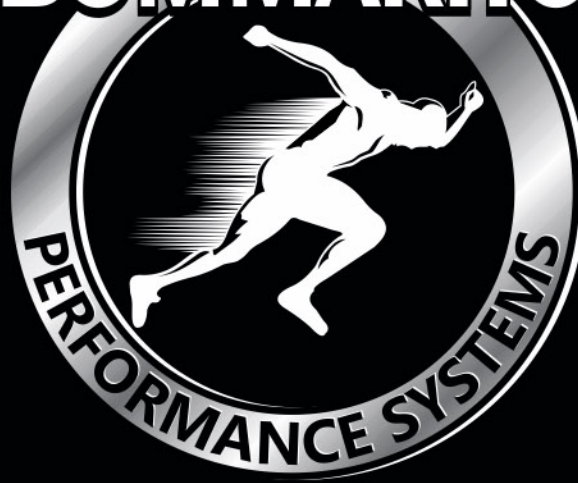


BOMMARITO



WELCOME TO THE REVOLUTION

NFL

DRAFT PREPARATION

AND

VETERANS DEVELOPMENT

- "Some of the best players at every position come to BPS to work out... if you got a clientele list like THAT...you gotta be doing something right!"
- "I feel faster and stronger than ever..."
- "The combination of the training and medical center and how they work together is just incredible...you usually don't see it working like this, but BPS has just perfected this system..."
- "I came in fast and I've always tested well so I didn't believe the place I chose to train would matter... but BPS took every aspect of my athleticism and my game to ANOTHER LEVEL... I tested better in every single category and got drafted higher than expected..."



RUNNING BACK



"My body has changed dramatically...the field work and weight room work are **SECOND TO NONE.**"

JAMES CONNER

PRO BOWL



10-YD — 1.49*
40-YD — 4.55*
VERTICAL SHUTTLE — 34"*

*PRO DAY

"BPS is the best in my opinion."

FRANK GORE

ALL-PRO

RB-SPECIFICS

Acceleration-Deceleration Zones - short

Open-field motion - circular/angled cuts

UNLOADED Speed development

Routes/bag drills - change direction of visual

SPEED

Fastest RB, 2019 - Mike Weber
FASTEST OVERALL, 2016 - Keith Marshall
Fastest RB, 2015 - Tevin Coleman*
Fastest RB 190+, 2014 - Henry Josey
Fastest RB, 2012 - Lamar Miller
Fastest RB, 2006 - Maurice Jones-Drew
Brian Hill, RB 215+, 2017 - 2nd best 20yd, 40yd, Broad, Shuttle
Only RB 190+ to run sub-4.4, 2014 - Josey
2nd Fastest RB 225+ (10, 20 and 40-yd), 2013 - Le'Veon Bell
2nd Fastest RB, 2010 - Ben Tate

ACCELERATION

Fastest RB (10yd), 2019 - Mike Weber
Fastest RB (20yd), 2019 - Mike Weber
Fastest RB (10yd), 2017 - Marlon Mack
Fastest RB (10yd), 2016 - Josh Ferguson
2nd Fastest RB (10yd), 2019 - Karan Higdon
2nd Fastest RB (10yd), 2016 - Ezekiel Elliott
Fastest FB (10yd), 2016 - Glenn Gronkowski
Fastest RB (10yd), 2015 - Tevin Coleman*
Fastest RB, 200-lb+ (10yd), 2012 - Lamar Miller
Fastest RB (10yd), 2007 - DeShawn Wynn
2nd Fastest RB (20yd), 2019 - Karan Higdon
2nd Fastest RB (20yd), 2017 - Marlon Mack
Fastest FB (20yd), 2016 - Glenn Gronkowski
Fastest RB 190+ (20yd), 2014 - Henry Josey
2nd Fastest RB (10yd), 2011 - Kendall Hunter
2nd Fastest RB (10-yd), 2010 - Ben Tate

AGILITY

Fastest 3-Cone, RB, 2018 - Josh Adams
Fastest 60yd Shuttle, RB 215+, 2017 - Brian Hill
Fastest Shuttle, 3-Cone, 60yd, FB, 2017 - Sam Rogers
Fastest 3-Cone, FB, 2016 - Glenn Gronkowski
Fastest Shuttle, RB 225+, 2013 - Le'Veon Bell
Fastest 3-Cone, RB 225+, 2013 - Le'Veon Bell
Fastest Shuttle, RB, 2010 - Ben Tate
2nd Fastest Shuttle, RB, 2013 - Rex Burkhead
2nd Fastest 3-Cone, RB, 2008 - Kevin Smith

STRENGTH/POWER

Strongest RB, 2016 - Keith Marshall
Strongest RB, 2010 - Ben Tate
Strongest RB, 2009 - Rashad Jennings
Longest Broad Jump RB, 2010 - Ben Tate
Highest Vertical RB, 2007 - Darius Walker
Highest Vertical RB, 2002 - Will Green
Best VJ/Broad, FB, 2017 - Sam Rogers
2nd Strongest RB, 2019 - Jalin Moore
2nd Highest VJ, RB, 2013 - Rex Burkhead
2nd Longest Broad, RB, 2013 - Rex Burkhead
2nd Highest VJ, 2010 - Ben Tate

BPS ALL-TIME BEST RESULTS - RB

EVENT	PLAYER	TEST	YEAR
40YD	Keith Marshall	4.31	2016
SHUTTLE	Rex Burkhead	4.09	2013
3-CONE	Kendall Hunter	6.74	2011
BROAD	Brian Hill/Marlon Mack	125"	2017
VERTICAL	Will Green	42"	2002
BENCH	Rashad Jennings	29 reps	2009

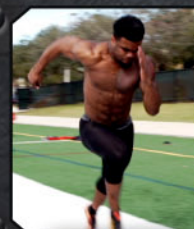


"I got faster, stronger, quicker, and learned the mechanics of everything. Its why I continue to come back every year!"

10-YD — 1.52
40-YD — 4.56
BENCH — 24
3-CONE — 6.75

Le'VEON BELL

ALL-PRO



10-YD — 1.51
20-YD — 2.50
40-YD — 4.45

EZEKIEL ELLIOTT

4TH OVERALL PICK ALL-PRO

RB-SPECIFICS

Balance - breaking tackle simulation

Conjugate weight room phases
- maximize Dynamic Strength

Jump Cut

**KEVIN SMITH
RB COACH**



"IT'S EASY TO SEE WHY EVERY TOP RB IN THE NFL TRAINS HERE..."



"With the success I've had, this program works for me, so I'll be here the rest of my career!"
*Pro Day
WEIGHT — 230
10-YD — 1.57*
40-YD — 4.50*
VERTICAL — 34"
BROAD — 10'2"

**JORDAN HOWARD
PRO BOWL**



10-YD — 1.48
20-YD — 2.46
40-YD — 4.40
BENCH — 22

**MIKE WEBER
FASTEST RB, 2019**

RB ALUMNI

Jay Ajayi
Gus Edwards
Josh Adams
Marlon Mack
Travis Homer
Raheem Mostert
James White
Dion Lewis
C.J. Anderson
David Fluellen
Rex Burkhead
Brian Hill
Darius Jackson
Benny Cunningham
Matt Forte
Maurice Jones-Drew
Fred Taylor



40-YD — 4.34
SHUTTLE — 4.08*
VERTICAL — 35'5"*

*PRO DAY

**LAMAR MILLER
FASTEST RB, 2012**



DALVIN COOK



"BPS is THE place to go to rehab and training - I'm faster than ever!"
*PRO DAY
10-YD — 1.49*
40-YD — 4.39*
BENCH — 22

**TEVIN COLEMAN
FASTEST RB, 2015**



**LeSEAN McCOY
ALL-PRO**



20-YD — 2.46
40-YD — 4.31
BENCH — 25

**KEITH MARSHALL
FASTEST OVERALL, 2016**



**LATAVIUS MURRAY
PRO BOWL**

WIDE RECEIVER

BOMMARITO



"I had specific goals coming to BPS...and I achieved them all. All aspects of the BPS program are great!"

