

# BFS (Bigger, Faster, Stronger)

Coach Ben Goodhue, Certified Resistance Trainer

- BFS Program
  - In Season (2 Days/Week)
  - Off Season (3 Days/Week)
- Program Specifics
  - Tailored to All Student-Athletes
  - Core Lifts
    - 1) Bench Press
    - 2) Parallel Squat
    - 3) Power Clean
    - 4) Box Squat
    - 5) Hex Bar Deadlift
- Program Format
  - I. Dynamic Warm Up
  - II. Plyometrics Training
  - III. Abdominal (Core Strengthening)
  - IV. Strength Training
- Program Myths
  - Strength Training, Not Body Building
  - Stunts One's Growth
- Benefits of the BFS Program
  - a) Team Camaraderie
  - b) Injury Prevention
  - c) Improved Competition Level
  - d) Improved Self Management Skills  
(self confidence & self discipline)

The logo for BFS (Bigger, Faster, Stronger) features the letters 'BFS' in a bold, white, sans-serif font. The letters are set against a background of a red and blue diagonal stripe that runs from the top-left to the bottom-right.A banner with a red and blue diagonal stripe background. The text 'BIGGER FASTER STRONGER' is written in a large, bold, white, sans-serif font with a blue outline. Below this, the text 'Dedicated to Helping Athletes Succeed Since 1976' is written in a smaller, white, sans-serif font with a blue outline.