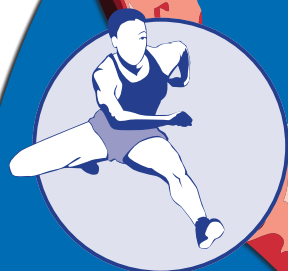
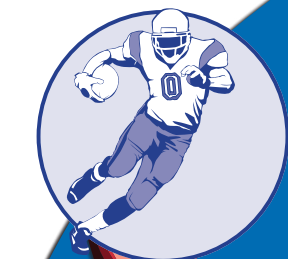


# BFS CERTIFICATION COMPLETION GUIDE



# WIN WITH BFS

BIGGER FASTER STRONGER

**BFS**

*COACHES HELPING COACHES SINCE 1976*

# Certification Completion

## Dear Coach,

Congratulations on completion of the practical component of BFS Certification.

All you need to do to finish the certification is to take the Certification Test, which consists of reading our upgraded study materials and passing a multiple-choice test. This will provide written proof that you understand how to design and supervise safe and

effective workouts, based upon an organization that has been helping athletes succeed for over 44 years.

In 10 business days you will be emailed the web link, username and password needed to take the online Certification Test for the theory component of your certification.

## 6 Absolutes of Completion

### 1. PRACTICAL:

Having completed the practical component of the BFS Certification in the past 45 days, you are halfway towards completing the new, upgraded BFS Certification.

### 2. STUDY PERIOD:

After completing your practical component you will have 10 business days to review your Total Program Study Guide that can be downloaded from the BFS Online Learning Center. [www.biggerfasterstronger.com/olc](http://www.biggerfasterstronger.com/olc)

### 3. CERTIFICATION TEST:

10 Business days after your practical component you will be emailed your web link, username and password with which to login to the online Certification Test. The test takes 60 to 120 minutes and should be taken in one sitting to prevent internet "timing out" issues.

BFS Certification Test Overview:

The BFS Certification Test is an open-book test which contains 102 multiple choice and true/false questions. You must answer 90 of the Questions correctly to Pass. You must complete the Test to receive a Passing Score. If you fail the test, you may retake the test again at no cost. As this is an open-book test you may use the BFS Certification Study Guide. You have 45 days from the completion of your practical component to complete the Certification Test.

Upon test completion you **MUST** click "Submit" button to register your results with BFS

### 4. BFS CERTIFIED:

After passing the online Certification Test you will be mailed your official certificate and your subscription to BFS Magazine will begin.

### 5. ONLINE LEARNING CENTER:

Using your BFS supplied username and password you will now have access to the BFS Online Learning Center. Here you will find Video Training materials on all BFS Core Lifts and Standard Auxiliary Lifts. You will also have access to all information presented in the practical component slide show. Use these materials for classroom training or as a personal refresher for the practical component of your BFS Certification.

### 6. RENEWAL:

Your BFS Certification is good for one year. You will be reminded by email as your renewal date approaches so be sure to keep your contact information with BFS current. Renewal is \$99.95 and keeps you active on the Online Learning Center with it's growing library of training aids as well as maintains your subscription to BFS Magazine. Renewal also demonstrates you are taking an active role in staying current in weight room training and safety.

Once again, our Congratulations and Good Luck on successful completion of the test!

Sincerely, The BFS Staff

# Certification Completion

## What You Will Need

1. The Email Address/Username You Provided to Us When You Paid for the Certification.
2. The Password We Emailed to You When You Completed the Practical Component of the Certification.
3. The Certification Study Guide provided online at the BFS Online Learning Center.

1. From biggerfasterstronger.com find the link to the certification written test in bottom of the course page of any page. The direct link is <http://office.biggerfasterstronger.com/home/CertTest.asp>



**BFS** **BIGGER FASTER STRONGER**  
Dedicated to Helping Athletes Succeed Since 1976  
Equipment • Training • Character

**WRSC Online Test**

**The Final Steps to Becoming BFS Certified**

If you completed the Practical Component of the BFS WRSC in the past year, you are halfway towards completing the new, upgraded BFS WRSC. All you need to do to finish the WRSC is to take the theory portion, which consists of reading our upgraded study materials and passing a multiple-choice / true false test. This will provide written proof that you understand how to design and supervise safe and effective workouts, workouts based upon an organization that has been helping athletes succeed for over 35 years.

**BFS WRSC Test Overview**  
**Note: Test Must be Taken within 45 Days of Completion of Practicum**

The BFS WRSC Test is an Open-Book test which contains 102 Multiple Choice and True/False Questions. You must answer 90 of the Questions correctly to Pass. You must complete the Test to receive a Passing Score. If you Fail the Test, you may Retake the Test again at No Cost. As this is an Open-Book Test you may use the BFS Certification Study Guide.

