



BFS Program Overview

The mission of Bigger Faster Stronger, Inc., is to encourage positive changes in the lives of young people. BFS works through a three tiered approach.

First, for students, character education and fitness trainings and seminars.

Second, to support physical educators in their work with young people, we offer professional development and a certification program in weight room safety and strength/conditioning. We specialize in continuing education materials that teach how to increase the safety and effectiveness of their physical education programs through the concept of unification.

Third, to support excellence in physical education, BFS offers the highest level of expertise in weight room design and layout, as well as products that stand the test of time. Our experienced staff of teachers, coaches, etc... focus all of their energy on finding ways to help physical education programs offer the best lessons to their students.

Our program focuses on a balanced approach of development, utilizing proper aspects of progression and load. As well as extremely stringent safety protocols. The BFS Program prides itself on it's vast amount of teacher resources in our Online Learning Center (For Certified Teachers - videos, articles written by advisory board members, doctors, teachers, strength coaches, etc..., online demo's and much more).

The Eleven (*on a scale of one to ten - be an Eleven*) Student is one who has learned how to create a balanced program that they can continue to use once they leave your school districts care and stay safe while they train and continue their search for life long fitness.

ELEVEN AREAS OF OUR BALANCED, DEVELOPMENTAL, PROGRESSIVE PROGRAM:

1. REST & NUTRITION / PROPER WARM UP

BFS utilizes a schedule that allows for training variation as well as proper progression so over training can be avoided. The use of technology is also tied into the program with nutritional meal planning. Proper dynamic warm up is a major component of fitness, which is why we utilize full body activities as well as, isolation activities, such as core, upper body and lower body in our dynamic warm up, so the entire body is ready for activity.

2. YEAR ROUND TRAINING / BALANCE & STABILITY

It is extremely important that students learn how to develop a balanced year round program that allows for continual growth. They will have windows of rest, recovery, etc, but they should always remain focused on bettering their overall level. It is also extremely important that their balance and stability improve.

“Balance of power” is the perfect term to describe a vital key to movement performance. In physical education, the teacher wants every member of the class to be able to obtain their individual optimal performance.

Although there are many components of optimal performance, among the most commonly cited by teachers and sport scientists alike are speed, power, quickness, agility and stability. Most of the attention in strength and conditioning programs is focused on the first four of these components, which is a mistake. Without stability, you do not have the ability to display the other components. Balance and control (stability), allows you to display your strength in movement.

3. RECORD KEEPING

BFS utilizes multiple different forms of technology to record/assess student growth. Such as our Set Rep System App, which allows the teacher to see each students workout and when the student breaks a personal record. The set rep system wether utilizing the app or booklet, incorporates critical thinking and decision making as students continue to strive for personal development. In addition students utilize math skills, as they track set totals and personal records.

We also utilize digital leader boards, which allow for the teacher to create categories in which they want to test and chart and then post/update the results digitally.

Testing is a valuable tool for development, as it helps to monitor training and motivate students to achieve higher goals. If you have the proper testing tools it is a very efficient and effective part of your program. For example, using a Just Jump pad (Technology), a teacher can test the vertical jumps of 40 students in as little as 10 minutes. At BFS we believe that some form of testing should be performed every two to four weeks, from something as simple as timing your dot drill performance, to running the sit and reach test. Movement tests, validate that the training you are doing is working and developing the students into better movers, and increasing their fitness levels.

4. SPRINT TRAINING

One of the keys to the BFS Speed Training program is the BFS Sprint Technique System. The system consists of eight techniques that should be emphasized during sprinting. Proper running technique is under developed in most programs, but extremely important to help students run efficiently with the lowest amount of stress on the body.

5. AGILITY TRAINING

Agility training is critical in helping the body learn how to change direction effectively. The focus is on quick feet, proper running form, and effective foot placement to minimize wast-

ed effort. This area of training is extremely effective in developing better overall balance and coordination.

6. CARDIO TRAINING

The importance of Cardiovascular development is critical to a balanced program and overall fitness. BFS uses various tools and techniques to increase students cardiovascular ability.

7. MOBILITY/FLEXIBILITY TRAINING

The importance of a sound flexibility program is critical in order for students to reach their full potential. Flexibility exercises have the potential for reducing injury severity, reducing injury frequency, reducing soreness, contributing to fitness, improving motor performance, assisting in relaxation and increasing joint range of motion.

There is a difference between *flexibility stretching* and *warm-up*. A warm-up is an activity that raises the body temperature and increases blood flow. Flexibility is the range of motion possible at a specific joint. Furthermore, cold muscles and other tissues are more susceptible to injury. Therefore, a warm-up must precede stretching and strenuous activity in order to reduce chance of injury and to allow the greatest possible length of the tissues during stretching exercises.