TYREEK HILL

ALL- PRO



"BPS medical helped me a lot coming off a serious injury...I ended up having a dominating workout."

10-YD — 1.49*
40-YD — 4.34*
VERTICAL — 35.5**
*PRO DAY

T.Y. HILTON

PRO BOWL

SPEED

Fastest WR 200+, 2018 - Marquez Valdes-Scantling
Fastest WR, 2015 - Breshad Perriman
2nd Fastest WR, 2014 - John Brown
Fastest WR, 2008 - Dexter Jackson
Fastest WR, 2006 - Chad Jackson
3rd Fastest WR and OVERALL, 2009 - Johnny Knox
2nd Fastest OVERALL, 2007 - Jason Hill
2nd Fastest WR e, 2010 - Taylor Price
2nd Fastest WR, 2005 - Troy Williamson

ACCELERATION

Fastest OVERALL (20yd), 2018 - Marquez Valdes-Scantling
Fastest WR (10yd), 2015 - Breshad Perriman
Fastest OVERALL (10yd), 2007 - Aundrae Allison
Fastest WR (20yd), 2014 - John Brown
Fastest WR, 215+ (20yd), 2013 - Aaron Mellette
2nd Fastest WR (10-yd), 2011 - Torrey Smith
2nd Fastest WR (10yd) - Mike Thomas

AGILITY/POWER

Fastest 3-Cone, WR, 2017 - Taywan Taylor
Fastest Shuttle, WR, 2009 - Kevin Ogletree
Fastest Shuttle, WR, 2006 - Chad Jackson
2nd Highest Vertical, WR, 2019 - Darius Slayton
2nd Fastest 3-Cone, WR, 2009 - M. Thomas
2nd Highest Vertical, WR, 2011 - Torrey Smith

CONSISTENCY

EVERY BPS WR ran sub-4.5 in '05, '07, '08, '09, '12, '13, '15, '16, '17, '18
EVERY BPS WR and CB ran sub-4.5 in 2015, 2016, 2018
EVERY BPS RB and WR ran sub-4.4 in 2012
EVERY BPS WR ran sub-4.4 in '09
3 WR ran sub 4.4 in 2007



"They worked on every aspect and I feel GREAT... it's amazing that everything I need is in one spot."

ALLEN ROBINSON

ALL- PRO



10-YD — 1.50*
40-YD — 4.46*
SHUTTLE — 4.18*

*PRO DAY

"I got a lot stronger in areas that's specific to being a WR."

ANTONIO BROWN

ALL- PRO

WR-SPECIFICS

Acceleration-Deceleration Zones - long

Open-field motion - deep circular cuts / aggressive angled cuts

Route tree

Footwork and hard breakdown/deceleration

BPS ALL-TIME BEST RESULTS - WR

EVENT	PLAYER	TEST	YEAR
40YD	Breshad Perriman	4.22*	2015
SHUTTLE	Mike Campanaro	4.01	2014
3-CONE	Taywan Taylor	6.57	2017
BROAD	Darius Slayton	135"	2019
VERTICAL	Torrey Smith	41"	2011
BENCH	Gary Jennings	20 reps	2019

*Pro Day

WR-SPECIFICS

Ball drills, hand-eye coordination, visual reaction

Power-based and Single-leg weight room phases

Acceleration and Absolute Speed emphasis

KELLEY WASHINGTON
WR COACH



"THIS TRAINING HAS REALLY IMPROVED MY ROUTE RUNNING..."

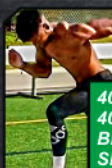


"I heard from many players that this was the place to be...the speed training and medical has me at the top of my game!"

*Pro Day
20-YD — 2.50
40-YD — 4.42
VERTICAL — 35"
SHUTTLE — 4.11*

STEFON DIGGS

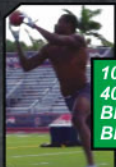
PRO BOWL



40-YD — 4.33
40-VERT — 40.5
BROAD — 11'3"
SHUTTLE — 4.15

DARIUS SLAYTON

TOP 5 IN 6 TESTS



10-YD — 1.51
40-YD — 4.40
BROAD — 10'5"
BENCH — 17

DEVANTE PARKER

1ST ROUND PICK



CURTIS SAMUEL

WR ALUMNI

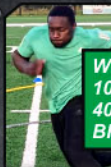
Albert Wilson
Taywan Taylor
Torrey Smith
Allen Hurns
Keith Kirkwood
Rashad Greene
Jake Kumerow
Tim Patrick
Chester Rogers
Braxton Berrios
Deandre Thomkins
Michael Campanaro
Keelan Cole
Darvin Kidy
Kenny Stills
Kendrick Bourne
Jarvis Landry
Willie Snead
Seth Roberts
Jojo Natson
Wes Welker
Anquan Boldin



"My tests were incredible, and I feel like my overall game has really improved."

40-YD — 4.39
BENCH — 20
BROAD — 10'7"
SHUTTLE — 4.15

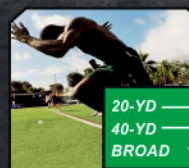
GARY JENNINGS



WEIGHT — 213
10-YD — 1.56
40-YD — 4.46
BROAD — 10'

JAMES WASHINGTON

2ND ROUND PICK



20-YD — 2.44
40-YD — 4.37
BROAD — 10'4"

MARQUEZ VALDES-SCANTLING

FASTEST OVERALL (20YD), 2018



"I came here after my hamstring injury. The training and rehab got me to 100% quick and RESULTS SHOWED!"

*Pro Day
10-YD — 1.42*
40-YD — 4.22*
BROAD — 10'7"
BENCH — 18*

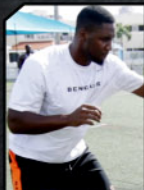
BRESHAD PERRIMAN

1ST ROUND PICK

DAVIE, FL / AVENTURA, FL / PITTSBURGH, PA / HOUSTON, TX



DEFENSIVE LINE



WEIGHT — 278
10-YD — 1.56*
40-YD — 4.59*
3-CONE — 7.21

*PRO DAY

"Dominated the combine, come back every off-season. There is just no better place than BPS. I'm going to keep recommending it to everyone."

CARLOS DUNLAP

PRO BOWL



"I'm really liking the field and weight room work here at BPS!"

