

# SUCCESS AT BFS CLINICS



These eight athletes tied a Texas BFS Clinic record. All Dead Lifted 500 or more. Football Coach Sonny Karras said, "The results of our Clinic have been phenomenal. A year ago last April we had 8 athletes running 5.0 in the 40 or faster. This April, only 2 1/2 months after our clinic, we have over 40 athletes running that fast."



Chris Nolen, (right) from Augusta, Arkansas broke the national BFS Clinic 9th grade Dead Lift Record by lifting 615 pounds. Jim Brown is on the left, a BFS Clinician, Rick Pelcher who coaches Chris, and Greg Shepard.



These 17 athletes from Poplar Bluff, Missouri broke the state and Central State BFS Dead Lift Record. They all lifted 500 or more at Jim Brown's March BFS Clinic.

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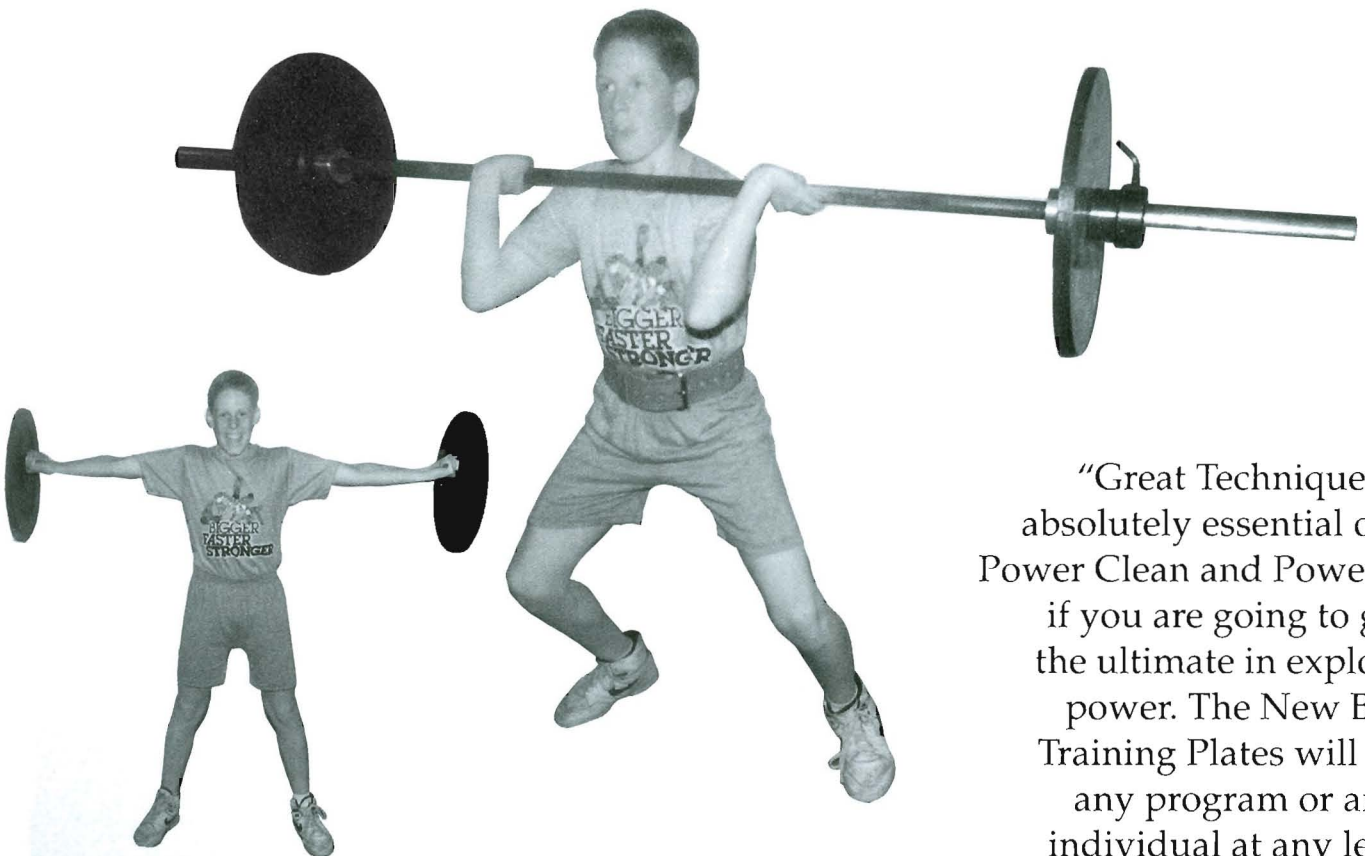
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**All Sports:** The Set-Rep System is applicable to all sports. Professional basketball players use it.

