

THE BFS TOTAL PROGRAM

The **Bigger Faster Stronger** Total Program is a training program which allows every athlete regardless of sport, age or gender to make great gains and break many personal weight lifting and performance records each week, both in and off season. The Total Program involves training all year round. Each athlete is in an Off-Season or an In-Season program. The BFS Set-Rep System is a vital key to the overall success of the Total Program. It is absolutely imperative that sets and reps be varied from workout to

workout. This prevents the plateau effect that rapidly occurs with many other training programs.

The BFS Set-Rep System creates unbelievable intensity and progress in the weight room. We guarantee that every athlete will break at least eight personal records per week - week after week, month after month, year after year. No other training program even comes close!

PROGRAM OVERVIEW

The **Bigger Faster Stronger** Total Program consists of **Core Lifts**, **auxiliary Lifts**, **Flexibility**, **Speed**, **Plyometrics**, **Agility** and more.

CORE LIFTS

These are those exercises that are deemed to be the most important for developing athletic potential. Core Lifts are the "Big" exercises that work more than one muscle group and require a greater emphasis of time and energy. The basic Core Lifts are: The Squat, The Power Clean, The Bench, The Dead Lift/Hex Bar Dead Lift, The Box Squat and the Towel Bench.

AUXILIARY LIFTS

These are also important to the development of athletic potential; however, these exercises usually involve one muscle group and require less time and energy than The Core Lifts. Examples of common auxiliary Lifts are: Straight Leg Dead Lifts, Glute Ham Developers, Neck Exercises, Lat Pulls, Hip Sled, Leg Curls, Etc.

FLEXIBILITY

Flexibility exercises should be done every day all year long. A stretching program should not be used solely for warm-up for other activities. It is an exercise regimen in itself like lifting and running. The BFS 1-2-3-4 Flexibility program is easy to learn, very effective, and takes just 10 minutes a day. The complete 1-2-3-4 Flexibility program can be found in the Total Program Book, The BFS Flexibility manual or the BFS Total Program Videos.

SPEED AND PLYOMETRICS

Speed and Plyometrics should be done twice a week as part of a normal practice schedule. The BFS 8-point Speed Program is an excellent way to cut tenths off your times. Plyometrics can bridge the gap between strength and power as explosiveness is created. Accurate records on the vertical jump, standing long jump, and box jumps should be kept.

HANDS ON INSTRUCTION IN THE CORE TENANTS OF THE BFS TOTAL PROGRAM:

STRENGTH TRAINING

Core Lifts (6)
Auxiliary Lifts - Sport Specific

YEAR ROUND TRAINING

In-Season (2 - 30 min. Workouts a week)

Off-Season
(Numerous Options - 2, 3, 4, or 5 Days a week)

RECORD KEEPING

Set Rep Log Books & Record Cards
Beat the Computer Pro

SPRINT TRAINING

BFS 8 Point System

AGILITY TRAINING

BFS Dot Drill

ENDURANCE TRAINING

BFS Conditioning Program & Endurance Test

FLEXIBILITY TRAINING

BFS 1-2-3-4 Flexibility Program

PLYOMETRIC TRAINING

Box Jumping Drills
Ground Based Jumping Drills

REST & NUTRITION

Recovery
Nutritional Plan

SKILL TRAINING

Sport Specific Skills

GOAL SETTING

Team Goal Setting
Individual Goal Setting

TEAM BUILDING

Unification - Athletes & Coaches

TWO DAY CLINIC EMPHASIS



ESSENTIAL INFORMATION

TYPICAL TWO DAY TIMELINE

DAY 1

SCHEDULE: 3-6PM CLINIC, 6-6:30 DINNER 6:30-9 CLINIC	BOX SQUAT DEMO (11 Reps)
	INTRO- TOTAL PROGRAM
	6 ABSOLUTES
	DOT DRILL
	BOX SQUAT, TOWEL BENCH, HEX BAR DEADLIFT
	EXPLAIN STATIONS
	WORKOUT
	POST WORKOUT
CLOSING	

DAY 2

SCHEDULE: 7-9 COACH'S CLINIC, 9-12 CLINIC, 12-12:30 LUNCH, 12:30-4 CLINIC	INTRO (Motivation for workout)
	DOT DRILL
	PARALLEL SQUAT, BENCH PRESS, POWER CLEAN
	EXPLAIN STATIONS
	WORKOUT
	POST WORKOUT
	LUNCH BREAK
	SUBSCRIPTION / WEBSITE
	NUTRITION
	AUX. LIFTS - RULES
	EXPLAIN PROGRAM OPTIONS
	OFF-SEASON & IN-SEASON PROGRAM
	SQUAT WORKOUT
	WEIGHTROOM SAFETY
	FLEXIBILITY
SPRINT TECHNIQUE	
PLYOMETRIC BOX JUMPING	
GOAL SETTING	
CLOSING ACTIVITY	
CLOSING Rules For Success!	

IF POSSIBLE COACHES CLINIC SHOULD BE DONE DURING SCHOOL ON DAY 1

IF COACHES CLINIC IS DONE ON DAY 1, START THE CLINIC AT 8AM ON DAY 2

CHECKLIST

HOST SUPPLIED EQUIPMENT

3	Olympic Bars (9 bars are preferred)
1	Olympic Bench Press Station w/ plate rack
1	Squat Rack w/ plate rack
1	500lbs. Olympic weight plates (bumpers and plates)
	Weight lifting chalk
	Weight Belts
	Rubber/Protective Flooring
2	LCD Projectors for PowerPoint Presentation
1	Presentation Screen
1	Laptop Backup
1	Table (6' or 8')
1	Microphone for BFS presenter
2	Dot Drill Stations
4	Stop Watches
1	Vertical Jump Station
1	Aluma-Lite Training Bar
1	Standing Long Jump Station
1	Hex Bar Station
1	Plyometric Station
1	Sit & Reach/Flex Station

BFS SUPPLIED EQUIPMENT

50	BFS "Set Rep Log Book" or Record Card"
1	Safety Poster for weightroom
50	BFS "Goal Card" Each Person
10	PVC Dowels for training proper techniques
1	BFS Clinic Binder - contains all set-up and reference materials.
1	BFS Total Program Video
1	BFS Total Program Book

FOR THE SUGGESTED EQUIPMENT ARRANGEMENTS FOR THE BFS 2 DAY TOTAL PROGRAM CLINIC PLEASE REFER TO PAGE 13

