

# BOMMARITO



## WELCOME TO THE REVOLUTION

# NFL

## DRAFT PREPARATION

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### AND

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## 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**

"BPS is the best in my opinion."

**\*PRO DAY**



**10-YD — 1.49\***  
**40-YD — 4.55\***  
**VERTICAL — 34"\***  
**SHUTTLE — 4.11\***

**FRANK GORE**

**ALL-PRO**

## 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  
Fastest FB, 2020 - Sewo Olonilua  
2nd Fastest RB, 2020 - Darrynton Evans  
EVERY BPS RB ran sub 4.5 in 2020,  
FASTEST RB IN 5 OUT OF PAST 9 YEARS

## ACCELERATION

Fastest RB (10yd, 20yd), 2019 - Mike Weber  
Fastest RB (10yd), 2017 - Marion Mack  
Fastest RB (10yd), 2016 - Josh Ferguson  
Fastest FB (10yd), 2016 - Glenn Gronkowski  
Fastest RB (10yd), 2015 - Tevin Coleman\*  
Fastest RB (10yd), 2007 - DeShawn Wynn  
Fastest FB (20yd), 2016 - Glenn Gronkowski  
Fastest RB 190+ (20yd), 2014 - Henry Josey

## AGILITY

Fastest 3-Cone, RB, 2018 - Josh Adams  
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  
Fastest 60yd Shuttle, RB 215+, 2017 - Brian Hill

## STRENGTH/POWER

Strongest FB, 2020 - Sewo Olonilua  
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

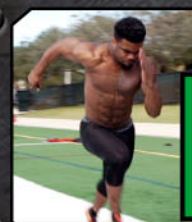
"I got faster, stronger, quicker - it's why I come back every year!"



**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

Acceleration-Deceleration Zones - short

Open-field motion - circular/angled cuts

UNLOADED Speed development

Routes/bag drills - change direction of visual

## 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	Darrynton Evans	125"	2020
VERTICAL	Will Green	42"	2002
BENCH	Rashad Jennings	29 reps	2009

## RB-SPECIFICS

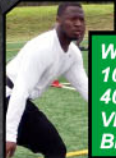
Balance - breaking tackle simulation

Conjugate weight room phases - maximize Dynamic Strength

Jump Cut

"BPS obviously 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**

"Speed and position work were incredible"



**10-YD — 1.53**  
**40-YD — 4.41**  
**BENCH — 20**  
**BROAD — 10'5"**

**DARRYNTON EVANS**

**2ND FASTEST RB, 2020**

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



**DEVIN SINGLETARY**



**KEVIN SMITH**  
RB COACH

## RB ALUMNI

LeSean McCoy  
Carlos Hyde  
Gus Edwards  
Jaylen Samuels  
Josh Adams  
James White  
Kalen Ballage  
Kerith White  
Dion Lewis  
Damien Williams  
Chandler Cox  
David Fluellen  
Brian Hill  
Rex Burkhead  
Matt Forte  
Maurice Jones-Drew  
Fred Taylor

"Medical team is the BEST ...my elite speed is back!"

**\*PRO DAY**



**40-YD — 4.34**  
**SHUTTLE — 4.08\***  
**VERTICAL — 35'5"\***  
**BROAD — 10'\***

**LAMAR MILLER**

**FASTEST RB, 2012**

"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**



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

**MIKE WEBER**

**FASTEST RB, 2019**



**20-YD — 2.46**  
**40-YD — 4.31**  
**BENCH — 25**

**KEITH MARSHALL**

**FASTEST OVERALL, 2016**



**DALVIN COOK**

**PRO BOWL**





# WIDE RECEIVER

"I had specific goals coming to BPS...and I achieved them all."



**TYREEK HILL**

**ALL- PRO**

"BPS medical team helped me a lot coming off a serious injury."



\*PRO DAY

10-YD — 1.49\*  
40-YD — 4.34\*  
VERTICAL — 35.5\*\*

**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

"It's amazing that everything I need is in one spot."