DAVON GODCHAUX

BPS ALL-TIME BEST RESULTS - DT

EVENT	PLAYER	TEST	YEAR
40YD	Earl Mitchell	4.75	2010
SHUTTLE	Darrell Shropshire	4.34	2005
3-CONE	Jaye Howard	7.32	2012
BROAD	Darrell Shropshire	116"	2005
VERTICAL	Darrell Shropshire	34"	2005
BENCH	Marcus Forston	34 reps	2012

DL-SPECIFICS

Power in deep bending positions / leverage

Pass rush - bags, mitts, pads, martial arts emphasize hand speed

Punch power, speed, martial arts board, Landmine/Jammer series

Lateral agility with bending

SPEED

Fastest DE, 2016 - Emmanuel Ogbah
Fastest DE 265+, 2017 - Trey Hendrickson
Fastest DL 275+, 2017 - Tanoh Kpassagnon
Fastest DE, 2014 - Dee Ford
Fastest DT, 2012 - Jaye Howard
Fastest DE 270+, 2011 - Allen Bailey
Fastest DT, 2010 - Earl Mitchell, ALL TIME RECORD (as of '14)
Fastest DE, 2008 - Marcus Howard, ALL TIME RECORD
Fastest DE 275+, 2008 - Kendall Langford
Fastest DT, 2007 - Quinn Pitcock
Fastest DE 270+, 2007 - Baraka Atkins
Fastest DT, 2006 - Kedric Golston
Fastest DT, 2005 - Darrell Shropshire
Fastest DT, 2003 - Kevin Williams
2nd Fastest DE, 2019 - Jordan Brailford
2nd Fastest DE 270+, 2010 - Carlos Dunlap
Fastest DT or DE in 13 out of last 17 years ('03-'19)
DE run sub-4.6 in 2019, 2017, 2016, 2014, 2010, 2008, 2007

ACCELERATION

Fastest DL 275+ (10yd), 2017 - Tanoh Kpassagnon
Fastest DE (10yd), 2016 - Emmanuel Ogbah
Fastest DT (10yd), 2016 - Quinton Jefferson
Fastest DT (10yd), 2015 - Grady Jarrett
Fastest DT (10yd), 2012 - Jaye Howard
Fastest DT (10yd), 2010 - Earl Mitchell
Fastest DE, 270+ lb (10yd), 2010 - Carlos Dunlap
Fastest DE, 2009 (10yd) - Everette Brown
2nd Fastest DE (10yd), 2019 - Jordan Brailford
2nd Fastest DE (10yd), 2014 - Dee Ford
Fastest DE, 265+ (20yd), 2017 - Trey Hendrickson
Fastest DL 275+ (20yd), 2017 - Tanoh Kpassagnon
2nd Fastest DE (20yd), 2014 - Dee Ford

AGILITY

Fastest Shuttle, DL (265+), 2017 - Trey Hendrickson
Fastest 60yd Shuttle, DE, 2017 - Trey Hendrickson
2nd Fastest 3-Cone, DT, 2015 - Grady Jarrett
Fastest Shuttle, DT, 2005 - Darrell Shropshire
2nd Fastest Shuttle, DT, 2016 - Quinton Jefferson

STRENGTH / POWER

2nd Highest Vertical, DE, 2018 - Jacob Pugh
Longest Broad Jump, DE, 2017 - Tanoh Kpassagnon
Highest Vertical DE, 2016 - Emmanuel Ogbah
2nd Longest Broad, DT, 2015 - Grady Jarrett
Strongest DE, 2014 - Dee Ford
2nd Longest Broad, DE, 2014 - Dee Ford
2nd Highest VJ, DE, 2012 - Derrick Shelby
2nd Highest Vertical, DE 270+ - Allen Bailey
2nd Strongest DE 270+ - Allen Bailey
2nd Longest Broad, DT, 2009 - Sammie Hill



LEGER DOUZABLE
DL COACH



DOUG DUTTON
PASS RUSH SPECIALIST



10-YD — 1.64
40-YD — 4.68
BENCH — 26
BROAD — 10'2"
VERTICAL — 34.5"

"The staff is phenomenal...the nutrition program was great... position coaches are the best I've seen...will definitely be back!"

YANNICK NGAKOE

PRO BOWL



"Heard great things, so I finally tried it... GREAT program overall!"

CAMERON WAKE

ALL PRO

BPS ALL-TIME BEST RESULTS - DE

EVENT	PLAYER	TEST	YEAR
40YD	Marcus Howard	4.45	2008
SHUTTLE	Trey Hendrickson	4.20	2017
3-CONE	Jeremy Mincey	7.01	2006
BROAD	Tanoh Kpassagnon	128"	2017
VERTICAL	Jacob Pugh	38.5"	2018
BENCH	Olivier Vernon	31 reps	2012

DL-SPECIFICS

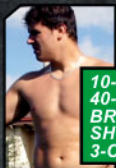
1st step quickness, visual reaction

Weight room phases on full undulating periodization

Weight room undulating: Max effort; dynamic, hypertrophy, volume, power endurance, stabilization

Pass rush zones, angles, motions

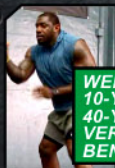
"THE POSITION WORK IS THE BEST I'VE SEEN...MANY TOP PASS-RUSHERS TRAIN HERE...SAYS A LOT!"



10-YD — 1.59
40-YD — 4.59
BROAD — 10'2"
SHUTTLE — 4.20
3-CONE — 7.03

TREY HENDRICKSON

FASTEST DE 265+, 2017



WEIGHT — 285
10-YD — 1.67
40-YD — 4.71
VERTICAL — 36.5"
BENCH — 27

ALLEN BAILEY

FASTEST DE (270lb+), 2011

DL ALUMNI

Vincent Taylor
Adolphus Washington
Jabaal Sheard
Robert Quinn
Andrew Billings
Charles Harris
Jason Pierre-Paul
Mike Daniels
D.J. Jones
Corey Liuget
Lamar Houston
Slyvester Williams
Darnell Dockett
TANOH KPASSAGNON
Ricky Jean-Francois
AL-QUADIN MUHAMMAD
Sterling Shippy
Olivier Vernon
Chris Long
Earl Mitchell
Dante Fowler Jr.
Derrick Morgan
RJ McIntosh
Carroll Phillips



"I came here because I heard BPS was the best in the country...EVERY aspect of the program has helped me!"

10-YD — 1.56
40-YD — 4.56
BROAD — 10'1"
VERTICAL — 35.5"
3-CONE — 7.26

EMMANUEL OGBAH

FASTEST DE, 2016



DEMARCUS LAWRENCE

PRO BOWL

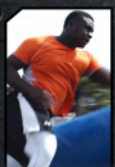


"The speed program was AWESOME. The nutrition and the overall experience were GREAT!"

10-YD — 1.62
20-YD — 2.62
40-YD — 4.62
BENCH — 20

UCHENNA NWOSU

2ND ROUND PICK

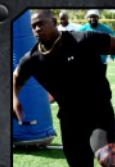


"Attention to DETAIL is what separates BPS from everyone else."

10-YD — 1.64
20-YD — 2.84
BENCH — 30
BROAD — 9'4"
VERTICAL — 31
3-CONE — 7.37

GRADY JARRETT

FASTEST DT (10-YD), 2015



"The speed mechanics and nutrition program helped me a LOT for the Combine...I'll be back EVERY YEAR!"

10-YD — 1.68
40-YD — 4.88
3-CONE — 7.44

CHRIS JONES

2ND ROUND PICK



10YD — 1.56
40-YD — 4.59
BROAD — 10'6"
VERTICAL — 37.5"

JORDAN BRAILFORD

2019 DE: TOP-3 IN 5 TESTS

OFFENSIVE LINE

BOMMARTO



"Training at BPS was the BEST decision I ever made!"

