

# Fitness Center Schedule (Summer 2010)

**June 9<sup>th</sup>** (3:00-4:30)

BFS One Day Clinic for Athletes that need basics for BFS Summer Program. Topics include: Fitness Center Safety, Absolute Six Lifting Technique, Core Lift Training, and Set-Rep Rotational Record Keeping System.

**June 14<sup>th</sup>** = Program Begins

**August 12<sup>th</sup>** = Program Ends

## Monday & Wednesday

6:30-8:00 = BFS Program- All Athletes

8:00-9:30 = BFS Program – All Athletes + **Boys Soccer**

9:30-10:30 = **BFS Readiness- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Graders** (MS & JH Athletes Only)

[Wednesday] 10:30-11:30 = BFS Program - **Girls Soccer**

5:30-7:00 = BFS Program- All Athletes

7:00-7:30 = Open Lifting

## Tuesday & Thursday 7:00-8:00 = Open Lifting

8:00-9:30 = BFS Program- All Athletes + **Boys Hockey**

9:30-11:00 = BFS Program - **Football**

5:00-6:00 = **BFS Readiness- 6<sup>th</sup>/7<sup>th</sup>/8<sup>th</sup> Graders** (MS & JH Athletes Only)

6:00-6:30 = Open Lifting

## Friday

6:30-8:00 = BFS Program- All Athletes – this will be football's suggested Day 3

8:00-9:30 = BFS Program- All Athletes – this will be football's suggested Day 3

9:30-10:00 = Open Lifting

10:00-11:00 = BFS Program - **Girls Soccer**

## Note

BFS Program time is **only BFS** and both strength coaches must be working on only BFS. It sends the wrong message and allows athletes to show up and hide in the corner when we have a mixed program going on at the same time.

## BFS Unification

From Dr. Shepard's **BFS** book (2nd edition)

*"Unification" is the concept that all high school athletes..., should adhere to the same basic training philosophy. This means that all athletes, from football to basketball to swimmers, should perform the same weight training exercises, speed & agility exercises, and flexibility and plyometric exercises.*

*Such organization reduces teaching time, prevents many administrative hassles and personality conflicts, and improves athletic performance.*

*When coaches adopt the BFS system, all athletes perform the same basic program throughout the entire school year and during the summer. **Confusion disappears**, coaches enjoy a spirit of teamwork with their colleagues, and athletes more easily achieve their goals.*

*The BFS program is the program perfect for any high school athlete, **male or female**, and is ideal for coaches who deal with large numbers of athletes.*

*Schools that have started a unified total BFS program have seen tremendous results.*

**The BFS program focuses on winning!** *The BFS program will certainly help prevent injuries..., but it goes far beyond that. ...countless testimonials that show dramatic decline in injuries...*

# Summer-Three Day BFS Workout Program – All Teams/Sports

## Day 1 (All Sports)

- Dot Box (agility warm-up)
- Group/Team Speed & Plyo
- Box Squat
- Towel Bench
  - Core lifts follow set-rep cards
- Auxiliary (sport specific)
- Auxiliary (sport specific)
- Auxiliary (sport specific)
  - Auxiliary Lifts 2 sets of 10
- 1-2-3-4 Flexibility

## Day 2 (All Sports)

- Dot Box (agility warm-up)
- Group/Team Speed & Plyo
- Power Clean
- Deadlift (hex or regular bar)
  - Core lifts follow set-rep cards
- Auxiliary (sport specific)
- Auxiliary (sport specific)
- Auxiliary (sport specific)
  - Auxiliary Lifts 2 sets of 10
- 1-2-3-4 Flexibility

## Day 3 (All Sports)

- Dot Box (agility warm-up)
- Parallel Squat
- Bench Press
  - Core lifts follow set-rep cards
- Auxiliary (sport specific)
- Auxiliary (sport specific)
- Auxiliary (sport specific)
  - Auxiliary Lifts 2 sets of 10
- 1-2-3-4 Flexibility