**ALLEN ROBINSON**

**ALL- PRO**

"BPS speed training 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**

## 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



## WR ALUMNI

Albert Wilson  
Taywan Taylor  
Torrey Smith  
Keith Kirkwood  
Rashad Greene  
Braxton Berrios  
Deandre Thomkins  
Michael Campanaro  
Keelan Cole  
Darvin Kidsy  
Kenny Stills  
Kendrick Bourne  
Jojo Natson  
Wes Welker  
Seth Roberts  
Tim Patrick  
Donte Moncrief  
Zach Pascal  
Jake Kumerow  
Chester Rogers  
Jarvis Landry  
Odell Beckham Jr.  
Kendrick Bourne  
Keelan Cole  
Diontae Spencer  
Terry Godwin  
K.J. Osborn  
Byron Pringle  
Darvin Kidsy  
Allen Hums  
Laquon Treadwell  
Willie Snead  
Deonte Thompson  
Ricardo Louis  
Wes Welker  
Anquan Boldin

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

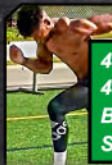
\*PRO DAY

10-YD — 1.42\*  
40-YD — 4.22\*  
BROAD — 10'7\*\*  
BENCH — 18\*

**BRESHAD PERRIMAN**

**1ST ROUND PICK**

"I ran 4.3...had a great rookie year...so I came back!"



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

**DARIUS SLAYTON**

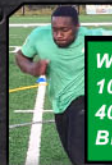
**TOP 5 IN 6 TESTS**

"Great work! I feel REALLY FAST!"



**TERRY MCLAURIN**

"The speed work; position-specifics; everything I need is here, so I'll be back every off-season."



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

**JAMES WASHINGTON**

**2ND ROUND PICK**

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

**DEVANTE PARKER**

**1ST ROUND PICK**

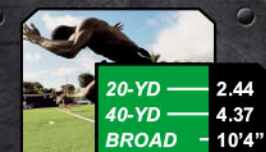


**CURTIS SAMUEL**



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

**GARY JENNINGS**



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

**MARQUEZ VALDES-SCANTLING**

**FASTEST OVERALL (20YD), 2018**





# DEFENSIVE LINE

"There is just no better place than BPS. I'm going to keep recommending it to everyone."



\*PRO DAY

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

**CARLOS DUNLAP**

**PRO BOWL**

"Every year I come to BPS - I keep elevating my overall game."



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

**CHRIS JONES**

**PRO BOWL**

### 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, 2020 - Jabari Zuniga  
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  
Fastest DT or DE in 14 out of last 18 years ('03-'20)  
DE run sub-4.6 in 2020, 2019, 2017, 2016, 2014, 2010, 2008, 2007

### ACCELERATION

FASTEST DE (10yd), 2020 - Jabari Zuniga  
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  
Fastest DE, 265+ (20yd), 2017 - Trey Hendrickson  
Fastest DL 275+ (20yd), 2017 - Tanoh Kpassagnon

### 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

Longest Broad Jump, DL, 2020 - Jabari Zuniga  
Longest Broad Jump, DE, 2017 - Tanoh Kpassagnon  
Highest Vertical DE, 2016 - Emmanuel Ogbah  
Strongest DE, 2014 - Dee Ford  
2nd Strongest DE, 2020 - Jabari Zuniga  
2nd Longest Broad, DT, 2015 - Grady Jarrett  
2nd Highest Vertical, DE, 2018 - Jacob Pugh  
2nd Longest Broad, DE, 2014 - Dee Ford  
2nd Highest VJ, DE, 2012 - Derrick Shelby  
2nd Longest Broad, DT, 2009 - Sammie Hill



**NATHAN O'NEAL**  
DL COACH

### DL ALUMNI

Cameron Wake  
Montravius Adams  
Curtis Weaver  
Charles Harris  
Shaq Lawson  
Vince Biegel  
Robert Quinn  
Andrew Billings  
Zach Sieler  
Mike Daniels  
Armon Watts  
Benito Jones  
Devaroe Lawrence  
Al-Quadin Muhammad  
Olivier Vernon  
Joe Jackson  
D.J. Jones  
Corey Liuget  
Kobe Smith  
Bruce Hector  
Avery Moss  
Jordan Brailford  
Isaiah Mack  
Tanoh Kpassagnon

"The staff is phenomenal...nutrition program was great...position coaches are the best!"



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

**YANNICK NGAKOUÉ**

**PRO BOWL**

"BPS knows what they're doing... my tests were incredible!"



