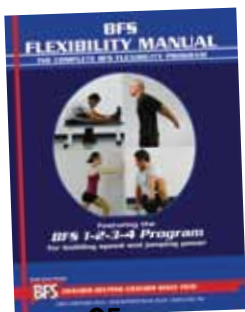
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CUSTOM LOG BOOKS  
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## ALL NEW 48 page Flexibility Manual



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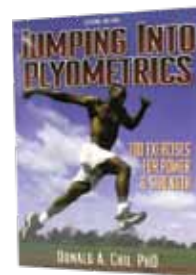
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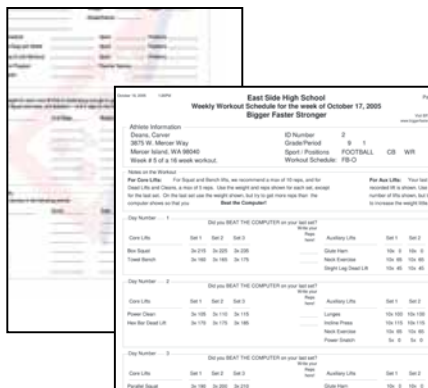
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Each program is customized with the school name and **CANNOT BE RETURNED.**

Please get the demo version if you are unsure of your purchase. Demos are available via download from [biggerfasterstronger.com](http://biggerfasterstronger.com) or call BFS.

#### System Requirements:

- Pentium II Mhz or faster processor • Windows 98, ME, XP, NT, 4, 2000 or newer operating system
- 256 MB or more of available memory (RAM) • 8x speed or faster CD rom (only required to install from CD)
- Hard drive with 50 MB or more free space • SVGA monitor running at 800x600 resolution (1024x768 preferred), 256 color
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- Power Balance Drills
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## BFS Total Program

**\$49**  
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186 Minutes  
2 DVDs



Complete Instructions How to Record Lifts All Core Lifts Agility-Dot Drill, Flexibility Speed & Plyos In Short - Everything!

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DVD #322137 : 28 min.

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DVD #322138 : 25 min.

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### 3 Poster Set

- Knee Safety
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#325032

## WEIGHT ROOM RULES

- WEAR PROPER WORKOUT ATTIRE - NO SANDALS**
- NO HORSEPLAY; LOUD, OFFENSIVE LANGUAGE; OR SMOKING**
- USE THE BFS SIX ABSOLUTES OF PERFECT TECHNIQUE WHEN LIFTING**
- USE COLLARS ON BARBELLS AND PROPERLY USE SAFETY PINS ON MACHINES**
- WHEN IN DOUBT, SEEK PROPER INSTRUCTION**
- USE EQUIPMENT FOR ITS INTENDED USE - DO NOT MODIFY THE EQUIPMENT**
- USE SPOTTERS AND SAFETY RACKS**
- HELP AND ENCOURAGE EACH OTHER! MAKE YOUR TEAMMATES GREAT!**
- NO FOOD, CHEWING GUM, GLASS BOTTLES OR CANS**
- LOAD AND UNLOAD FREE WEIGHTS EVENLY AND CAREFULLY**
- DO NOT DROP METAL WEIGHTS OR DUMBBELLS ON PLATFORMS OR FLOORS**
- BUMPER PLATES MAY BE DROPPED ONLY ON PLATFORMS WITH CONTROL**
- PUT AWAY ALL WEIGHTS AFTER USING THEM AND WIPE DOWN UPHOLSTERY AS NEEDED**
- IMMEDIATELY REPORT ALL ACCIDENTS, INJURIES AND EQUIPMENT FAILURE TO STAFF**

**BFS** Dedicated to Helping Athletes Succeed Since 1976

## Weight Room Rules Poster

14 Weight Room Rules. A must for every weight room!

**\$12**

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|--------------|-----------------|------|-------|-------|------|------|
|              | 5'6"            | 5'8" | 5'10" | 5'11" | 6'0" |      |
| 56-60 KG     | Good            | 5.25 | 5.5   | 5.75  | 6.0  | 6.25 |
|              | Great           | 4.50 | 5.2   | 4.8   | 5.1  | 4.80 |
|              | All State       | 4.25 | 5.00  | 4.7   | 5.0  | 4.50 |
| 61-65 KG     | Good            | 5.25 | 5.5   | 5.75  | 6.0  | 6.25 |
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| 76-80 KG     | Good            | 5.25 | 5.5   | 5.75  | 6.0  | 6.25 |
|              | Great           | 4.50 | 5.2   | 4.8   | 5.1  | 4.80 |
|              | All State       | 4.25 | 5.00  | 4.7   | 5.0  | 4.50 |
| 81-85 KG     | Good            | 5.25 | 5.5   | 5.75  | 6.0  | 6.25 |
|              | Great           | 4.50 | 5.2   | 4.8   | 5.1  | 4.80 |
|              | All State       | 4.25 | 5.00  | 4.7   | 5.0  | 4.50 |
| 86-90 KG     | Good            | 5.25 | 5.5   | 5.75  | 6.0  | 6.25 |
|              | Great           | 4.50 | 5.2   | 4.8   | 5.1  | 4.80 |
|              | All State       | 4.25 | 5.00  | 4.7   | 5.0  | 4.50 |
| 91-95 KG     | Good            | 5.25 | 5.5   | 5.75  | 6.0  | 6.25 |
|              | Great           | 4.50 | 5.2   | 4.8   | 5.1  | 4.80 |
|              | All State       | 4.25 | 5.00  | 4.7   | 5.0  | 4.50 |
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#325070



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## Training to Game Day - Athletes to Coaches.

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We are making it easier than ever to combine all the services and options BFS provides in a plan that makes sense for your unique situation. So whether you are looking for a 2-day exercise instruction clinic for your athletes, WRSC certification for your coaches, or all of the above, including a character building Be An 11 Seminar, we have a solution for you. See page 4.

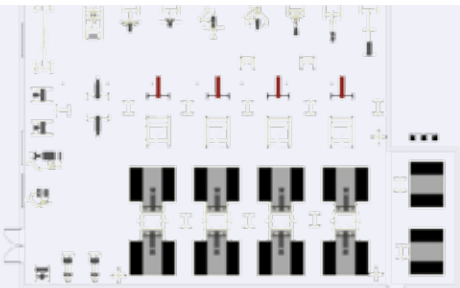
## Weight Room Safety Certification

Every teacher and coach that works with students and athletes in a weight room is assuming some level of liability for the safety and success of their students. A WRSC prepares teachers and coaches with a winning fundamental program of weight lifting techniques and protocols. Through the hands-on training required for this certification coaches will help students and athletes achieve the strength and performance gains they are looking for in a setting that emphasizes perfect form and technique. Visit page 8 for more information on attending a WRSC in your region or hosting one for your school or facility.

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keycode



**Don't miss - BFS Design Services from Concept to Completion - pg 3**

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