## Sport Specific Auxiliary Lifts (2x10)

### Basketball

**Day 1** = Leg Curls, Glute-Ham or Straight-Leg Deadlift  
**Day 2** = Dips, Shoulder press, and DB Lunges  
**Day 3** = Leg Curls, Glute-Ham or Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = none

### Baseball

**Day 1** = Shoulder Press and Straight-Leg Deadlift  
**Day 2** = Dips and DB Lunges  
**Day 3** = Dumb Bell Incline Bench and Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = none

### Cross Country

**Day 1** = Lat Pull Downs and Glute-Ham or Straight Leg DL  
**Day 2** = Leg Curls and DB Lunges  
**Day 3** = Lat Pull Downs and Glute-Ham or Straight Leg DL  
**Advanced Auxiliary Lift** = none

### Dance/Cheer

**Day 1** = Shoulder Press and Straight-Leg Deadlift  
**Day 2** = Lat Pull Downs and DB Lunges  
**Day 3** = Shoulder Press and Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Push Jerk (cheer only)

### Football

**Day 1** = Neck Isometrics & Straight-Leg Deadlift  
**Day 2** = Dips and DB Lunges  
**Day 3** = Neck Isometrics & Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Push Press

### Golf

**Day 1** = Neck Isometrics and Straight-Leg Deadlift  
**Day 2** = Dumb Bell Incline Bench and Leg Curls  
**Day 3** = Neck Isometrics and Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Power Snatch

### Hockey

**Day 1** = Leg Press and Glute-Ham or Straight-Leg Deadlift  
**Day 2** = Shoulder Press, Lat Pull Downs, and DB Lunges  
**Day 3** = Leg Press and Glute-Ham or Straight Leg Deadlift  
**Advanced Auxiliary Lift** = none

### Lacrosse

**Day 1** = DB Lunges & Straight-Leg Deadlift  
**Day 2** = Lat Pull Downs and Shoulder Press  
**Day 3** = DB Lunges & Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Power Snatch

### Soccer

**Day 1** = Leg Curls, Leg Ext., and Straight-Leg Deadlift  
**Day 2** = Dips and DB Lunges  
**Day 3** = Leg Curls, Leg Ext., and Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = none

### Softball

**Day 1** = Shoulder Press & Straight-Leg Deadlift  
**Day 2** = Dips  
**Day 3** = Shoulder Press & Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Power Snatch

### Swim & Dive

**Day 1** = Lat Pull Down, Glute-Ham or Straight-Leg Deadlift  
**Day 2** = Dips and Leg Extensions  
**Day 3** = Lat Pull Down, Glute-Ham or Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Push Jerk

### Tennis

**Day 1** = Lat Pull Downs & Straight-Leg Deadlift  
**Day 2** = Dips and DB Lunges  
**Day 3** = Lat Pull Downs & Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Power Snatch

### Track & Field

**Day 1** = Leg Curls, Leg Extension, and Straight-Leg Deadlift  
**Day 2** = Dumb Bell Incline Bench and DB Lunges  
**Day 3** = Leg Curls, Leg Extension, and Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = none

### Volleyball

**Day 1** = DB Lunges and Dumb Bell Straight-Leg Deadlift  
**Day 2** = Shoulder Press and Lat Pull Downs  
**Day 3** = DB Lunges and Dumb Bell Straight-Leg Deadlift  
**Advanced Auxiliary Lift** = Power Snatch

### Wrestling

**Day 1** = Neck Isometrics and Glute-Ham or Straight Leg DL  
**Day 2** = Dips, Dumb Bell Incline Bench, and Lat Pull Downs  
**Day 3** = Neck Isometrics and Glute-Ham or Straight Leg DL  
**Advanced Auxiliary Lift** = none

