THE BFS SET-REP PROGRAM

Overcoming Plateaus

The BFS Set-Rep System virtually eliminates plateaus. You should always be in a position of making progress. No other program can do this. If you have been doing 3 sets of Il oreps, I set of 15 or 5 sets of 5, you no doubt reach a plateau very quickly. You must alternate lifts, percentages of maximums, and sets and reps if you want to reach your full potential. Even with more complex systems such as cycle workouts, you will still eventually hit a plateau. The BFS system allows you to alternate your lifts, sets and reps in such a way that a specific workout is repeated only every fifth week. This system has two simple rules: First, establish your records and second, break those records. If you follow this system exactly, you will never reach a plateau.

THE OFF-SEASON/IN-SEASON WORKOUTS

The recommended Off-Season program consists of core and auxiliary lifts done three times per week, and sprint and plyometric workouts done two times per week. The recommended In-Season program is lifting two times per week, with speed and plyometric workouts done as needed during the sport practice. There are variations to these workouts which are thoroughly explained in the Total Program Book. If you have further questions, please contact BPS at 1-800-628-9737 or on the web at www.biggerfasterstronger.com

THE BFS TOTAL OFF-SEASON PROGRAM

THE BES TOTAL OFF-SEASON PROGRAM					
Monday	Tuesday	Wednesday	Thursday	Friday	
Dot Drill	Dot Drill	Dot Drill	Dot Drill	Dot Drill	
Box Squat* or variation	Sprint Work	Power Clean	Sprint Work	Parallel Squat	
Towel Bench* or variation	Plyometrics†	Hex Bar Deadlift††	Plyometrics†	Bench Press	
Flexibility**	Flexibility	Flexibility**	Flexibility	Flexibility**	
Auxiliary Lifts	Technique	Auxiliary Lifts	Technique	Auxiliary Lifts	

- Examples of acceptable Squat Variations: Front Squats or One-Legged Squats. Bench Variations: Close Grips, Wide Grips or Inclines.
- ** Flexibility and Agillity can be done outside of the weight room. Your flexibility program should be done before and after lifting for the best results. Detailed instruction of the BFS 1-2-3-4 Flexibility Program and the BFS Dot Drill is available on video.
- † The effect of Plyometrics can be measured by testing the Vertical Jump and Standing Long Jump.
- †† We recommend using the Hex Bar for Dead Lifts with all sports. You can do the BFS Spotted Deadlift as illustrated on page 10 as needed for motivation. If a Hex Bar is not available, you would do the BFS Spotted Deadlift each week.

THE BFS TOTAL IN-SEASON WORKOUT

THE BES TOTAL IN-SEASON WORKOUT				
1st Workout	2nd Workout			
Parallel Squat	Box Squat	- 1922 ESS 1932 19 37		
Bench Press	Towel Bench	*If the Hex Bar is unavailable, you may do Straight Leg Deadlifts		
Hex Bar Deadlift*	Power Clean			
Flexibility**	Flexibility	+60 (00 mg) x		
Auxiliary Lifts	Technique			

You want to make strength gains during the In-Season, so you need to workout twice per week: The second workout is ansaring from a recovery standpoint. For example, you can do this the day before a contest. The first workout is more demanding, so you need at least 48 hours rest before a game. Your sets and reps will be cut down slightly on weeks two and three. Cut down 5 x 5 to 3 x 5 and 5-4-3-2-1 to 5-3-1. Still total your set workout. Your efforts and procedure of breaking Rep Records remain the same.

THE BFS SET-REP SYSTEM

BEGINNING NOTE: The BFS Set-Rep System is designed for athletes who have met all of the graduation requirements of the BFS Readiness Program which are: Squat 145 lbs, for 2 sets of 10 reps, Bench 105 lbs. or 90% of bodyweight for 2 sets of 10 reps & Clean 105 lbs. or 90% of bodyweight for 2 sets of 5 reps. If you cannot lift these poundages we strongly recommend using the BFS Readiness Program and then moving to the BFS Set-Rep System.

