

# **BFS Readiness Program**

(Beginners)

## **Tuesday (Day 1)**

1. Form Run
2. Dot Box (1 full set)
3. Starts and Sprints (4x10 & 2x20)
4. Pro Agility (3 times)
5. Vertical Jumps (5 times w/ rest)
6. **Lifting**
  - A. Power Clean Training (2x5)
  - B. Box Squat (2x10)
  - C. Towel Bench (2x10)
  - D. Straight Leg Dead lift (2x10)
  - E. Two (2) Sport Specific Auxiliary Lifts (2x10)
7. **1-2-3-4 Stretch**

## **Thursday (Day 2)**

1. Form Run
2. Dot Box (1 full set)
3. Starts & Sprints (2x10, 2x20, & 1x40)
4. Nebraska Agility (3 times)
5. Long Jumps (5 times w/ rest)
6. **Lifting**
  - A. Hex Bar Dead lift (2x10)
  - B. Dumb Bell Lunges (2x10)
  - C. Bench Press (2x10)
  - D. Glute-Ham Raises (2x5)
  - E. Two (2) Sport Specific Auxiliary Lifts (2x10)
7. **1-2-3-4 Stretch**

### **Fitness Center Rules:**

Absolutely No Horseplay!

Keep it Clean, No Food or Glass Bottles.

Make sure your area is clear of equipment before lifting.

Make sure your collars are snug.

Make eye contact with those around you before lifting.

Protect your Lower Back: Head Up, Buttocks Down, Spread the Chest, Lock in the Lower back.

Never Interfere With The Lifter.

Spot Carefully! Concentrate on the lifter.

Return weights and equipment to the racks properly when finished lifting!

HELP AND ENCOURAGE EACH OTHER. **MAKE YOUR TEAMATES GREAT!**

### **Coaching Points = Absolute Six (See Training Posters and Video)**

**The Six Absolutes** are six training principles that are amazingly effective in helping you achieve perfect technique. They are as follows:

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

### **BFS Readiness Graduation Requirements = when you pass, you may begin the BFS Set-Rep Rotation Cards!**

Graduation is based on performance . . . not age. This is as it should be. Some people mature faster than others and some learn technique faster. You must prove you are ready to graduate before you can do the full BFS high school program (6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> graders only). Graduation requirements are based on three lifts: the Parallel Squat, Bench Press and the Power Clean. Boys need to Squat 135 pounds perfectly with two sets of ten while the girls need do 95 pounds. Boys need to Bench 95 while the girls need to do 75 pounds for two sets of ten reps. For athletes who are smaller use 90% of their body weight for graduation. The Power Clean requirements are the same but with two sets of five reps done perfectly.

<u>Exercise</u>	<u>Male</u>	<u>Female</u>
Squat	135 lbs	95 lbs
Bench	95 lbs*	75 lbs*
Clean	95 lbs	75 lbs*

\*Or 90% of Body weight