## Speed – Agility – Plyo Program ALL SPORTS

### Day 1

**Form run** = teach/stress proper technique (warm-up & speed)  
**Timed Dot Box** = (1 timed = Warm-up & agility)  
**Pro Agility** = (4 times each/time every two weeks = agility)  
**Starts/Sprints** = (5 x 10 yards, 3x20, & 1x40/time every two weeks = speed)  
**Bonus Drill** = (one five minute sport specific drill chosen by instructor)  
**Plyo Box Hops** = (2 x 30 seconds = explosion)  
**Stretch** = 1-2-3-4 Flexibility (flexibility – measure sit & reach)

### Day 2

**Form run** = teach/stress proper technique (warm-up & speed)  
**Timed Dot Box** = (1 timed = Warm-up & agility)  
**Nebraska** = (3 times each/time every two weeks = agility)  
**Starts/Sprints** = (5 x 10 yards, 3x20, & 1x40/time every two weeks = speed)  
**Bonus Drill** = (one five minute sport specific drill chosen by instructor)  
**Vertical & Long Jump** = (5 times with rest/ measure every two weeks = explosion)  
**Stretch** = 1-2-3-4 Flexibility (flexibility – measure sit & reach)

## **In-Season BFS Workout Program – All Teams**

### **Day One or Game Day (quick recovery workout)**

- ~Dot Box warm-up (agility warm-up)
- ~Power Clean (explosive power) – Follow Set/Rep Card
- ~Box Squat (explosive power & speed) – Follow Set/Rep Card
- ~Incline Bench w/ Dumb Bells (upper body strength & endurance) – 1 set of 15 reps
- ~Straight Leg Dead Lift w/ Dumb Bells (hamstrings and lower back) – 1 sets of 15 reps
- ~1-2-3-4 Flexibility (stretches)

### **Day 2 or 24 Hours before Game (longer recovery workout)**

- ~Dot Box warm-up (agility warm-up)
- ~Parallel Squat (explosive power) – Follow Set/Rep Card
- ~Bench Press (upper body power) – Follow Set/Rep Card
- ~Dumb Bell Lunges (lower body strength & endurance) – 1 set of 15 reps
- ~Straight Leg Dead Lift w/ Dumb Bells (hamstrings and lower back) – 1 sets of 15 reps
- ~1-2-3-4 Flexibility (stretches)

### **Auxiliary Lifts**

While in-season Auxiliary Lifts should be kept to a minimum in order to be able to complete the above lifts and break personal records, while keeping the main focus on your Sport!

### **Sets-Reps & Record Keeping**

The same set-rep rotational system is used in-season and out-of-season. Follow the card for the Core Lifts and record the non-core lifts under Auxiliary Lifts. Try to break at least five to six personal records each week during the season and you will be stronger at the end of the season and better prepared for the playoffs. Continue to measure your events times (dot drill, vertical, long jump, and sit & reach) once every two weeks and record new records.

**Set-Rep Rotational Card System** The strength portion of the BFS program, in-season & out-of-season, is set up on four-week cycles, with each week consisting of core lifts performed on specific days. The cycles consist of the following Set/Rep cycles: 3x3, 5x5, 5-4-3-2-1, and 10-8-6 (or 4-4-2 for the power clean and Hex bar Deadlift). During the season, the same Set/Rep cycles are used, but the workout is performed only twice a week. This variety ensures that the athlete is able to continually break personal records, even during the season – there are no plateaus in the BFS program. If you are sick/injured or miss over a week, you should re-set your workout beginning with week one's 3 x 3 cycle.

## **Personal Power Ranking**

### **Are you Good, Great, All-State, or All-American?**

Log on to [www.biggerfasterstronger.com](http://www.biggerfasterstronger.com) and go to 1. Athletes Link and then 2. Personal Power Ranking. On the Personal Power Ranking page enter height, weight, grade, gender, and then your individual scores to find out where your progress has you ranked by size & grade.