Start right in with 3 sets of 3 reps. This is the first week of the BFS 4-week cycle Set-Rep System. You will do 3 sets of 3 reps on each core lift this entire first week. You will also begin recording your workouts as you establish your Rep Records and Set Records. (For your BFS Dot Drill Warm-up see page 7, and for stretching see page 8.)

MONDAY

BOX SQUATS: First set, select between 45 and 145 pounds for 3 reps. Now for the second set, you may either go up in poundage, stay the same or go down. Let's say you do 175 pounds for the second set and 205 for the third set, Important Concept: On the final set, you should do 3 or more reps; preferably 10 reps, if you can, for the first workout, Don't worry if this first workout seems too easy and you aren't tired. You want to make sure the spotting and lifting techniques are learned. Please Note: BFS Readiness Program graduates will automatically know a good starting weight with each BFS Core Lift.

TOWEL BENCH: Since most athletes know their max on the bench, take 70 percent of your max for your first set. For example, if your max is 200 pounds, begin with 140 pounds for 3 regs on your first set. If you've newer does benches before, use 70 percent of your bodyweight or 105 pounds, whichever is the least. If this is too much weight for 3 reps, use 60 percent or even 50 percent of your bodyweight. For your 2nd set, you may go up, stay the same or go down in poundage. Do 3 or more reps on this final set, but on this first workout, try to select a weight you can do 10 times.

EXAMPLE OF ESTABLISHING

SET RECORDS

Your set workout might look like the example below. The TOTAL is figured by adding the weight of each set. This TOTAL becomes your first Set Record. In this example, the Box Squat Set Record is \$25 pounds. And the Towel Bench Set Record is 440 pounds.



REP RECORDS

Establishing Rep Records
Let's say you did 10 reps at 205
on the Box Squat and 10 reps
on the Towel Bench on the final
set. You would record your
Box Squat and Towel Bench rep
records like the example to the
right. Simply mark in the weight
lifted for the correct number of
reps and record the date.

Notice that all the rep records are the same at this time. Don't worry about this. These numbers will change rapidly as you break your Rep Records. This will normally happen every workout.

BOX SQUAT		TOWEL BENCH	
REP	Establish Records	REP	Establish Records
1	2/3 1 205	1	um 2/3
2	ne 2/3 ne 205	2	~ 2/3 ~ 150
3	∞ 2/3 ∞x 205	3	- 2/3 - 150
4	~ 2/3 ~ 205	4	== 2/3 === 150
5	2/3 maps 205	5	- 2/3 - 150
6	on 2/3	6	- 2/3 - 150
8	2/3 205	8	≈ 2/3 ≈ 150
10	~ 2/3 ~ 205	10	= 2/3 = 150

WEDNESDAY

POWER CLEAN: Do the 3 x 3 workout. Use 70 percent of your maximum. If you've never cleaned before, use 50 percent of your bodyweight or 95 pounds, whichever is the least. Use the same procedure for the second and third set as Monday's workout and record your efforts as outlined on the previous page. On the final set you should do 3 or more reps, up to 5 reps. Try to get 5 reps in this first week.

HEX BAR DEADLIFT: Do the 3 x 3 workout. Start with 145 pounds or your bodyweight, whichever is the least. Follow the same procedure and again record your efforts. Again, on the final set you should do 3 or more reps, up to the 5 reps.

FRIDAY

BENCH PRESS: Do the 3 x 3 workout. Use the same poundage and procedure as in Monday's Towel Bench workout.

PARALLEL SOUAT: Do the 3 x 3 workout and use the same procedure as Monday's Box Squat workout.

The Second Week

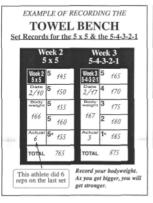
5 sets of 5 reps (5 x 5). This is a brutal and long workout. You may wish to cut down to 3 sets of 5 because of time or energy especially on the Hex Bar Deadlift and Clean day. Select your poundage as in the first week. Important Concept: You should do 5 or more reps on the last set except when doing the Clean or Hex Bar Deadlift.

The Third Week

(\$.4.3-2-1). This is not quite as hard as 5 X 5 but you still may wish to cut this down to 5-3-1 because of time or energy. In the example below, 165 was done for 5 reps, 170 for 4 reps, 175 for 3 reps, etc. You will establish your 5-4-3-2-1 Set Records and you should be breaking some Rep Records as illustrated below. Important Concept: You should do one or more reps on the last set.