10-YD — 1.68
40-YD — 4.90
BROAD — 9'9"
SHUTTLE — 4.54
3-CONE — 7.61

CHRIS LINDSTROM

FASTEST OG, ALL-TIME RECORD

2019 OG: BEST BROAD, SHUTTLE

1ST ROUND PICK



DION DAWKINS



GEORGE FANT

SPEED

Fastest OG, 2019 - Chris Lindstrom, ALL TIME RECORD

Fastest OT, 2010 - Bruce Campbell
ALL TIME RECORD (as of '13)
Fastest OG, 2017 - Danny Isidora
Fastest OT 310+, 2018 - Jaryd Jones-Smith
Fastest OG, 2015 - Chaz Green
Fastest OG, 2011 - Orlando Franklin
Fastest OT, 2006 - Eric Winston
2nd Fastest OG, 2016, Darrell Greene
2nd Fastest OG 300-lb+, 2012 - Rishaw Johnson

ACCELERATION

Fastest OG (10yd), 2017 - Danny Isidora
Fastest OG, 300-lb+ (10yd), 2012 - Rishaw Johnson
Fastest OT (10yd), 2010 - Bruce Campbell
Fastest OG (10yd), 2010 - Chris DeGeare
2nd Fastest OL (10yd), 2019 - Chris Lindstrom
2nd Fastest OG (10yd), 2015 - Chaz Green
2nd Fastest OT (10yd), 2014 - Matt Patchan
Fastest OG (20yd), 2017 - Danny Isidora
2nd Fastest OL (20yd), 2019 - Chris Lindstrom
2nd Fastest OT (20yd), 2014 - Matt Patchan

STRENGTH / POWER

Longest Broad OG, 2019 - Chris Lindstrom
Strongest OVERALL, 2015 - Ereck Flowers
2nd Strongest OG, 2015 - John Miller
2nd Strongest OT, 2010 - Bruce Campbell
2nd Strongest OL, 2009 - Cornelius Lewis
Highest VJ, OL, 2014 - Matt Patchan
Longest Broad OG, 300-lb+, 2012 - Rishaw Johnson
2nd Highest Vertical Jump, OG, 2010 - Chris DeGeare

AGILITY

Fastest Shuttle, OG, 2019 - Chris Lindstrom
Fastest Shuttle, OT, 2012 - Andrew Datko
Fastest Shuttle, OG, 2012 - Rishaw Johnson
Fastest Shuttle, OG, 2003 - Vince Manuwai
2nd Fastest 3-cone, OT, 2011 - Derek Sherrod



"I like the specific work we do here..."

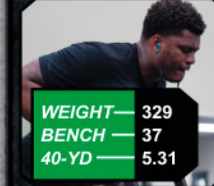
10-YD — 1.82
40-YD — 5.21

TRENTON BROWN



RUSSELL OKUNG

PRO BOWL



ERECK FLOWERS

1ST ROUND PICK

STRONGEST OVERALL, 2015

BPS ALL-TIME BEST RESULTS - OG/C

EVENT	PLAYER	TEST	YEAR
40YD	Chris Lindstrom	4.90	2019
SHUTTLE	Vince Manuwai	4.40	2003
3-CONE	Dan Santucci	7.47	2007
BROAD	Chris Lindstrom	117"	2019
VERTICAL	Chris Degeare	32.5"	2010
BENCH	Ronald Leary	30 reps	2012

BPS ALL-TIME BEST RESULTS - OT

EVENT	PLAYER	TEST	YEAR
40YD	Bruce Campbell	4.75	2010
SHUTTLE	Andrew Datko	4.54	2012
3-CONE	Derek Sherrod	7.32	2011
BROAD	Matt Patchan	113"	2014
VERTICAL	Matt Patchan	33.5"	2014
BENCH	Ereck Flowers	37 reps	2015

OL-SPECIFICS

Pass sets - bags, mitts, pads, martial arts emphasize hand speed

Run block - technique, speed/power, LEVERAGE

Resisted work, power endurance, strength endurance

1st step quickness, visual reaction



LEGER DOUZABLE
OL COACH



JAVIEL CENTENO
MMA HANDS COACH

OL-SPECIFICS

Weight room phases on full undulating periodization

Weight room undulating: Max effort; dynamic, hypertrophy, volume, power endurance, stabilization

Punch power, speed, martial arts board, Landmine/Jammer series

Power in deep bending positions / leverage

"THE MMA-STYLE HANDS DRILLS AT BPS REALLY TRANSFER TO MY POSITION...BEST I'VE EVER SEEN..."



"I definitely take advantage of everything here at BPS; it's the best I've ever worked with."

MARCUS GILBERT

OL ALUMNI

Brandon Linder
David Sharpe
Jaryd Jones-Smith
William Sweet
Cole Boozer
Cornelius Lucas
Chaz Green
Michael Schofield
Rick Leonard
Demetrius Rhaney
Ronald Leary
Isaac Asiata
Zach Fulton
Kadeem Edwards
Sam Young
Jahri Evans
Michael Oher
Nick Mangold



"The strength program is really good...every exercise here is really specific...I feel A LOT more confident!"

10-YD — 1.72
40-YD — 5.00
BENCH — 26
VERTICAL — 29"

DANNY ISIDORA

FASTEST OG, 2017

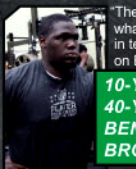


"I like the daily plan and the execution from the medical staff and trainers. The position training is GREAT!"

MORGAN MOSES



JORDAN MILLS



"They really know what they're doing in terms of improving on EVERY test."

10-YD — 1.78*
40-YD — 5.19*
BENCH — 29
BROAD — 8'10"***
*PRO DAY

JOHN MILLER



ANTONIO GARCIA

DAVIE, FL / AVENTURA, FL / PITTSBURGH, PA / HOUSTON, TX

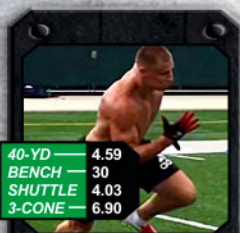


LINEBACKER



RASHAAN EVANS

1ST ROUND PICK



CODY BARTON

STRONGEST ILB
FASTEST SHUTTLE, LB



10-YD — 1.49
40-YD — 4.47
3-CONE — 7.04*
***PRO DAY**

"The BPS speed program got me where I needed to be, and results showed!"

TELVIN SMITH

FASTEST ILB, 2014 PRO BOWL

LB-SPECIFICS

Lateral motions - shuffle, run

Backward motions (drops) - BLR, BALR

Acceleration, resisted loads, power/strength endurance continuum

SPEED

Fastest ILB, 2014 - Telvin Smith
Fastest ILB, 2013 - Jon Bostic
Fastest LB, 2010 - Jamar Chaney
Fastest LB, 2008 - Marcus Howard
Fastest LB, 2007 - Antwan Barnes
2nd Fastest ILB, 2013 - Jonathan Stewart
2nd Fastest ILB, 2009 - Stanley Arnoux
All BPS LB ran sub-4.65 in 2018

ACCELERATION

Fastest ILB (20yd), 2018 - Andre Smith
Fastest LB (10yd), 2014 - Telvin Smith
Fastest LB (10yd), 2011 - Scott Lutruss
Fastest ILB (10yd), 2010 - Jamar Chaney
Fastest LB (20yd), 2014 - Telvin Smith
2nd Fastest LB (10yd), 2009 - Stanley Arnoux

STRENGTH / POWER

Strongest ILB, 2019, - Cody Barton
Longest Broad, ILB, 2019 - Otar Alaka, ALL -TIME-RECORD
Highest Vertical, OLB, 2018 - Jacob Pugh
Strongest OLB, 2017 - Marquel Lee
2nd Highest VJ, OLB, 2015 - Geneo Grissom
Longest Broad, ILB, 2013 - Brandon Hepburn
Highest Vertical, LB, 2011 - Brandon Hepburn
Longest Broad ILB, 2010 - Jamar Chaney,
ALL TIME RECORD
Highest Vertical ILB, 2010 - Jamar Chaney
Longest Broad, ILB, 2005 - Marcus Lawrence
2nd Longest Broad, ILB, 2009 - Stanley Arnoux

AGILITY

Fastest Shuttle, LB, 2019 - Cody Barton
Fastest 3-Cone, LB, 2018 - Dorian O'Daniel, ALL-TIME RECORD
Fastest Shuttle, LB, 2018 - Dorian O'Daniel
Fastest 3-Cone, ILB, 2013 - Jon Bostic
2nd Fastest Shuttle, ILB, 2013 - J. Bostic
2nd Fastest ILB (10yd), 2013 - J. Stewart, B. Hepburn
2nd Fastest Shuttle, OLB, 2011 - Scott Lutruss
2nd Fastest 3-Cone, ILB, 2005 - Marcus Lawrence