**10-YD** — 1.58  
**40-YD** — 4.56  
**BENCH** — 29  
**BROAD** — 10'7"

**JABARI ZUNIGA**

**FASTEST DE, 2020**

**LONGEST BROAD DE, 2020**

### 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 speed program was AWESOME...overall experience was 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**

**PRO BOWL**

"I've been here every year of my career because 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

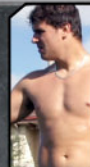
**EMMANUEL OGBAH**

**FASTEST DE, 2016**

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



**DAVON GODCHAUX**



**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**



**DEMARCUS LAWRENCE**

**PRO BOWL**



**JEFFERY SIMMONS**





# OFFENSIVE LINE

"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/ 1ST ROUND PICK**  
**2019 OG: BEST BROAD, SHUTTLE**

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



**10-YD** — 1.82  
**40-YD** — 5.21

**TRENTON BROWN**

**PRO BOWL**



**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 (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

## STRENGTH / POWER

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

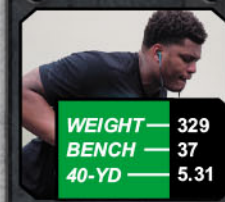
## AGILITY

Fastest Shuttle, OG, 2019 - Chris Lindstrom  
 Fastest Shuttle, OT, 2012 - Andrew Datko  
 Fastest Shuttle, OG, 2012 - Rishaw Johnson  
 Fastest Shuttle, OG, 2003 - Vince Manuwai



**RUSSELL OKUNG**

**PRO BOWL**



**ERECK FLOWERS**

**1ST ROUND PICK**

**STRONGEST OVERALL, 2015**

## 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

## 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

## 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



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

**MARCUS GILBERT**

"I like the detailed plan and the execution from the medical staff and trainers."



**MORGAN MOSES**



**MICHAEL JORDAN**

## OL ALUMNI

Chukwuma Okorafor  
 Brandon Linder  
 Jaryd Jones-Smith  
 David Sharpe  
 William Sweet  
 Zach Fulton  
 Greg Senat  
 John Leglue  
 Cornelius Lucas  
 Chaz Green  
 Antonio Garcia  
 Michael Schofield  
 Michael Dunn  
 Jordan Mills  
 Sam Young  
 Rick Leonard  
 Jahri Evans  
 Michael Oher



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

**DANNY ISIDORA**

**FASTEST OG, 2017**



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

**JOHN MILLER**



**FRED JOHNSON**





# LINEBACKER

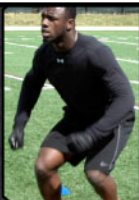
"BEST players at each position train at BPS - if you got a client list like that, you gotta be doing something right!"



**VON MILLER**

**ALL-PRO SUPER BOWL MVP**

"The overall energy here is GREAT!"



**\*PRO DAY**

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

**DEION JONES**

**FASTEST LB, 2016**

**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

## ACCELERATION

Fastest ILB (20yd), 2018 - Andre Smith  
 Fastest LB (10yd), 2014 - Telvin Smith  
 Fastest LB (10yd), 2011 - Scott Lutrus  
 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 - Otaro Alaka, ALL-TIME RECORD  
 Longest Broad, ILB, 2020 - Cale Garrett  
 Highest Vertical, OLB, 2018 - Jacob Pugh  
 Strongest OLB, 2017 - Marquel Lee  
 Longest Broad, ILB, 2013 - Brandon Hepburn  
 Highest Vertical, LB, 2011 - Scott Lutrus  
 Longest Broad ILB, 2010 - Jamar Chaney, ALL TIME RECORD  
 Highest Vertical ILB, 2010 - Jamar Chaney  
 Longest Broad, ILB, 2005 - Marcus Lawrence  
 2nd Strongest ILB, 2020 - Shaq Quarterman

## AGILITY ACCELERATION

Fastest 3-Cone, LB, 2020 - Malik Harrison  
 Fastest Shuttle, ILB, 2020 - Cale Garrett  
 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



**DOUG DUTTON  
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	Otaro Alaka	131"	2019
VERTICAL	Jamar Chaney	39"	2010
BENCH	Antwan Barnes	31 reps	2007

\*Pro Day

"I had one of the best overall workouts, and it's definitely a result of the way I trained!"



**\*PRO DAY**

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

**DEE FORD**

**1ST ROUND PICK/ PRO BOWL  
2014 FASTEST/STRONGEST DE**

"The attention they give to EACH player is incredible!"