Maxing Out

The third week (5-4.3-2-1) is a perfect time to max out on a one-rep max just by following the regular routine, or once every 3 months you could go 5-3-1 to prevent fatigue at the last set. Another way is to take 10 to 20 pounds off your 5-4-3-2 rep maxes and then do several singles on the way to a big one-rep max.





The Fourth Week

The sets and reps are 10-8-6 with the Bench, Towel Bench, Box Squat and Parallel Squat, but are only 4-4-2 with the Clean and Deadlift or Hex Bar Deadlift. Important Concept: You should do 6 or more reps or 2 or more reps on the last

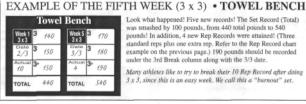
(10-8-6 or 4-4-2) Here is your chance to establish another Set Record and work on different Rep Records.

set depending on the core lift. For illustration purposes of recording, 10 reps were done at 160 pounds.

You will notice the rep records go to only 5 reps on the Clean and the Deadlift, Doing 10 Reps on these two lifts could cause an injury, especially to the lower back. As fatigue sets in, the chance for muscle spasms and incorrect lifting techniques increase.

The Fifth Week (Starting Over) Now the fun of the BFS System moves into high gear. From now on, every time you come into the weight room, you've

got a challenge and an objective. You should try to break as many Set and Rep Records as possible. You begin the fifth week by again doing the 3 x 3 workout. You will notice on the previous month's example, a total of 440 was achieved on the Towel Bench. Your objective is to simply do more! (In this example the athlete did 540.)



Look what happened! Five new records! The Set Record (Total) was smashed by 100 pounds, from 440 total pounds to 540 pounds! In addition, 4 new Rep Records were attained! (Three standard reps plus one extra rep. Refer to the Rep Record chart example on the previous page.) 190 pounds should be recorded under the 3rd Break column along with the 3/3 date.

Many athletes like to try to break their 10 Rep Record after doing 3 x 3, since this is an easy week. We call this a "burnout" set.

Rotate Your Workouts

The Sixth Week: Break your 5 x 5 Set Record and as many Rep Records as you can.

The Seventh Week: Break your 5-4-3-2-1 Set Record and as many Rep Records as you can.

The Eight Week: Break your 10-8-6 or 4-4-2 Set Record and as many Rep Records as you can.

Now keep rotating your workouts in this 4-week cycle. You can expect to break 8 or more records per week or 400 per year for as long as you want. There are 66 possible records to break. Each of the 6 core lifts has 4 Set Records. That's 24 possible Set Records. The Bench Press, Towel Bench, Squat and Box Squat each have 8 Rep Records, while the Hex Bar Deadlift and the Clean each have 5 Rep Records. That's a total of 42 possible Rep Records. That's why it is easy to break so many records. Remember we are not concerned with only breaking a 1-rep max, but all kinds of Rep Records. We know, for example, if we break a 3-Rep Record that our max will also soon go up. There are even 11 more auxiliary and performance records you can break. What would happen if you broke 8 personal records per week for one year? It kind of boggles the mind doesn't it? The sky is the limit!!

Helpful Hints

- 1. Or More means the number of reps up to 10 on the Bench, Towel Bench, Squat and Box Squat, and up to 5 reps on the Clean and Hex Bar.
- 2. One high school had a bell at each station. When an athlete was going for a record, the bell was rung. It really seems to help the intensity.
- 3. Many coaches are using teachers' aides to assist the athletes in recording.
- 4. Changing the sequence of the lifts can also help to overcome a plateau (Do the Bench first, not Squat, for example.)

