

BOMMARITO



WELCOME TO THE
REVOLUTION

**MLB PLAYERS
MINOR LEAGUE PROSPECTS**

DEVELOPMENT PROGRAM



BASEBALL SPECIFICS

SPEED

- Acceleration
- Absolute Speed
- Base Running
- Base Stealing/Crossover Start

OUTFIELDERS

- Backward motions – Back Lateral Run, Back Angle Lateral Run
- Longer Range Acceleration with Sharp Deceleration
- Changes of Direction - Positioning for Fielding



SALVADOR PEREZ, C

ALL-STAR & WORLD SERIES MVP



J.D. MARTINEZ, OF/1B

ALL-STAR / SILVER SLUGGER

"BPS is a top of the line program with all big-name clients. Once you train here with these types of successful players, you realize quickly why it works for them... and how it's going to benefit you."



PABLO SANDOVAL, 3B

2X GOLD GLOVE AWARD

CATCHERS

- Power and Power Endurance from Deep Bending Positions
- First Step Quickness
- Balance, Deceleration, and Stabilization

INFIELDERS

- Shuffle and Lateral Run
- Footwork, Agility, and Quickness
- Changes of Direction – Quick Forward and Backward Breaks



EDUARDO RODRIGUEZ, P



TOMMY PHAM, OF

"I'm faster, stronger and more explosive and was able to achieve these things while cutting body fat. The medical staff was available no matter the time."



CHRISTIAN VAZQUEZ, C



"I would return with my eyes closed and I look forward to working with them for the next several years."

WILSON RAMOS, C

ALL-STAR



"The training at BPS has been great. They took care of everything I needed."

MIGUEL CABRERA, 1B

11X ALL-STAR AND 2X MVP

STRENGTH AND POWER

BOMMARITO



WEIGHT ROOM PHASES

General Preparatory Phase
Intensification
Conjugate
Strength/Power Split
Ascending/Descending



HARRISON BADER

SPECIFICITY OF POWER

Strength Endurance/Power Endurance Continuum
Rotational Power
Power Endurance – Upper Body, Trunk, and Hips
Stabilization and Control During Specific Power Based Motions (Swinging and Throwing)



GERARDO PARRA, OF

2X GOLD GLOVE AWARD

SPECIFICITY OF STRENGTH

Max Effort
Dynamic – Variable Loading Patterns
High Speed Eccentric Load and Deceleration
Reversal
Stabilization



WILMER FLORES, IF



"I love it here at BPS, It's complete training. I'm able to work on everything I need to get better for the next season."

GREGORY POLANCO, OF



"I would refer Bommaritos to any player in the league. Whenever people ask me where I train, I tell them BPS."

MIGUEL ROJAS, SS



"I really liked how the trainers were able to push me to work my hardest."

ROUGNED ODOR, 2B

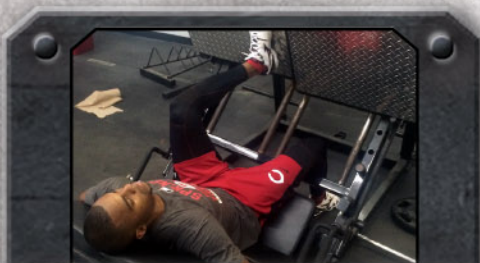


"The intensity of the program is exactly what I needed."

ODUBEL HERRERA, OF



PITCHING & THROWING PROGRAM



RAISEL IGLESIAS



DENNIS SANTANA



JEURYS FAMILIA

ALL STAR

BPS 5-Point Throwing Program

- MB Power
- Reactive Neuromuscular Training
- Strength Endurance
- Power Endurance
- Balance/Deceleration/Stabilization

Biomechanics

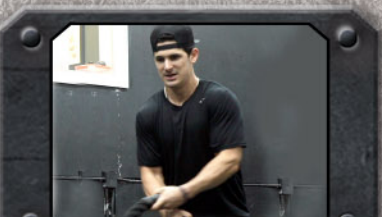
- Evaluate Function and Symmetry
- Activate Inhibitions
- Raise the Threshold of Power with Optimal Joint Control
- Corrective Exercise Program for In Season Maintenance



JIMMY HERGET



YENCY ALMONTE



DANNY DOPICO



IVAN NOVA



DERECK RODRIGUEZ



CHRIS RODRIGUEZ



FERNANDO RODNEY

3X ALL-STAR



"The BPS program has everything you need, from nutrition to training."