**What You Will Need**

1. The **Email Address/Username** You Provided to Us When You Paid for the WRSC.
2. The **Password** We Emailed to You When You Completed the Practical Portion of the WRSC.
3. The **WRSC Study Guide** Provided in the WRSC Box.

**Registration Instructions to Take Test**

1. Enter Your Email Address / Username and Password and Click the "Submit" Button.
2. Follow the Instructions in the Next Window that will Open.
3. If You are Using a Pop-Up Blocker it MUST BE TURNED OFF

Email Address/Username:

Password:

Submit

FAX 1-801-975-1159  
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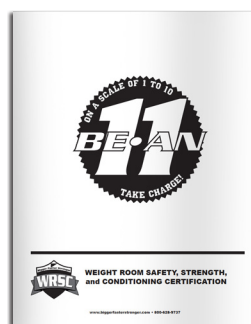
Toll Free 1-800-628-9737  
Bigger Faster Stronger Incorporated

[info@bfsmail.com](mailto:info@bfsmail.com)  
All Rights Reserved

2. Enter Your Email Address / Username and Password and Click the "Submit" Button
3. You will be given the opportunity to double check your name as it will appear on you certificate.
4. Click through to begin taking the test. Allow 60 to 120 minutes to complete the test. Please note there are 102 questions and they will be displayed one at a time. Complete the test in one sitting, while BFS does not put a time limit on the test, web servers beyond our control may "time out" if left inactive. If this occurs your work will be lost.

Upon test completion you MUST click "Submit" button to register your results with BFS

# CERTIFICATION PACKAGE CONTENTS



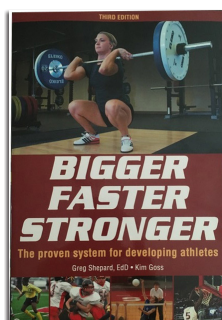
## BFS Presentation Booklet

• All the information you need to follow along with the BFS WRSC presentation



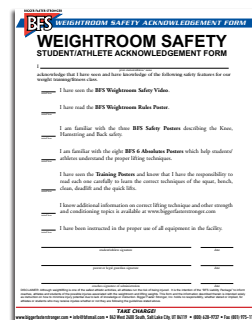
## Be An 11

• On a scale of 1 - 10 we believe all our students and athletes can strive to be an 11! Learn how this program make an impact on your school!



## BFS Total Program Book

• The Authoritative Guide to the BFS Total Program  
Find all the information you need to implement the Total Program.



## Student Acknowledgment Form

• By having every student and athlete sign this form you can demonstrate that you have instructed them on proper weight room safety.

## Record Card

Chart your success

**Constant Improvement:** At the core of the BFS program is the "BFS Set/Rep System". Being able to simply and accurately chart improvement is among the prime motivators for athletes. Use these cards designed specifically for the BFS Program and your athletes could be breaking personal records every week!

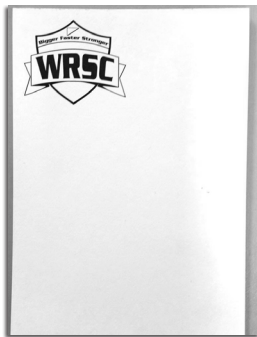
## Readiness Record Card

Help young athletes emerge in a safe program emphasizing proper technique over heavy lifting

**Begin to Win:** As Coaches we at BFS know that bringing in new athletes can be one of the biggest challenges. The BFS Readiness Record Card lets new athletes quickly chart each milestone in technique needed to move on to the complete BFS Program.

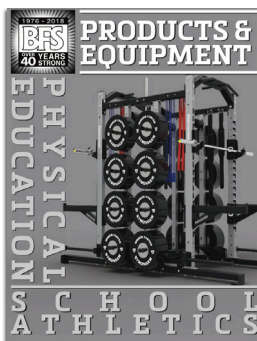


# CERTIFICATION PACKAGE CONTENTS



## WRSD notepad and pen

**Keep track:** You will need to keep track of your presentation information. To help out we will supply your information kit with a notepad and pen.



## BFS Web Catalog

• *All that you need to succeed*  
With over 1,000 of items BFS has the products you need to make your program the best it can be. From weight room equipment to speed training to motivational seminars our web catalog has all you need.