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THE FINER POINTS

Warm-ups

If you lift over 200 pounds, you will most definitely need warm-up sets. Usually these sets can be done with 5 reps. The following table is your guideline to warm-ups:

Your Set Routine Begins With	Warm-Up With
Less than 200	0-1 set
200-295	1-2 sets
300-395	2-3 sets
400-495	3-4 sets
500-595	4-5 sets

Examples:

- 1, 3 x 3 with 275 pounds (warm-up with 195 & 235)
- 2.5 x 5 with 330 pounds (warm-up with 235 & 295)
- 3. 5-4-3-2-1 with 450 pounds (warm-up with 235 & 325 & 415)

**

Missing a Rep

Sometimes you may miss a rep. For example, you're trying to do 3 x 3 with 275, and on the last set you can only do 2 reps. You have two options:

- 1. Rest and try again with the same or lighter weight.
- Penalize yourself 5 pounds per 100-pounds on the bar. For example, in the above situation you're penalized 10 pounds so add 275 + 275 + 265 for your total. If you're lifting in the 500-pound range, your penalty would be 25 pounds for miss in 8 1 rea and 50 pounds for missing 2 reso.

Kange	renaity
00-195	5 pounds
00-295	10 pounds
00-395	15 pounds
etc.	etc.

Adjusting

The BFS system gives you the flexibility of adjusting poundage as you progress through your workout. For example, your 3 x 3 set record is 1095 pounds. So you do your first set with 370 pounds and it's easy. For your second set, you select 390 pounds and it's super tough. Therefore, on you third set you bring it back down to 370 pounds. Your new Set Record total is 1130 pounds.

Auxiliary Lifts

Generally, we recommend that you choose about five auxiliary exercises that will help you win in your sport. See page 11 for specific information. *Generally do 2 sets of 10 reps.

*Exceptions: Hang Cleans, Power Snatches and Jerk Presses - On these, do 2 sets of 5 reps.

When to Start Over

You should start your records over after a layoff of three or more weeks, a major sickness or a big drop in weight or after two-a-days.

Time and/or Facility Problems

The In-Season workout can be used if time or facilities are limited for your Off-Season program. You must use the In-Season workout when in a 45-minute physical education class.

PERFORMANCE RECORDS

Performance Records are kept on page 24. These include the Vertical Jump, the Standing Long Jump, the 20- and 40-Yard Sprint, the Sit and Reach test and the famous BFS Dot Drill, shown below in section 5.

All Performance Records should be tested once or twice a month. Testing this often is important. You need to know that your strength gains are producing performance results. When you have concrete proof that you are getting quicker and faster and are jumping higher, you will be more positive than ever about accomplishing your team and individual goals.



THE BFS DOT DRILL

The Dot Drill will be hard at first. It is tiring and you may appear clumsy. However, if you will do it six times a week, in a very short time you will see rapid improvement. You can have quick feet in a month or two.

Each athlete should set two goals. The first goal is to do it six times per week and the second goal should be to increase speed. In The BFS Dot Drill Video ex-Utah Jazz Center (7' 4" 300 pounds) Mark Eaton does the Dot Drill in 60 seconds after a weight training session.

Five dots are placed on the floor. It works best if a 5" round dot is painted on the floor. Some coaches paint many stations for larger groups. Athletes at home can use anything approved by their parents to mark their dots. BFS sells a Dot Drill Pad that has a great non-slip surface with integrated dots, a super surface for doing the BFS Dot Drill.

There are five separate dot drills; each drill is done a total of six times.

Note: You will be facing the same direction on all of the drills except the Turn Around Drill.

UP AND BACK

- A. Start with your left foot on A and your right foot on B.
 - B. Now jump quickly to C with both feet coming together.
 - C. Then jump and split feet to D and E.
 - D. Come back the same way jumping backward.
 - E, Repeat 5 more times.

RIGHT FOOT

- A. Your feet from up-and-back should end on Dots A and B.
- B. Now jump to dot C with only your right foot.
- C. Now jump in order on your right foot to Dots D, E, C, A and B.
- D. Repeat 5 more times.

LEFT FOOT

- A. You will end the right foot drill with your right foot on Dot B.
- B. Now jump to dot C and land on your left foot.
- C. Now jump on your left foot to Dots D, E, C, A and B.
- - Jump on John Internet to Both B, E, C, II and B.
- D. Repeat 5 more times.

BOTH FEET

- A. You will end the left foot drill on Dot B.
- B. Now jump to Dot C with both feet.
- C. Now jump with both feet together to Dots D, E, C, A and B.
- D. Repeat 5 more times.