NIGEL BRADHAM



BUD DUPREE



KIKO ALONSO



JEROME BAKER



DOUG DUTTON
LB COACH



EJ BIGGERS
LB COACH

BPS ALL-TIME BEST RESULTS - LB

EVENT	PLAYER	TEST	YEAR
40YD	Deion Jones	4.38*	2016
SHUTTLE	Cody Barton	4.03	2019
3-CONE	Dorian O'Daniel	6.64	2018
BROAD	Otar Alaka	131"	2019
VERTICAL	Jamar Chaney	39"	2010
BENCH	Antwan Barnes	31 reps	2007

*Pro Day

LB-SPECIFICS

Change direction - sideline, coverage, pass rush

Weight room phases - conjugate, undulating, strength/power splits

Shed blocking - bags, mits, pads, martial arts emphasize hand speed

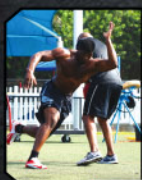
"THIS IS A PERFECT COMBINATION OF STRENGTH AND LB-SPECIFIC SPEED AND AGILITY..."



"Some of the BEST players at each position train at BPS - if you have a client list like that, you gotta be doing something right! I was looking to get bigger, stronger, faster - I made it happen at BPS!"

VON MILLER

ALL-PRO SUPER BOWL MVP
DEFENSIVE ROY



"Training at BPS was a great move for me. I had one of the best overall workouts at my position, and it's definitely a result of the things I did here."

40-YD — 4.53*
BENCH — 29*
VERTICAL — 35.5"
BROAD — 10'4"
***PRO DAY**

DEE FORD

1ST ROUND PICK

2014 FASTEST/STRONGEST DE

LB ALUMNI

Bruce Irvin
Kwon Alexander
Ray Ray Armstrong
Terrance Smith
Micah Kiser
Duke Ejiofor
Markus Golden
Josh Martin
Antonio Morrison
Nate Gerry
Andre Smith
Shaquil Barrett
Sharif Finch
Aaron Adeoye
James Burgess
Anthony Walker
Christian Jones
Jon Bostic
Chase Allen
Josh Harvey-Clemons



"Speed work made me a more efficient runner, and the overall energy here is GREAT!"

10-YD — 1.52*
20-YD — 2.52*
40-YD — 4.39*
BROAD — 10'0"
SHUTTLE — 4.26*
***PRO DAY**

DEION JONES
FASTEST LB, 2016
PRO BOWL



"The attention they give to EACH player is incredible. I got a LOT stronger, and my speed has improved."

10-YD — 1.58
40-YD — 4.56
SHUTTLE — 4.07
3-CONE — 6.64

DORIAN O'DANIEL
FASTEST 3-CONE, LB, ALL-TIME
FASTEST SHUTTLE, LB, 2018



BRANDON MARSHALL



MARQUEL LEE

DEFENSIVE BACK

BOMMARTO



"I love the training at BPS; it's helped me be explosive and really helped me with DB specifics!"

XAVIER RHODES, CB

ALL-PRO



"I've NEVER tested this well... 'I'll be back every year!"

10-YD — 1.52
40-YD — 4.40
VERTICAL — 39"
BROAD — 10'10"
SHUTTLE — 4.14

SHELDRIK REDWINE, S

2019 SS: TOP-3 IN 6 TESTS

BPS ALL-TIME BEST RESULTS - CB

EVENT	PLAYER	TEST	YEAR
40YD	DeMarcus Van Dyke	4.25	2011
SHUTTLE	Bobby McCain	3.82	2015
3-CONE	Joe Burnett	6.68	2009
BROAD	Scott Starks	137"	2005
VERTICAL	Darius Butler	43"	2009
BENCH	Jamar Taylor	22 reps	2013

DB-SPECIFICS

Backward motions - backpedal, anglepedal weave, BLR, BALR

Lateral motions - position, leverage, deceleration/breakdown

Change direction - forward breaks, backward cuts, 90deg

Footwork and hard breakdown/deceleration

SPEED

Fastest CB 185+, 2018 - Tony Brown
Fastest OVERALL, 2011 - DeMarcus Van Dyke
Fastest S, 2008 - Josh Barrett, ALL TIME RECORD (e)
Fastest FS, 2017 - Delano Hill
Fastest S, 2013 - Shamarko Thomas
Fastest CB, 2011 - DeMarcus Van Dyke
Fastest CB (e), 2010 - Brandon Ghee
Fastest CB, 2009 - Lardarius Webb
EVERY BPS WR AND CB ran sub 4.5 in 2015, 2016, and 2018

ACCELERATION

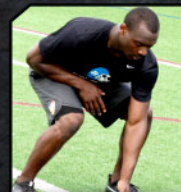
Fastest CB (10yd), 2019 - Derrek Thomas
Fastest OVERALL (10yd), 2011 - Van Dyke, Chekwa
Fastest OVERALL (10yd), 2007 - E Weddle, A Allison,
Fastest CB 185+ (10yd), 2018 - Tony Brown
Fastest CB (10yd), 2013 - Kayvon Webster
2nd Fastest S (10yd), 2019 - Sheldrick Redwine
2nd Fastest S (20yd), 2019 - Sheldrick Redwine
2nd Fastest S (10yd), 2017 - Delano Hill
2nd Fastest OVERALL (10yd), 2013 - Kayvon Webster
Fastest CB (10yd), 2011 - Van Dyke, Chekwa
Fastest CB, 2009 (10yd) - Darius Butler
2nd Fastest FS (10yd), 2016 - D. Houston-Carson
Fastest FS (20yd), 2017 - Jack Tocho
Fastest S (20yd), 2013 - Shamarko Thomas
2nd Fastest OVERALL (20yd), 2013 - Shamarko Thomas
Fastest FS (10yd), 2011 - Jaquawn Jarrett
2nd Fastest CB (10yd) - Don Carey
2nd Fastest S (10yd) - Chip Vaughn

STRENGTH / POWER

Strongest S, 2017 - Jack Tocho
Strongest CB, 2014 - Keith Reaser
Strongest CB, 2013 - Jamar Taylor
2nd Strongest S, 2014 - Kenny Ladler
2nd Strongest FS, 2009 - Chip Vaughn
Highest Vertical CB, 2004 - Scott Starks, ALL TIME RECORD
2nd Best Vertical & Broad, SS, 2019 - Sheldrick Redwine
2nd Highest VJ, CB, 2015 - Kevin Johnson
2nd Highest VJ, FS and S, 2014 - Kenny Ladler
Longest Broad, S, 2014 - Kenny Ladler
Strongest S, 2013 - Shamarko Thomas
Highest VJ, CB, 2013 - B.W. Webb
Highest VJ, S, 2013 - Shamarko Thomas
Longest Broad, CB, 2013 - B.W. Webb
2nd Longest Broad, S, ALL TIME - Shamarko Thomas
Highest Vertical, S, 2006 - Pat Watkins
Longest Broad Jump, SS, 2009 - Chip Vaughn
Longest Broad Jump, S, 2006 - Pat Watkins
2nd Highest VJ, FS - Robert Sands
2nd Longest Broad, CB, 2010 - Brandon Ghee
2nd Highest VJ, CB, 2010 - Devin Ross
2nd Longest Broad, CB, 2009 - Darius Butler
2nd Highest VJ, CB, 2009 - Darius Butler