**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**

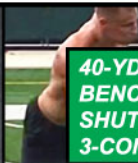
## LB-SPECIFICS

Change direction - sideline, coverage, pass rush

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

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

"My results were amazing... this is the exact program I needed!"



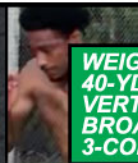
**40-YD — 4.59**  
**BENCH — 30**  
**SHUTTLE — 4.03**  
**3-CONE — 6.90**

**CODY BARTON**

**STRONGEST ILB, 2019**

**FASTEST SHUTTLE, LB, 2019**

"I tested strong across the board...and made the STATEMENT I needed!"



**WEIGHT — 247**  
**40-YD — 4.62**  
**VERTICAL — 36"**  
**BROAD — 10'2"**  
**3-CONE — 6.83**

**MALIK HARRISON**

**FASTEST 3-CONE, ILB, 2020**

**2020 ILB, TOP-3 IN 5 EVENTS**

## LB ALUMNI

Kwon Alexander  
 Shaquill Barrett  
 Deone Bucannon  
 Markus Golden  
 Ola Adeniyi  
 Zaire Franklin  
 Marquel Lee  
 Nigel Bradham  
 Bruce Irvin  
 Kemoko Turay  
 Otaro Alaka  
 Devin Bush  
 Nate Gerry  
 Duke Ejirofor  
 Andre Smith  
 Aaron Adeoye  
 Troy Reeder  
 Gerald Hodges  
 Christian Jones  
 Emeke Egbule  
 Ray Ray Armstrong  
 Josh Harvey-Clemons

"The position-specifics were GREAT!"



**BUD DUPREE**

"BPS has EVERYTHING at a top level...position work, weight room, medical..."



**ANTHONY WALKER**

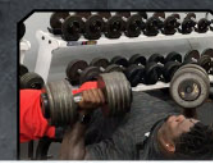


**RASHAAN EVANS**

**1ST ROUND PICK**



**KIKO ALONSO**



**JEROME BAKER**



**COLE HOLCOMB**





# DEFENSIVE BACK

"I'm more explosive and they've really helped me with DB specifics."



**XAVIER RHODES, CB**

**ALL-PRO**

### SPEED

Fastest SS, 2020 - Antoine Winfield Jr.  
Fastest OVERALL, 2011 - DeMarcus Van Dyke  
Fastest S, 2008 - Josh Barrett, ALL TIME RECORD (e)  
Fastest CB 185+, 2018 - Tony Brown  
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, 2018

### ACCELERATION

Fastest SS (20yd), 2020 - Antoine Winfield Jr.  
Fastest CB (10yd), 2019 - Derek 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  
Fastest CB (10yd), 2011 - Van Dyke, Chekwa  
Fastest CB, 2009 (10yd) - Darius Butler  
Fastest FS (20yd), 2017 - Jack Tocho  
Fastest S (20yd), 2013 - Shamarko Thomas  
Fastest FS (10yd), 2011 - Jaqueawn Jarrett  
2nd Fastest OVERALL (20yd), 2013 - Shamarko Thomas  
2nd Fastest OVERALL (10yd), 2013 - Kayvon Webster

### STRENGTH / POWER

Strongest S, 2017 - Jach Tocho  
Strongest CB, 2014 - Keith Reaser  
Strongest CB, 2013 - Jamar Taylor  
Highest Vertical CB, 2004 - Scott Starks, ALL TIME RECORD  
2nd Best Vertical & Broad, SS, 2019 - Sheldrick Redwine  
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

### 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

"I maximized my 40yd...the FULL SERVICE at BPS is why I came back!"



20-YD — 2.50  
40-YD — 4.43  
VERTICAL — 36"  
BROAD — 10'4"

**ANTOINE WINFIELD JR.**

**FASTEST SS, 2020**

**2ND ROUND PICK**

"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**

"Everything at BPS is well organized, and they really care about each player."



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

**DELANO HILL**

**FASTEST FS, 2017**

### 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

### 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

### 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**

"I was the fastest player overall...moved up the draft!"



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

**DEMARCUS VAN DYKE, CB**

**FASTEST OVERALL, 2011**

"BEST work I've ever seen...achieved all my goals!"