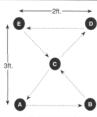
F. Repeat 5 more times.

TURN AROUND

- A. You will end the Both Feet Drill with both feet on Dot B. Now jump to Dot C with both feet.
- B. Now jump to dots D and E, with your left foot landing on E and your right foot landing on D.
- C. Now quickly jump 180° clockwise so your left foot is now on D and your right foot is on E.
- D. Now jump to C with both feet and then to A and B with the left foot landing on B and the right foot on A.
- E. Now do a counterclockwise 180° spin, with your left foot landing on A and your right foot landing on B.

DOT DRILL STANDARDS

- Under 40 seconds: All American 40-49 seconds: All State
- 50-59 seconds: Great
- 60-75 seconds: Good
 - Over 75 seconds: Beginning



DOT DRILL DIAGRAM

THE BFS 1-2-3-4 FLEXIBILITY PROGRAM

Each stretch should be held either once for 30 seconds or for 3 repetitions of 10 seconds each. The stretch should not be done with a bounce but worked in a slow and controlled manner. Stretch every day and work with intensity. The 1-2-3-4 stands for One on the Bench, Two in the Air, Three on the Wall and Four (about four minutes) on the Floor, Remember, you are stretching for speed and jumping power.

ONE ON THE BENCH

Hamstring and Back Stretch: Keep leg locked at knee and toes vertical. Switch to the other leg after 30 seconds

TWO IN THE AIR

Latissimus Stretch:

Cross your hands and raise your arms above your head and as far back as possible.

Pectoral Stretch:

Cross your hands behind your back, raise your arms up and back as far as possible. Stand tall.

THREE ON THE WALL

Calf Stretch:

With hands on the wall for balance, move hips forward and push back heel down. Keep leg straight. Switch after 30 seconds.

Achilles Stretch:

Same as Calf Stretch but slightly bend knee, keep heel 1" off the ground and squat down, increasing load on Achilles tendon.

Ouadriceps Stretch:

Take one hand off the wall, and grab foot. Pull leg straight up and away from buttocks. Knee should be at a 90° angle.



FOUR ON THE FLOOR Abdominal Stretch:

Lay flat on the floor. put hands on the floor. shoulder-width apart. extend elbows, creating an arch in the back, Relax.



Adductor Stretch:

With feet as far apart as possible, grab ankles or feet and pull the torso slowly toward the floor. If you can't reach your toes then place two fists on the floor behind you and push forward.



Sit with bottom of feet together, grab feet or ankles, pull in and press down with elbows on the thighs toward the floor.



Gluteus Maximus Stretch:

Twist torso with opposite arm. Press knee firmly with arm, forcing the knee to the other side of the lower leg. then switch after 30 seconds.







THE BFS "CORE LIFTS" INSTRUCTIONS

The Bench Press and Bench Variations

The Bench Press is the most important upper body exercise for most sports. It develops overall power in the chest and arms. For best long-term results for athletes, do a Bench Variation Core Lift on Monday, Bench Auxiliary Lift on Wednesday and a Regular Bench Press Core Lift on Friday.



The legs should be spread wide for a solid base. The legs should also be brought under the knees, with the feet placed firmly on the floor. There should be an arch in the lower back. This helps keep a firm foundation with both feet on the floor. Keep the hijso on the bench at all times.



Bench with thumbs around bar for safety. Breathe in deeply on the way down and then hold breath until bar is just past the sticking point on the way up. Keep eyes open during the entire lift. Squeeze the bar tightly and bring the bar back slightly towards the spotter on the way up.



Always use a spotter. The spotter must pay strict attention. Only touch the bar when the upward movement stops. If the spotter touches the bar on the upward movement, that rep does not count. When the weight gets up to 300 or more pounds, two side spotters may be used.



Towel Bench or Padded Bench:
The top recommended Bench Variation Core
Lift, especially for in-season workouts.
Helps prevent Bench Press Shoulder and upper-body strains while increasing Bench Press trains into the pad slightly before pressing up.



Incline:
This Bench Press
Variation could be classified as a Core Lift or
Auxiliary. Builds extra
strength in the upper
pectorals. Great angle
for linemen, linebackers
and shot-putters.