AGILITY

Fastest Shuttle OVERALL, 2015 - Bobby McCain
Fastest Shuttle, OVERALL, 2013 - B.W. Webb
Fastest 3-Cone, SS, 2016 - Jalen Mills
Fastest Shuttle, SS, 2016 - Jalen Mills
2nd Fastest Shuttle, OVERALL, 2015 - Kevin Johnson
Fastest Shuttle, S, 2013 - Duke Williams
Fastest 60yd Shuttle, CB, 2013 - B.W. Webb
2nd Fastest 3-Cone, SS, 2013 - Zeke Motta
2nd Fastest Shuttle, FS, 2011 - Robert Sands
2nd Fastest Shuttle, CB, 2010 - Jerome Murphy
2nd Fastest Shuttle, S, 2009 - Chip Vaughn
2nd Fastest 3-Cone, CB, 2009 - Joe Burnett
2nd Fastest 3-Cone, S, 2009 - Louis Delmas



WEIGHT — 216
20-YD — 2.51
40-YD — 4.42

"Everything at BPS is well organized, and they really care about each person. I'm 100% and I'm extremely confident going into the Combine"

DELANO HILL, S

FASTEST FS, 2017



10-YD — 1.43
40-YD — 4.48
SHUTTLE — 4.12
3-CONE — 6.78

ERIC WEDDLE, S

ALL-PRO / FASTEST OVERALL (10-YD), 2007

BPS ALL-TIME BEST RESULTS - S

EVENT	PLAYER	TEST	YEAR
40YD	Josh Barrett	4.34	2008
SHUTTLE	Jalen Mills	4.00	2016
3-CONE	Louis Delmas	6.67	2009
BROAD	Shamarko Thomas	133"	2013
VERTICAL	Pat Watkins	41"	2006
BENCH	Shamarko Thomas	28 reps	2013

DB-SPECIFICS

Press hand speed - bags, mits, pads, martial arts emphasize hand placement

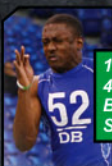
Power-based and Single-leg weight room phases

Acceleration/Absolute speed emphasis

**EJ BIGGERS
DB COACH**



"BEST FOOTWORK DRILLS I'VE EVER DONE...I FEEL REALLY STRONG AND FAST COMING OUT OF MY BREAKS..."



10-YD — 1.47
40-YD — 4.25
BROAD — 10'1"
SHUTTLE — 4.09

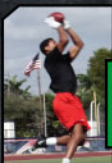
DEMARCUS VAN DYKE, CB

FASTEST OVERALL, 2011



"Come HERE... you'll get the best work of your life!"

JUSTIN COLEMAN



40-YD — 4.43
VERTICAL — 41.5"
BROAD — 10'10"
SHUTTLE — 3.89
3-CONE — 6.79

KEVIN JOHNSON, CB

1ST ROUND PICK



40-YD — 4.45"
SHUTTLE — 4.11
3-CONE — 6.72

*Pro Day

JULIAN LOVE, CB

DB ALUMNI

Mackenzie Alexander
Jalen Mills
Maurice Canady
Trevor Williams
Ross Cockrell
Deandre Baker
Adrian Amos
Jordan Whitehead
Adrian Colbert
Bobby McCain
Jamar Taylor
Dee Delaney
Kayvon Webster
Quinton Dunbar
John Franklin III
Keith Tandy
Arthur Maulet
Darius Phillips
Tony Lippett
Darius Butler
Orlando Scandrick
Aaron Colvin
Josh Robinson
George Ioka
Eric Murray
Corey Graham
Kemal Ishmael
Ted Thompson
Josh Jones



"I was fast coming in, but BPS got me 10x faster!"

40-YD — 4.37
3-CONE — 6.84
BROAD — 11'1"
VERTICAL — 40.5"
BENCH — 28

SHAMARKO THOMAS

FASTEST/ STRONGEST S, 2013



JORDAN POYER, S



"One workout and I was convinced BPS training has me in the best form of my life."

10-YD — 1.50
40-YD — 4.32
BROAD — 10'6"
SHUTTLE — 4.11
3-CONE — 6.78

TONY BROWN

FASTEST CB (185+), 2018



"Great to work here with some of the BEST DB's in the NFL!"

JOHNATHAN ABRAM, S

1ST ROUND PICK



TIGHT END/ QUARTERBACK

BPS ALL-TIME BEST RESULTS - TE

EVENT	PLAYER	TEST	YEAR
40YD	Ladarius Green	4.45	2012
SHUTTLE	Jonnu Smith	4.18	2017
3-CONE	Zack Pianallo	6.85	2011
BROAD	Jonnu Smith	127"	2017
VERTICAL	Jared Cook	41"	2009
BENCH	Ben Watson	34 reps	2004



"BPS does a great job of taking care of each player on an individual basis. It's a good overall program."

MATTHEW STAFFORD

PRO BOWL

TE-SPECIFICS

Acceleration-Deceleration Zones - medium

Open-field motion - deep circular cuts / aggressive angled cuts

Jump cuts, breakdown, leverage, deep bending

Blocking - bags, mitts, pads, martial arts emphasize hand speed

Weight room phases - conjugate, undulating, strength/power splits

Acceleration, resisted loads, power/strength endurance continuum

Route tree

QB - PERFORMANCE ACCOLADES

Fastest QB, 2011 - Terrelle Pryor
Fastest QB, 2010 - Jarrett Brown
Fastest QB (10yd), 2014 - Stephen Morris
Fastest QB (20yd), 2014 - Stephen Morris
2nd Fastest QB, 2014 - Stephen Morris
Fastest QB (10yd), 2010 - Jarrett Brown
Fastest 3-Cone, QB, 2007 - Drew Stanton
2nd Highest VJ, QB, 2012 - Jacory Harris
2nd Fastest Shuttle QB, 2011 - T.J. Yates

TE - SPEED

Fastest TE, 2015 - MyCole Pruitt
Fastest TE, 2010 - Jimmy Graham
Fastest TE, 2009 - Jared Cook
Fastest TE, 2007 - Greg Olsen
Fastest TE, 2004 - Ben Watson
2nd Fastest TE, 2012 - Ladarius Green
2nd Fastest TE (e), 2013 - Matt Furstenberg
TE ran sub 4.6 in 8 out of last 11 years
(4 of those years sub 4.5)

TE - ACCELERATION

Fastest TE (10yd), 2010 - Jimmy Graham
2nd Fastest TE (10yd), 2013 - Jordan Reed
2nd Fastest TE (10yd), 2012 - Ladarius Green
Fastest TE, 2009 (10yd) - Jared Cook
Fastest TE (10yd), 2008 - Kellen Davis
Fastest TE (20yd), 2015 - MyCole Pruitt
2nd Fastest TE (20yd), 2013 - Reed, Furstenberg
2nd Fastest TE (10yd), 2009 - Gronkowski, Ingram

TE - STRENGTH / POWER

Strongest TE, 2004 - Ben Watson,
ALL TIME RECORD (as of '12)
2nd Strongest TE, 2009 - Dan Gronkowski
Highest VJ, TE, 2015 - MyCole Pruitt
Longest Broad, TE, 2010 - Jimmy Graham
Highest VJ, TE, 2009 - Jared Cook
Longest Broad, TE, 2009 - Jared Cook
2nd Longest Broad, TE, 2015 - Clive Walford
2nd Longest Broad, TE, 2012 - Ladarius Green
2nd Highest VJ, TE, 2013 - Furstenberg
2nd Longest Broad, TE, 2009 - Gronkowski, Sperry

TE - AGILITY

Jonnu Smith, 2017 - 2nd for TE
in Bench, VJ, Shuttle, 60yd Shuttle
Fastest Shuttle, TE, 2009 - Kory Sperry
2nd Fastest Shuttle, TE, 2009 - Gronkowski
2nd Fastest 3-Cone, TE, 2009 - Gronkowski

BPS ALL-TIME BEST RESULTS - QB

EVENT	PLAYER	TEST	YEAR
40YD	Jarrett Brown	4.50	2010
SHUTTLE	T.J. Yates	4.12	2011
3-CONE	Drew Stanton	6.77	2007
BROAD	Jarrett Brown	114	2010
VERTICAL	Jacory Harris	37"	2012



"As a quarterback, they are really specific when it comes to training. They hit all the areas including footwork and stability."

