

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 10 reps, 1 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 BFS at 1-800-628-9737 or on the web at www.biggerfasterstronger.com.

THE BFS 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 Incline.

** Flexibility and Agility 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

1st Workout	2nd Workout	
Parallel Squat	Box Squat	
Bench Press	Towel Bench	*If the Hex Bar is unavailable, you may do Straight Leg Deadlifts
Hex Bar Deadlift*	Power Clean	
Flexibility**	Flexibility	
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 coming 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.

Beat The Computer Bfs Manual

RS Peters



Beat The Computer Bfs Manual:

Unveiling the Magic of Words: A Report on "**Beat The Computer Bfs Manual**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Beat The Computer Bfs Manual**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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Table of Contents Beat The Computer Bfs Manual

1. Understanding the eBook Beat The Computer Bfs Manual
 - The Rise of Digital Reading Beat The Computer Bfs Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Beat The Computer Bfs Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Beat The Computer Bfs Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Beat The Computer Bfs Manual
 - Personalized Recommendations
 - Beat The Computer Bfs Manual User Reviews and Ratings
 - Beat The Computer Bfs Manual and Bestseller Lists

5. Accessing Beat The Computer Bfs Manual Free and Paid eBooks
 - Beat The Computer Bfs Manual Public Domain eBooks
 - Beat The Computer Bfs Manual eBook Subscription Services
 - Beat The Computer Bfs Manual Budget-Friendly Options
6. Navigating Beat The Computer Bfs Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Beat The Computer Bfs Manual Compatibility with Devices
 - Beat The Computer Bfs Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Beat The Computer Bfs Manual
 - Highlighting and Note-Taking Beat The Computer Bfs Manual
 - Interactive Elements Beat The Computer Bfs Manual
8. Staying Engaged with Beat The Computer Bfs Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Beat The Computer Bfs Manual
9. Balancing eBooks and Physical Books Beat The Computer Bfs Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Beat The Computer Bfs Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Beat The Computer Bfs Manual
 - Setting Reading Goals Beat The Computer Bfs Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Beat The Computer Bfs Manual
 - Fact-Checking eBook Content of Beat The Computer Bfs Manual
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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