CARLOS MARTINEZ

ALL-STAR



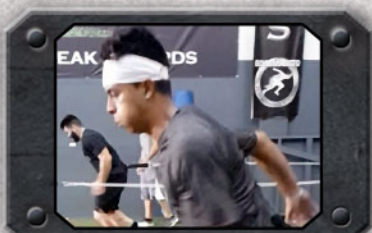
"BPS has been great. The stuff we do here is specific to what I need as a pitcher."

MIKE FIERS

STARS OF THE FUTURE



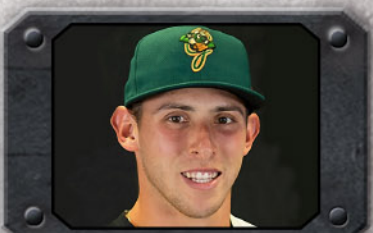
JESUS RONDON, P



MARK VIENTOS, 3B



CHRIS BEC, C



ZACK KONE, SS



"The BPS program is helping increase my strength and speed."

JUAN CHACON, OF



JOEY GONZALEZ, P



"BPS is great for any pro athlete...they have EVERYTHING."

SANTIAGO ESPINAL, SS

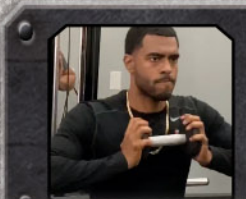


"The coaches here at BPS really look out for you and take good care of you. The strength program is top of the line."

TODD ISAACS, OF



JEISON GUZMAN, SS



"BPS was a great training experience this off season."

JOSH PALACIOS, OF



"BPS focuses on the little things I need to improve on that directly relates to my pitching."

MATT TURNER, P



XAVIER EDWARDS, SS



"The atmosphere was very competitive."

YEFRY RAMIREZ, P

SAMPLE MLB 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
MB RNT STRENGTH ENDURANCE	<u>SPEED:</u> LINEAR	POOL WORKOUT	BASEBALL SKILLS TECHNICAL POSITIONAL	MB POWER POWER ENDURANCE
NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING
<u>STRENGTH:</u> UPPER STRENGTH	<u>STRENGTH:</u> LOWER DYNAMIC	PILATES / YOGA	<u>STRENGTH:</u> UPPER SA RECOVERY	<u>STRENGTH:</u> LOWER SL STRENGTH
NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING
ACUPUNCTURE	LUNCH	LUNCH	ACUPUNCTURE	MASSAGE
LUNCH			LUNCH	LUNCH



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.

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
- ARPWave



"The medical is state of the art. They get you back on the field feeling 100% every day."

LUCIUS FOX, SS

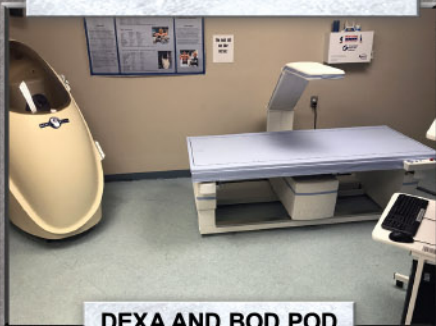
"The meals taste good and help me lose weight to be in better shape for the upcoming season."