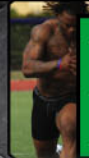


**JC JACKSON, CB**

### DB ALUMNI

Josh Norman  
Adrian Amos  
Jalen Mills  
Kadar Hollman  
Trevor Williams  
Johnathan Cyprien  
Jordan Whitehead  
Eric Murray  
Maurice Canady  
Ross Cockrell  
Kenny Moore  
Jeremy Boykins  
Duke Dawson  
Steven Parker  
Kayvon Webster  
Tedric Thompson  
Mark Fields  
Chandon Sullivan  
Corey Ballentine  
Ken Webster  
Rashad Fenton  
Ryan Lewis  
Tim Harris  
Nik Needham  
Aaron Colvin  
Bobby McCain  
Jamar Taylor  
B.W. Webb  
Kemal Ishmael  
Tray Matthews  
Deshazor Everett  
Deandre Houston-Carson

"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**

"I'm here every year for a reason...I just keep getting BETTER!"



**JORDAN POYER, S**



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

**KEVIN JOHNSON, CB**

**1ST ROUND PICK**



**JUSTIN COLEMAN**



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

**TONY BROWN**

**FASTEST CB (185+), 2018**



**JOHNATHAN ABRAM, S**

**1ST ROUND PICK**





# TIGHT END / QUARTERBACK

"BPS is by far the best place... they excel at EVERYTHING!"



**40-YD** — 4.49  
**3-CONE** — 7.04  
**BENCH** — 23

## GREG OLSEN

1ST ROUND PICK FASTEST TE, 2007 PRO BOWL

"BPS does a great job of taking care of each players' individual needs."



## MATTHEW STAFFORD

PRO BOWL

"The BEST I've ever tested, and I'll continue to come back!"



**10-YD** — 1.56  
**40-YD** — 4.62  
**BROAD** — 10'7"  
**VERTICAL** — 38"  
**SHUTTLE** — 4.18

## JONNU SMITH

### 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 Pianalto	6.85	2011
BROAD	Jonnu Smith	127"	2017
VERTICAL	Jared Cook	41"	2009
BENCH	Ben Watson	34 reps	2004

### QB-SPECIFICS

In-pocket motion, footwork/agility  
 Out of pocket escape, 1st step and motion

5-Point Throwing program  
 Drops, rollouts



## DAVID NJOKU



## JORDAN REED

PRO BOWL



STEVE WALSH  
QB COACH



KELLY WASHINGTON  
TE COACH

### TE ALUMNI

Jared Cook  
 Mycole Pruitt  
 Kyle Rudolph  
 Ben Watson  
 Deon Yelder  
 Vernon Davis  
 Lance Kendricks  
 Kevin Rader  
 Austin Seferian-Jenkins  
 Dax Raymond  
 Clive Walford  
 Charles Scarff

### QB ALUMNI

Robert Griffin III  
 Drew Stanton  
 Eli Manning  
 EJ Manuel  
 Ryan Nassib  
 Teddy Bridgewater  
 Colin Kaepernick  
 Byron Lettwich  
 Tony Romo



## ROBERT GRIFFIN III

PRO BOWL



## MIKE GESICKI, TE

### 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

"They KNOW how to get you faster!"



\*PRO DAY

**10-YD** — 1.56\*  
**40-YD** — 4.63\*

## ROB GRONKOWSKI

ALL - PRO

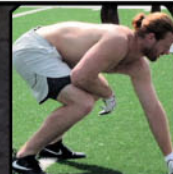
"As a QB, they get really specific when it comes to training."



## TYROD TAYLOR

PRO BOWL

"What they do with medical and training is impressive. I improved across the board."



**20-YD** — 2.65  
**40-YD** — 4.62  
**BROAD** — 10'

## HAYDEN HURST

1ST ROUND PICK

### 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

### TE-SPECIFICS

Accel-Decel Zones  
 Open-field motion

Jump cuts, breakdown, leverage,  
 Blocking - bags, mitts, pads, martial arts





# 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	<b>MULTI SPEED</b>	<b>LINEAR SPEED</b>		<b>MULTI SPEED</b>	<b>LINEAR SPEED</b>	<b>STRENGTH</b>
815	General agility	Absolute Speed mechanics	<b>POOL SPEED</b>	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	<b>FOOTBALL SKILLS</b>	<b>FOOTBALL SKILLS</b>	<b>FOOTBALL SKILLS</b>	<b>FOOTBALL SKILLS</b>	<b>FOOTBALL SKILLS</b>	
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	
100	Pre-strength prep	Pre-strength prep	Medical	Pre-strength prep	Medical	
130	<b>STRENGTH</b>	<b>STRENGTH</b>		<b>STRENGTH</b>		
145	Upper max effort	Lower dynamic /		Upper dynamic /		
200	OR	plyometric		endurance		
215	Full max effort	OR Full power		OR Full max effort		
245	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
300	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	
400	<b>VIDEO</b>		<b>VIDEO</b>		<b>VIDEO</b>	
415	Speed		Speed and football		Speed	
500	Dinner	Dinner	Dinner	Dinner	Dinner	

"The DL work helped A LOT!"