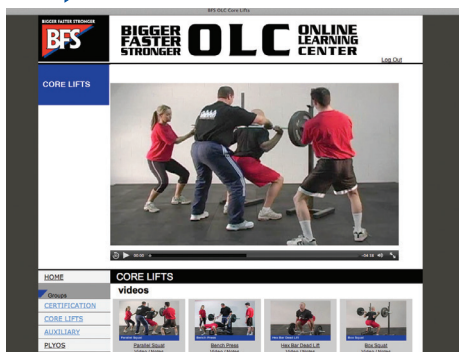
## BFS Magazine New article online weekly Free access to the Archives

Take advantage of BFS's 44 years of articles pertaining to training, safety, motivation and more. 1,000s of articles currently available.

BIGGER FASTER STRONGER



CERTIFICATION ONLINE RESOURCES

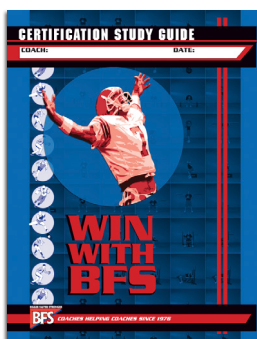


## BFS Online Learning Center

*Online training aids for the BFS certified coach*

**Ongoing Education:** Here certified coaches will find video training materials on all BFS Core Lifts and Standard Auxiliary Lifts. You will also have access to all information presented in the practical component slide show.

Useful for keeping the proper technique fresh in your mind for maximum results. Great for classroom demonstrations whether introducing safe technique to new athletes or refreshing the basics with returning starters.



## BFS Total Program Study Guide

• *The Study Guide is designed to take you chapter by chapter through the "Bigger Faster Stronger" book.*  
Access your guide as a downloadable .pdf document or as a web page at [biggerfasterstronger.com/olc](http://biggerfasterstronger.com/olc). Work

through the Study guide completely before taking the Online Certification Test.



## Safety and Liability Manual

• *A must for all programs, this manual can help you understand the issues surrounding weight room safety.*

Download your copy online at

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



BIGGER FASTER STRONGER



*Partners  
in  
Education*



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ORANGE, CALIFORNIA 92866  
WWW.CHAPMAN.EDU

**CHAPMAN UNIVERSITY OF ORANGE CALIFORNIA  
OFFERS GRADUATE-LEVEL COLLEGE CREDIT FOR  
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**Two Graduate Units/Credit Hours  
Available @ \$100 per Unit**

**May be used for Salary Increment,  
Professional Growth, Class Credit  
or Re-Certification (Check with  
your School District)**

**Over 1,500 coaches and teachers  
have received college credit  
by attending various clinics  
throughout the US and doing  
follow-up work.**

**FOR MORE INFORMATION AND A PACKET  
CALL DENIS AT: 1-800-375-8247 AND LEAVE YOUR HOME  
PHONE NUMBER AND HOME ADDRESS  
OR EMAIL DWHOOPS@PACBELL.NET**

For more information about  
Chapman University visit [www.chapman.edu](http://www.chapman.edu)  
Chapman is fully accredited by WASC  
(Western Association of Schools and Colleges)



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ORANGE, CALIFORNIA 92866  
WWW.CHAPMAN.EDU



BFS has helped thousands of athletes and coaches succeed since 1976.

Contact Us  
Email support: info@bfssetreplog.com  
Call 800-628-9737 to order or purchase online  
biggerfasterstronger.com

Biggerfasterstronger has been helping teams succeed since 1976. Find out what makes us tick.

# BFS Set Rep Log App

## Phone Tablet Computer

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

Athletes can keep track of progress

on a phone, tablet or computer.