CARLOS SANTANA, 1B

NUTRITION

NUTRITION ANALYSIS LAB



DEXA AND BOD POD

NUTRIENT TIMING AREA



MIKE NAPOLI, 1B/C

ALL-STAR

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 exclusive nutritional Thorne products
- 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



ALUMNI



EMILIO BONIFACIO, UTIL



ADEINY HECHAVARRIA, SS



RENE RIVERA, C

MLB

JD Martinez
Wilson Ramos
Tommy Pham
Miguel Cabrera
Miguel Rojas
Santiago Espinal
Harrison Bader
Jimmy Herget
Rougned Odor
Salvador Perez
Gregory Polanco
Odubel Herrera
Wilmer Flores
Ivan Nova
Carlos Santana
Christian Vasquez
Carlos Gonzalez
Yasiel Puig
Pablo Sandoval
Jose Altuve
Raisel Iglesias
Rene Rivera
Fernando Rodney
Jeury Familia
Eduardo Rodriguez
Carlos Martinez
Mike Fiers
Dereck Rodriguez
Santiago Espinal
Manuel Margot
Gerardo Parra

Alex Avila
Adeiny Hechavarria
Nelson Cruz
Martin Prado
Cole Tucker
Yasmani Grandal
Yency Almonte
Austin Riley
Zack Collins
Fernando Rodney
Nick Castellanos
Luke Jackson
Lewis Brinson
Isiah Kiner-Falefa
Dennis Santana
Jordan Luplow
Tanner Scott
Dominic Smith
JD Davis
Logan Allen
Luis Guillorme
Emilio Bonifacio
Elvis Andrus
600+ MLB draft picks
600+ current D1
College Players

MiLB

Josh Palacios
Chris Rodriguez
Xavier Edwards
Abraham Gutierrez
Jesus Rondon
Zack Kone
Luis Almanzar
Mark Vientos
Antonio Pinero
Joey Gonzalez
Chris Bec
Kevin Maitan
Danny Casals
Jacob Nottingham
Jeison Guzman
Justin Connell
Boog Powell
Jazz Chisholm
Dermis Garcia
Daniel Montano
Wilkerman Garcia
Yeltsin Gudino
Danny Dopic
Lucius Fox
Franklin Perez
Stephen Cardullo
Nick Longhi
Gabe Garcia
Michael Gigliotti
Matt Turner
Alejandro Requena
Luis Leon
Colton Welker

Pablo Olivares
Jason Martin
Wyatt Mathisen
Preston Gainey
Josh Morgan
Oznev Guillen
Nick Longhi
Cesar Puella
Reinaldo Illaraza
Jason Lopez
Oswaldo Cabrera
Harvin Mendoza
Tomas Alastre
Kevin Vicuna
Alvaro Seijas
Kenny Hernandez
Rafael Marchan
Chris Marrero
Taylor Gushue
Josh Stephen
Marcus Wilson
Willie Abreu
Chris Betts
CJ Chatham
Henderson Alvarez
Dean Deetz
Drew Weeks
Dominic Nunez
Cesar Cabra
Andrew Lantrip
Lester Madden
Jacob Nix
Armando Riverol

Antonio Bastardo
Felix Doubront
Brian Ellington
Odrisamer Despaigne
Francisco Arias
Vaibhav Desai
Mikey Edie
Neftali Feliz
Mat Latos
Mel Rojas Jr.
William Cuevas
Isaac Ajanlekoko
Wesley Rogers
Darnell Sweeney
Anfemee Seymour
Gabriel Moya
Randall Delgado
Carlos Asuaje
Santiago Casilla
Tony Sanchez
Leony Martin
Luis Sardinas
Alcides Escobar
Tyler Alamo
Braxton Davidson
Justin Garcia
Robert Antunez
Juan Meza
Starlin Cordero
Jose Medina
Angel Rodriguez
Danny Zardón
Todd Isaacs

Carlos Talavera
Mikey Edie
Mike Crouse
Angel Padron
Rafael Narea
Dalton Dulin
David Graybill
Anthony Hermelyn
Jordan Johnson
Daniel Robertson
Jamie Westbrook
Michael Mediavilla
Chris China
Jhoandri Herrera
Christopher Dominguez
Danny Otero
Dioner Navarro
Jhonny Peralta
Christian Correa
Shawn Pfeffner
Stephen Perez
Jose Casilla
Chucky Vasquez
Stephen Kerr
Brandon Lopez
Alexis Marquez
Stephen McGee
Vaughn Bryan
Alex Lavandero
Justin Ellison
Chucky Vazquez
Christian Marrero
Nick Addition