**Time:** In a well-organized weight room it takes a group of athletes only 45 minutes to accomplish their weightlifting. Many schools use the Set-Rep Log during P.E. classes, leaving valuable time after school for sport specific-skill training. Great for the multi-sport athlete (in-season training).

**Motivation:** Athletes thrive on the competitive nature of the BFS system. Breaking records is the ultimate motivational factor in building great confidence! A motivated, confident team is a winner in the arena of competition.

**No Plateaus:** All other systems reach plateaus. Some quickly and some after 3 or 4 months. However, all will reach that frustrating point where progress seems impossible and things sometimes go from bad to worse. Poor systems, like one set of 12–15 reps or 3 sets of 10 reps, reach this point very quickly, but even complex computer-cycle systems eventually have problems. The new BFS Set-Rep System will keep your athletes progressing month after month after month. The key is keeping track of personal records. This is why every athlete should have his own Set-Rep Log.

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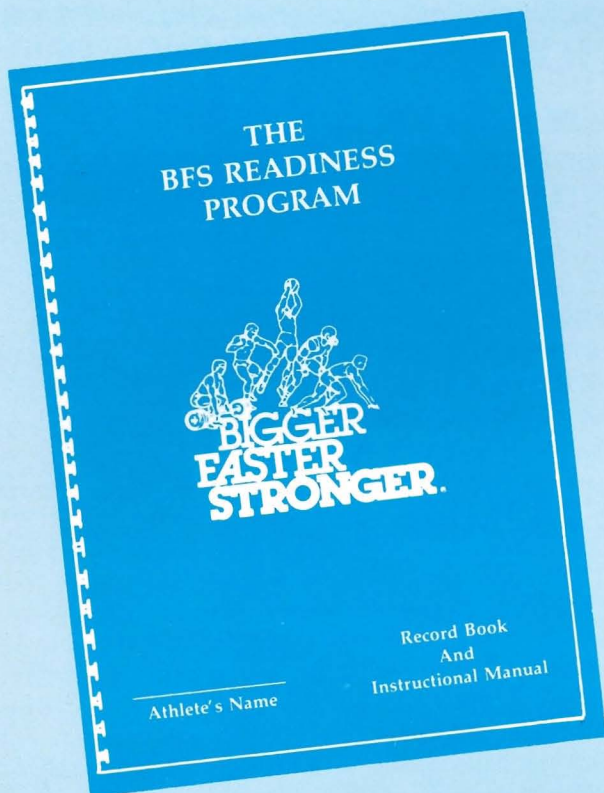
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# READINESS PROGRAM

## RECORD BOOK AND VIDEO



### THE BFS READINESS PROGRAM

Our BFS Readiness Program has met with great success for five full years. This pioneering program emphasizes the importance of Great Technique. In fact, you cannot increase in weight until the athletes perform every rep with the approved technique guidelines. This prevents excessive loads from being placed on young frames. An easy way to get an edge on your opponents in high school is to prepare and motivate the junior high athlete. The BFS Readiness Program does just that! Each athlete should have the Record Book and see the Video. It will help a class, or an individual, visually understand what to do.

Dr. Greg Shepard, BFS President

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