It is an oution to do

It is an option to do one Bench Variation for a 3-month cycle then switch to another variation.

The Power Clean

The Power Clean develops explosiveness and aggressiveness. When done correctly, every muscle will be fired in proper sequence in executing a maximum summation of force. Essential for reaching optimum levels of jumping, throwing, hitting a baseball and sprinting-starts.



Eyes on a target at 135 degrees. Hips down, elbows locked, spread the chest and lock in the lower back. Use a jump stance with toes straight ahead. Turn knuckles to the floor. Feel the steel with your shins.



Head, eyes and arms the same. Begin lift with legs only. Do not jerk shoulders and head back or up. Lift under control. Keep lower back locked in. Knuckles to the floor - this will keen the har close to your body.



Now JUMP! When the bar is at or just above the knees, you need to jump straight up as explosively as possible. Fully extend legs and toes. Elbows should be locked, with the har continuing upward in a vertical path ing up.



Elbows to the ceiling. Then snap feet out and land in an athletic stance. Never dip chin. Thrust elbows forward and up. Always keep your eyes on target.



Stand erect, with elbows up. The bar rests on the upper front deltoids of the shoulder. Loosen the hand grip and steady the bar with the fingertips. Come back to the jump stance before returning the bar to the floor.

The Hex Bar - Deadlift

The Hex Bar Deadlift is halfway between a Deadlift and a Squat. It develops the lower back, trunk, hips, glutes, hamstrings and quadriceps area. When you combine it with shrugs, the trapezius area is also strengthened. This is considered a Core Lift exercise to be done once per week. It is a much safer exercise than a regular Deadlift with all of the upside advantages and very little of the downside. The Hex Bar is important in developing jumping strength.



Use a jump stance. Sit tall and spread the chest to lock in the lower back. Keep the head up and the hips down, with straight elbows. Do the lift primarily with the legs. Keep the knees over the toes. The eves should always be kept on target at 135 degrees up on the wall or ceiling.



Keep the hips back. Continue to spread the chest and lock in the lower back. Keep chin away from chest. Bounce the weight slightly off the floor when doing reps. Keep your eyes on target.



Do some shoulder shrugs for the traps after finishing the regular set. Because the weight is perfectly balanced through the lifter's center of gravity, only a straight up and down movement is required. Do not do revolving shoulder shrugs. Continue to keep your eyes on



Doing a regular Deadlift with a spot is a safer alternative, especially on max lifts when a Hex Bar is not available. The spotter places one hand on the lower back, places the crook of his elbow of the other arm in front of the lifter's front shoulder and then pulls back and up to get bar into a center alignment.



Lifts are a top priority Auxiliary exercise. Improves speed and jumping. Advanced lifters: use no more than 40 percent of your Parallel Squat Max. Beginners: use 45 to 95 pounds. Think of this as a stretching exercise for speed improvement. Keep the knees locked. Go slow and controlled.

The Parallel Squat and Squat Variations

The Parallel Squat is the foundation for athletic excellence. An athlete must go parallel with the upper thigh to optimally develop leg and hip strength for speed and jumping power. Parallel Squats are necessary in balancing strength development between the Hamstrings and Ouadriceps.

target.



Sit tall, spread the chest, lock in the lower back, focus eyes on a target straight ahead. Point toes out slightly for balance. place bar on shoulders and use an athletic stance. Always keep your knees over your toes.



Take a deep breath just before the downward movement. Hold your breath throughout the squat movement and breathe out on the way up just after passing the halfway point. Always stay fiercely focused with your eyes on target straight

ahead.



Use three spotters when possible. The back spotter controls balance and technique while the two side spotters judge the proper parallel depth. in addition, all spotters should coach and encourage the lifter.



Box Squat: A top priority BFS Squat Variation to be used as a Core Lift. Do once a week with the Parallel Squat. Always sit down under control with a locked in lower back. Rock back slightly. then surge forward and up on toes



Front Squat: Also a top priority BFS Squat Variation. Develops balance and particularly the lower inside portion of the quadriceps. Do once a week with the Parallel Squat. Always sit tall, spread the chest and lock in the lower back.