BFS regards stretching as a separate exercise regimen, like plyometrics and weight training. Stretching is not part of a warm-up or cool-down for physical activity that students need to do only occasionally. The BFS Stretching Program is as easy as 1-2-3-4, named so because it consists of 11 stretches, divided into four groups. The first group of exercises is performed on a bench, the second standing, the third against a wall, and the fourth on the floor.

Flexibility exercises are an important part of any Total Program. There is no doubt that flexibility training done correctly and consistently will increase an student's joint range of motion. Furthermore, many experts agree that an effective flexibility program is important in injury prevention.

8. PLYOMETRIC TRAINING

The BFS Plyometric Program consists of five steps: Standing Vertical Jumps, Standing Long Jumps, Plyometric Box Jumping, Jumping on a Box from a Stand, and Plyometric Bounding Drills. All these phases sound like a lot; but if your program is well organized, your students can complete it in about 10 minutes.

In addition to this program, there are many additional plyometric exercises that are valuable.

Regardless of an student's jumping ability, BFS offers plyometric boxes of various sizes to accommodate them, from our lower height "Readiness Boxes" to our standard "Varsity Boxes". Also, our boxes are solid, so that feet safely slide down if the jump is missed – there is no risk of the feet getting trapped as with an open plyometric box.

9. STRENGTH TRAINING

In regards to strength development, BFS utilizes a 3 step approach:

Step 1: Body Weight Training - this is where the student develops proper movement patterns and balance/core stability.

Step 2: Readiness Program - this is where the student begins to utilize resistance training, but the load can only be increased when the teacher confirms that they have proper technique.

Step 3: Rotational Set Rep System - this is where the student begins to compete against their own personal records and learns how to self assess their effort as well as their technique.

The strength training aspect of the BFS workout is set up on a four-week cycle. Each cycle is set up to maximize continuous development in muscular strength and muscular endurance.

One of the most important principles of our strength program is to never sacrifice technique to lift heavier weights. To help achieve perfect technique BFS has developed six training principles called "Absolutes" that are amazingly effective in teaching perfect tech-

nique in the weight room and in running, etc....

One reason the Six Absolutes are so amazingly effective is that all teachers can use the same terminology when teaching weight training and fitness skills.

1. Use an Athletic or Jump Stance
2. Be Tall
3. Spread the Chest (lock in the lower back / tight core)
4. Toes Aligned
5. Knees Aligned (knees over toes)
6. Eyes on Target

The Six Absolutes – this is biomechanics, made simple!

BFS also utilizes a great app that allows for confirmation of proper depth on the parallel squat - the app is named True Squat - right now it is only available via the apple store, but will be available for android soon. It can also be used on pushups and dips.

10. SKILL TRAINING

BFS focuses on a balanced approach of all the skills involved in fitness, from running to jumping, to catching, goal setting for skills, etc... which allows for

each student to increase their overall level of fitness and basic movement skills.

11. CHARACTER EDUCATION / MENTAL TRAINING

Like most educators, you are no doubt constantly seeking ways to encourage, motivate and inspire achievement. Our dynamic seminar presenters will infuse

your program with a greater vision. Along with that vision, they will teach your students how to set higher goals (Individual, Academic and Community Service Goals), work harder and become better people as they create their own value system with higher standards.

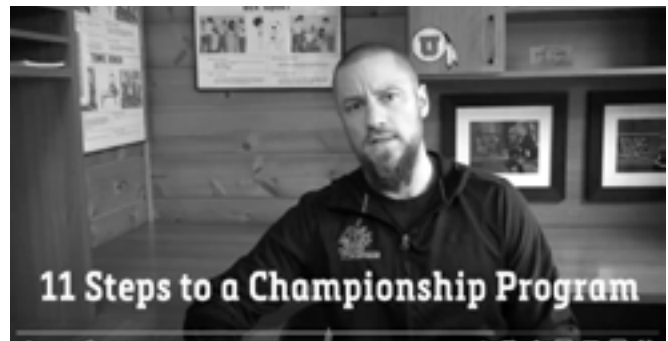
On a scale of 1 to 10, each participant will learn how to become an "11" student, communicator, community member and leader.

BFS RECAP:

BFS has a vast archive of articles written over decades, explaining all aspects of proper fitness, strength/cond., goal setting, motivation, plyometrics and program implementation. All articles are free PDF downloads that teachers can assign to students to incorporate reading and writing into their physical education classes. BFS also has a vast network of teachers, doctors and strength coaches, that are always available for support.

Additionally BFS has many options for incorporating technology into physical education classes.

BFS has been focused on helping students and teachers accomplish their goals in the classroom and in the community for over 40 years. Our passion for your students success continues to be what drives us!



FREE COURSE: 11 STEPS TO A CHAMPIONSHIP PROGRAM

Be sure to watch the free BFS Mini Course on the “11 Athlete” presented by BFS President John Rowbotham.

Available on the BFS website [HERE](#)