TYROD TAYLOR

PRO BOWL



KELLY WASHINGTON
TE COACH



WES CARROLL
QB COACH



STEVE WALSH
QB COACH

QB-SPECIFICS

In-pocket motion, footwork/agility

Out of pocket escape, 1st step and motion

5-Point Throwing program
Reactive Neuromuscular Training
Power
Power Endurance
Strength Endurance
Balance/Deceleration

Drops, rollouts

"BPS DOES A GREAT JOB OF MAKING THE TRAINING SPECIFIC TO THE EXACT THINGS THAT I NEED TO WORK ON..."



"They KNOW how to get you faster!"
*PRO DAY

10-YD — 1.56*
40-YD — 4.63*

ROB GRONKOWSKI

ALL - PRO



"They give attention and make everything specific to EVERY single player."

ROBERT GRIFFIN III

PRO BOWL

TE ALUMNI

Jared Cook
Mycole Pruitt
Kyle Rudolph
Ben Watson
Deon Yelder
Vernon Davis
Lance Kendricks
Kevin Rader
Austin Seferian-Jenkins
Marcus Baugh
Clive Walford
EJ Bibbs

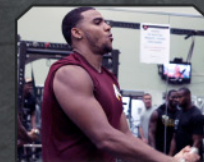
QB ALUMNI

Eli Manning
EJ Manuel
Ryan Nassib
Teddy Bridgewater
Stephen Morris
Austin Allen
Colin Kaepernick
Byron Leftwich
Tony Romo



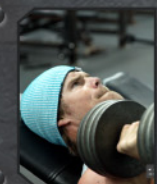
"The BEST I've ever tested, and I'll continue to come back!"
10-YD — 1.56
40-YD — 4.62
BROAD — 107"
VERTICAL — 38"
SHUTTLE — 4.18

JONNU SMITH



JORDAN REED

PRO BOWL



"BPS is by far the best place to come. They excel at everything - strength, speed, nutrition. They have a great medical staff - it's just the ultimate one-stop-shop for everything you need in the NFL."

40-YD — 4.49
VERTICAL — 37.5"
BROAD — 9'11"
3-CONE — 7.04
BENCH — 23

GREG OLSEN

*PRO DAY

1ST ROUND PICK FASTEST TE, 2007 PRO BOWL



"I heard BPS was the best, and I had to be a part of it. This staff and what they do medically and training - it's VERY impressive. My numbers improved across the board."

20-YD — 2.65
40-YD — 4.62
BROAD — 10'

HAYDEN HURST

1ST ROUND PICK



WEEKLY PLANS

EXAMPLE NFL DRAFT PREP WEEKLY PLAN

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
630	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
700	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-speed prep	Pre-strength prep
800	MULTI SPEED	LINEAR SPEED		MULTI SPEED	LINEAR SPEED	STRENGTH
815	General agility	Absolute Speed mechanics	POOL SPEED	Shuttle drills	Acceleration / Assisted	Lower max effort /
830	Resisted Acceleration	Horizontal Plyos		Starts for all drills	Absolute Speed	OR Full power
915	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
930	Medical	Medical	Regeneration	Medical	Regeneration	Regeneration
1030	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
1045	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	FOOTBALL SKILLS	
1100	Combine /	Video breakdown	Technical positional	Bowl game training	Technical positional	
1115	Pro day drills	Board work	development	OR Combine drills	development	
1145	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
1200	Lunch	Lunch	Lunch	Lunch	Lunch	
1300	Pre-strength prep	Pre-strength prep	Medical	Pre-strength prep	Medical	
1330	STRENGTH	STRENGTH		STRENGTH		
1415	Upper max effort	Lower dynamic /		Upper dynamic /		
1500	OR	plyometric		endurance		
1545	Full max effort	OR Full power		OR Full max effort		
1630	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
1700	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	
1800	VIDEO		VIDEO		VIDEO	
1845	Speed		Speed and football		Speed	
1930	Dinner	Dinner	Dinner	Dinner	Dinner	



"The DL work they have here helped A LOT!"

VINCENT TAYLOR, DT



"Training with the BEST RB has helped; GREAT environment!"

DEVIN SINGLETARY, RB



10-YD — 1.53
40-YD — 4.53
VERTICAL — 38.5"
BROAD — 10'1"
SHUTTLE — 6.90

JIMMY GRAHAM

FASTEST TE, 2010 ALL-PRO

EXAMPLE NFL VETERAN WEEKLY TRAINING PLAN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Physical Therapy	Chiropractic	Massage	Physical Therapy	Neuromuscular Therapy
Nutrient timing	Nutrient timing		Nutrient timing	Nutrient timing
MOVEMENT	SPEED	POOL SPEED	MOVEMENT	ESD
Footwork/Agility	Linear		Position Specifics	Intervals/Play Drives
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
STRENGTH	STRENGTH	Pilates/Yoga	STRENGTH	STRENGTH
Upper max effort	Lower dynamic		Upper Dynamic	Lower Strength/Power
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
Regeneration	Neuromuscular Therapy	Regeneration	Acupuncture	Chiropractic
Lunch	Lunch	Lunch	Lunch	Lunch



10-YD — 1.56
40-YD — 4.75
3-CONE — 6.77

DREW STANTON

FASTEST 3-CONE, QB, 2007



"They have EVERYTHING I need here."

DWAYNE ALLEN, TE



"BPS gives you so much individual attention on EVERYTHING — the rehab, nutrition, training. The BEST I've ever tested!"

WEIGHT — 200
10-YD — 1.54
40-YD — 4.44

DEE DELANEY, DB



MEDICAL

MEDICAL CENTER



REGENERATION CENTER



RECOVERY CENTER



HYPERBARIC CHAMBER

World-renowned medical centers in all BPS facilities are the FOUNDATION of the science of a true individualized program.

"I recovered REALLY fast from the great medical center here."

10-YD	1.50
40-YD	4.44
BROAD	10'5"
VERTICAL	35.5

MARLON MACK, RB
FASTEST RB (10YD), 2017

"Got my body feeling great and I'm at the top of my game!"

*PRO DAY

40-YD	4.41*
BROAD	10'2"*
VERTICAL	34"*
3-CONES	6.75*

JOSH ADAMS, RB
FASTEST 3-CONES, RB, 2019

MEDICAL DISCIPLINES

- Physical Therapy and ATC's
- Massage/Neuromuscular Therapy
- Chiropractic
- Biomechanists
- Muscle Activation Techniques™ (MAT)
- Active Release Technique™ (ART)
- Graston Technique™
- Acupuncture & Dry Needling
- Kinesio Taping
- Cupping
- Blood Flow Restriction (BFR)
- Pilates & Yoga
- ARWave

"This entire setup is AMAZING!"