SUGGESTED AUXILIARY LIFTS

years and now offers coaches and athletes two choices when selecting auxiliary exercises to complement the core lifts. These two choices for auxiliaries are standard and advanced. In doing our BFS Clinics we found a wide variety among participants' training experience, sophistication, knowledge, available equipment, and even district and school policies. Therefore, we thought we could best serve coaches and athletes by providing a choice of two types of auxiliary lifts.

The BES Program has evolved over the

BFS STRATEGIES FOR BOTH CHOICES

Auxiliary lifts are practiced in addition to the RES Core Lifts Less emphasis is placed on auxiliaries. Core lifts are plugged into the one-per-month-cycle BFS Set-Rep Rotation System, auxiliary lifts are normally done by doing two sets of 10 reps, and advanced quick lifts use two sets of five reps. If an athlete is training with a small group, the auxiliaries are performed after the Core Lifts Otherwise, coaches would have their athletes alternate between core lifts and auxiliaries: one-third would do Core Lift one, one-third would do Core Lift two, and one-third would do auxiliaries. If using a multi-station core lift approach, some auxiliaries could even be performed without rotating.

Select no more than five auxiliary lifts. When you start doing more than that, especially ten or more, then you'll find that your athletes will not have enough time and energy to do sprinting, stamina, flexibility, plyometric, agility and technique work. Think of the "total package." You must not overemphasize one area of training at the expense of another area. Remember, the ultimate objective is for your athletes to reach their potential as athletes and win. Therefore, select only those exercises that will really contribute to your ultimate objective.

Select auxiliary lifts for your program by considering which ones will help you win and which ones will help preBFS STANDARD AUXILIARY LIFTS Monday Wednesday Friday Neck Lat Pulls Neck Leg Curl Heavy Dins Leg Curl Incline Press Leg Extension Leg Extension Glute Ham Raise Shoulder Press Glute Ham Raise Straight Leg D. L. Straight Leg D.L. Lunges

BFS ADVANCED AUXILIARY LIFTS

POWER SNATCH

Can be done once or twice per week. Many replace leg curls & leg extensions with this lift

BALANCE DRILLS Can be done with the power snatch.

JERK PRESS
Do once per week.
Replace the shoulder
press with this lift.

PUSH PRESS Many just do either the jerk press or the

push press. However, you can do both or jerk press one week and push press the other week.

vent a specific injury. For example, on a scale of one to ten, how important are neck exercises to a football player or a wrestler? They are very important. However, to a basketball player, neck exercises are not that important—so you select an auxiliary that is important for that sport.

SELECTION PROCESS FOR THE BFS STANDARD AUXILIARY LIFTS

Our BFS professional coaching staff rated 100 different auxiliary exercises and came up with the standard auxiliary exercises listed above. They represent exercises that are relatively safe, easy to perform and require less coaching and lifting expertise than the advanced auxiliaries. Of course, every coach and athlete must be careful and thoughtful as they do the standard auxiliaries.

The incline press is the only auxiliary that would require a spotter. Most high school and college gyms already have all the equipment necessary to implement these auxiliaries. One exception might be the glute-ham machine, which some gyms might not own but which should be a top priority auxiliary on anyone's list. This lift is also included among the BFS advanced auxiliaries.

BFS ADVANCED AUXILIARY

The Advanced Auxiliary Lifts are harder to perform than the BFS Standard Auxiliaries and require better coaching and organization. Any overhead lift is considered an advanced lift. Caution should be used before giving the green light for larger groups of students/athletes. Only after learning basic lifting techniques such as the Six Absolutes will athlete benefit from these exercises. These lifts include the power snatch, jerk press, push press and the balance drills.

The equipment I recommend for these advanced lifts is as follows: dowels for learning technique safely, training plates and light bumper plates, and an Alumalite and/or Ultra-Lite Barbell. Also, a power rack with a high spotting tier is recommended when doing the jerk press or push press. To further learn and teach the technique of these lifts, I highly recommend our Total Program DVD.

Further information on auxiliary lifts, techniques and instruction can be found on our web site; log on to www.biggerfasterstronger.com.