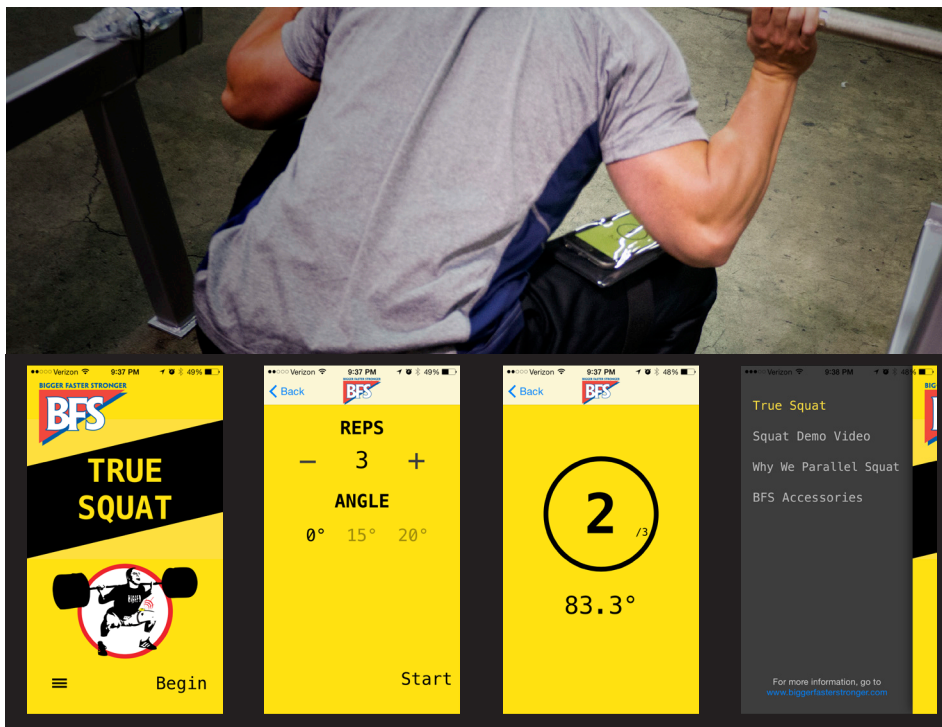
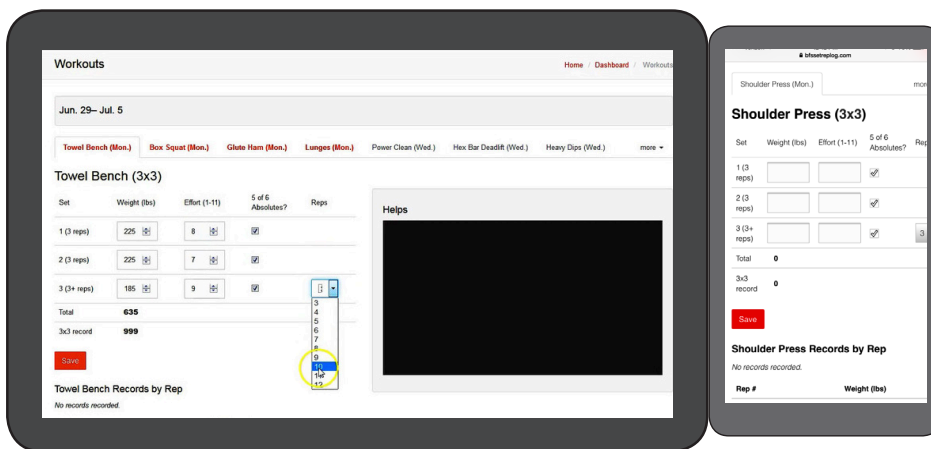
Coaches can keep up with the progress of the **whole team**.

Simply logging in and entering athletes allows for **recording sets, reps, weights** and tracks record breaking activity every workout!

With this web based app every device with a web browser can take advantage the BFS Total Program and 40 years of **championship building protocols** that has lead 1,000s of team to winning seasons in nearly every state!

Call BFS To get on board today!

800-628- 9737



BFS True SQUAT:

## The App and the Strap

Launch the app, press "Begin."

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

Bell sounds at parallel.

Teaching aids and comprehensive technique video included.

Available in the App Store

# **Certification Completion**

## **BFS WEIGHT ROOM SAFETY GUIDELINES**

---

**DO NOT USE  
HOMEMADE EQUIPMENT**

**BOLT EQUIPMENT  
TO THE FLOOR  
WHEN POSSIBLE**

**ENSURE ALL EQUIPMENT  
IS IN GOOD REPAIR**

**PROVIDE LIFTING BELTS**

**PLACE WEIGHTS ON THE  
BAR PROPERLY**

**RETURN EQUIPMENT TO  
APPROPRIATE AREAS**

**POSITION  
WEIGHT TREES NEAR  
APPROPRIATE RACKS**

**PROVIDE ADEQUATE  
SPACE BETWEEN  
EQUIPMENT**

**ALWAYS USE COLLARS**

**HAVE WATER  
AVAILABLE**

**MAINTAIN PROPER  
HEATING AND AIR  
CONDITIONING**

**HAVE A SAFETY  
ORIENTATION**

**HAVE A FIRST AID PLAN**

**DISPLAY TECHNIQUE &  
SAFETY POSTERS**

**ESTABLISH AND ENFORCE  
A DRESS CODE**

**CLEAN  
VINYL UPHOLSTERY  
DAILY**

**VACUUM AND MOP AT  
LEAST ONCE A WEEK**

**KEEP A  
MAINTENANCE LOG**