WEIGHT	245
40-YD	4.59
SHUTTLE	4.24
3-CONES	6.99
BROAD	9'10"

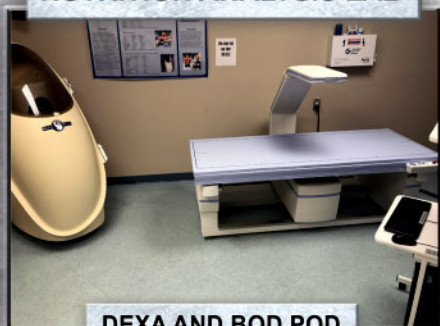
JON BOSTIC, LB
FASTEST 1LB, 2013

"Great work here! The full setup that has EVERYTHING."

TRAVIS HOMER, RB

NUTRITION

NUTRITION ANALYSIS LAB



DEXA AND BOD POD

*PRO DAY

"Pete's known as being THE top speed guy; so I came here for that and the medical center. EVERYTHING we do here has helped me a ton and this is the best I've ever tested!"

10-YD	1.51*
40-YD	4.39*
VERTICAL	36"*
3-CONES	6.72*

BRAXTON BERRIOS, WR

NUTRIENT TIMING AREA



NUTRITION

- Organic, all-natural, purely grass-fed, raised on the same farm
- Direct delivery from hand-picked farms and certified sources for guaranteed quality
- Food "exchange" system for variety and compliance while maintaining science of assignments
- Standard Evaluation – body composition and energy analysis

NUTRITIONAL PARTNER

THORNE

- Nutrient timing system using the elite Thorne Brand
- All products NSF Certified for Sport
- Individualized recovery & hydration protocols

NUTRITIONAL APPLICATION

- Advanced Evaluations – Metabolic typing, Food Sensitivities, Blood-work, and Enzyme function analysis
- Individualized meals, snacks, and nutrient timing/supplements
- Performance Chefs and Nutrient Timing experts
- World-class Dining and Nutrient Timing Centers

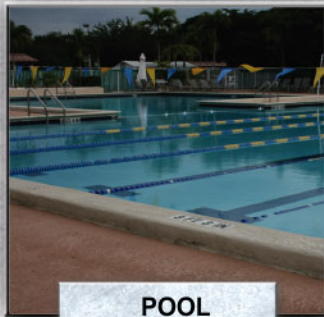


FACILITIES

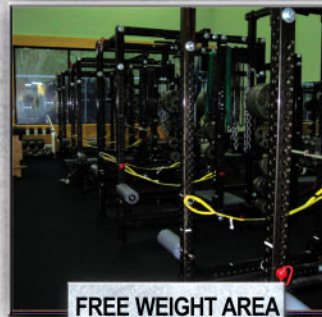
AVENTURA, FL



MACHINE AREA



POOL



FREE WEIGHT AREA



OUTDOOR FIELD

DAVIE, FL



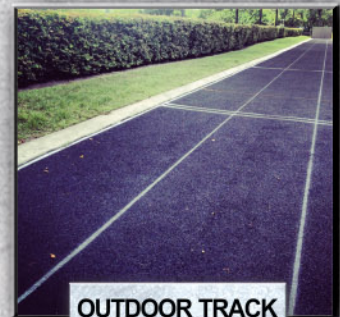
WEIGHT ROOM



OUTDOOR FIELD

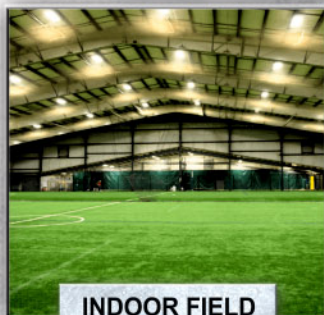


INDOOR FIELD

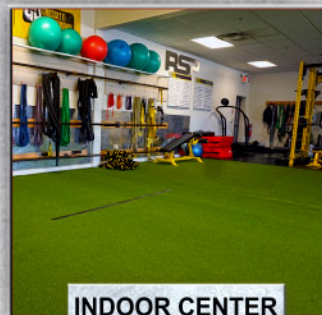


OUTDOOR TRACK

PITTSBURGH, PA



INDOOR FIELD



INDOOR CENTER

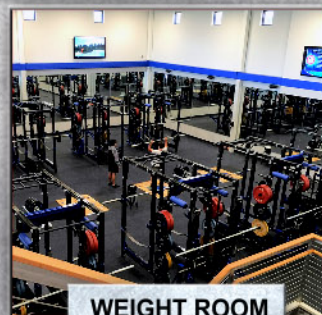


RECOVERY CENTER

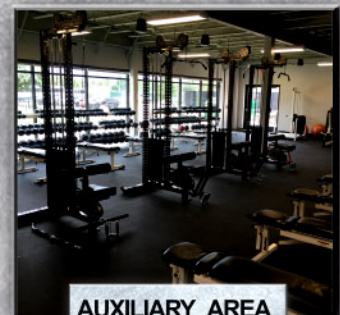
HOUSTON, TX



OUTDOOR FIELD



WEIGHT ROOM



AUXILIARY AREA



***PRO DAY**

10-YD	1.59
20-YD	2.63
40-YD	4.68
VERTICAL	32.5"

JABAAL SHEARD, DE

"I killed my 40... and shocked everyone"

10-YD	1.51*
40-YD	4.29*

2017 DRAFT PICK
(no combine invite)

***PRO DAY**

ADRIAN COLBERT, S

ROBERT QUINN, DE

PRO BOWL

GEORGE ILOKA, S

***Pro Day**

40-YD	4.41*
VERTICAL	37.5"
BROAD	10'1"
3-CONE	6.84*

MACKENSIE ALEXANDER, CB

2ND ROUND PICK

"I'm telling you - BPS is GREAT, Pete's the best!"

10-YD	1.65
40-YD	4.71
BROAD	9'7"
3-CONE	7.18

JASON PIERRE-PAUL, DE

1ST ROUND PICK ALL-PRO

***Pro Day**

WEIGHT	221*
40-YD	4.45*
BROAD	10'5"
3-CONE	6.94*

KEITH KIRKWOOD, WR

ALLEN HURNS, WR

10-YD	1.52
40-YD	4.45
3-CONE	6.57
BROAD	11' 0"

TAYWAN TAYLOR, WR

FASTEST 3-CONE, WR, 2007

WATCH OUR NEW

BPS 2020 NFL VIDEO

WWW.BOMMARITOPERFORMANCE.COM/PRO/

YOUTUBE.COM/BOMMARITOPERFORMANCE

40-YD	4.65
VERTICAL	35.5"
BROAD	10'1"

MICAH KISER, ILB

20-YD	2.60
40-YD	4.52
VERTICAL	38"
BROAD	9'10"

MYCOLE PRUITT, TE

FASTEST TE, 2015

BPS teaches speed - it has to be the best in the country. The results show, every year!

10-YD	1.51
40-YD	4.41
VERTICAL	41"
BROAD	10'6"
SHUTTLE	4.13
3-CONE	6.72

TORREY SMITH, WR

2ND ROUND PICK

C.J. ANDERSON, RB

PRO BOWL

10-YD	1.50
40-YD	4.49
VERTICAL	41"
BROAD	10'3"

JARED COOK, TE

FASTEST TE, 2009

ALBERT WILSON, WR

JORDAN WHITEHEAD, S

MIKE MITCHELL, S

10-YD	1.63
20-YD	2.75
40-YD	4.88
SHUTTLE	4.37

QUINTON JEFFERSON, DT

FASTEST DT (10-YD) 2016

JOE JACKSON, DE

***Pro Day**

40-YD	4.56*
BENCH	21*
BROAD	10'3"

KEMAL ISHMAEL, LB

2013 DRAFT PICK (no combine invite)

40-YD	4.34
SHUTTLE	4.12
3-CONE	6.91
VERTICAL	36.5"

JOHN BROWN, WR

FASTEST WR 175+, 2014

WELCOME TO THE REVOLUTION