Tim Remes
Andrew Lantrip
Jason Morozowski
Leobaldo Cabrera
Didimo Bracho
Freddy Rodriguez
Dominic Moreno
Alan Sharkey
Jesus Henriquez
Roberto Alvarez
Jacob Dorris
Chandler Eden
Uberto Munoz
Ben Bavlly

RETIRED
Mike Napoli
Aarom Baldiris
Michael Morse
Raul Ibanez
Manny Ramirez
Miguel Tejada
Hanley Ramirez
Max Pomeranz
Yunesky Maya
Carlos Guillen
Magglio Ordonez
Mike Lowell
Gabriel Martinez
Jose Gonzalez



NEFTALI FELIZ, P



RAUL IBANEZ, OF/DH

ALL-STAR

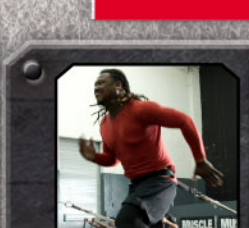


TONY SANCHEZ, C



MAGGLIO ORDONEZ

6X ALL-STAR, AL BATTING CHAMP



HANLEY RAMIREZ, 1B

3x All-Star, NL Batting Champion, 2x Silver Slugger

"I started training with BPS and I felt the difference right away. We have everything we need here from treatment, to agility and strength. I'm ready to go!"

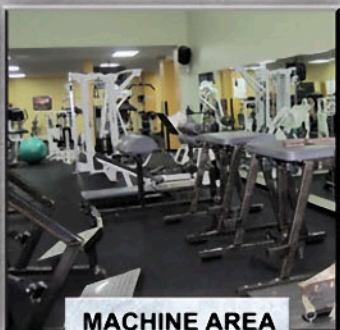


ODRISAMER DESPAIGNE

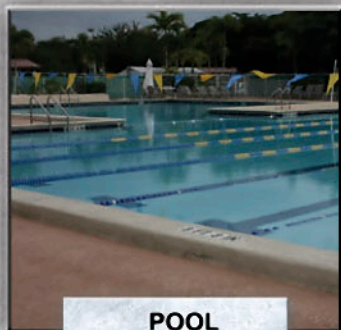


FACILITIES

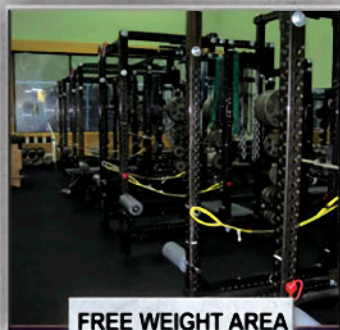
AVENTURA, FL



MACHINE AREA



POOL



FREE WEIGHT AREA



OUTDOOR FIELD

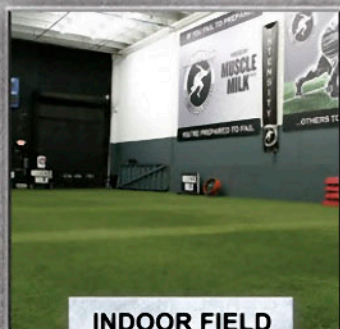
DAVIE, FL



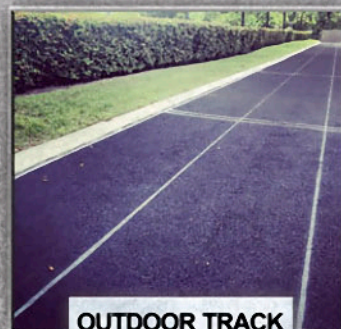
WEIGHT ROOM



OUTDOOR FIELD



INDOOR FIELD



OUTDOOR TRACK

BIOMECHANICS LAB



ARQX SYSTEM



UNLOADED & OVERSPEED TREADMILL



FORCE PLATE TREADMILL



HI-TRAINER PRO ANALYSIS TREADMILL

CARDIO AREA



VIDEO ANALYSIS CENTER



BOXING & MARTIAL ARTS