**VINCENT TAYLOR, DT**

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

**JIMMY GRAHAM**  
FASTEST TE, 2010 ALL-PRO

"Training with the BEST!"

**LeSEAN McCOY**  
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
<b>MOVEMENT</b>	<b>SPEED</b>	<b>POOL SPEED</b>	<b>MOVEMENT</b>	<b>ESD</b>
Footwork/Agility	Linear		Position Specifics	Intervals/Play Drives
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
<b>STRENGTH</b>	<b>STRENGTH</b>	Pilates/Yoga	<b>STRENGTH</b>	<b>STRENGTH</b>
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

**LAVISKA SHENAUT, WR**  
2ND ROUND PICK

20-YD — 2.56  
40-YD — 4.48

**KESHAWN VAUGHN, RB**

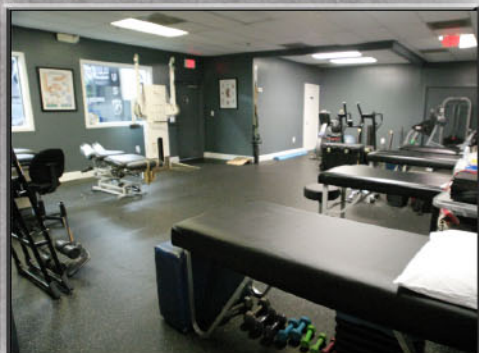
**KYLE VAN NOY, DL/LB**





# MEDICAL

## MEDICAL CENTER



## REGENERATION CENTER



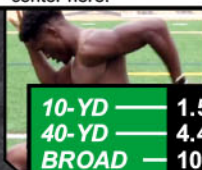
## RECOVERY CENTER



HYPERBARIC CHAMBER

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

"I recovered REALL 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



**J.K. DOBBINS**  
2ND ROUND PICK

### MEDICAL DISCIPLINES

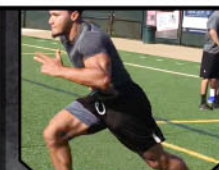
- Physical Therapy and ATC's
- Massage/Neuromuscular Therapy
- Chiropractic
- Biomechanists
- Muscle Activation Techniques™ (MAT)
- Active Release Technique™ (ART)
- Graston Technique™
- Acupuncture & Dry Needling
- Kinesio Taping
- Cupping
- Blood Flow Restriction (BFR)
- Pilates & Yoga
- ARWave



WEIGHT — 245  
40-YD — 4.59  
SHUTTLE — 4.24  
3-CONE — 6.99

**JON BOSTIC, LB**  
FASTEST ILB, 2013

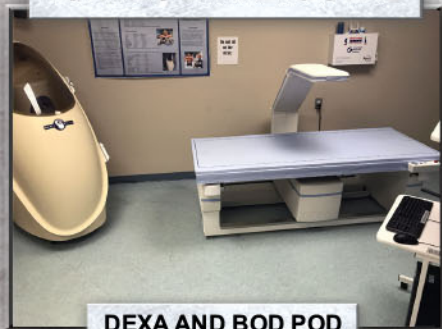
"The full setup that has EVERYTHING."



**TRAVIS HOMER, RB**

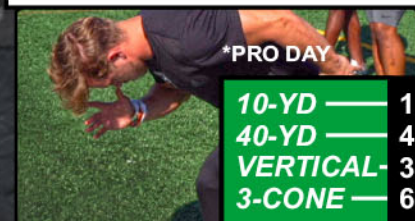
# NUTRITION

## NUTRITION ANALYSIS LAB



DEXA AND BOD POD

"The training AND the medical helped me peak all my tests."



\*PRO DAY  
10-YD — 1.51\*  
40-YD — 4.39\*  
VERTICAL — 36''\*  
3-CONE — 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



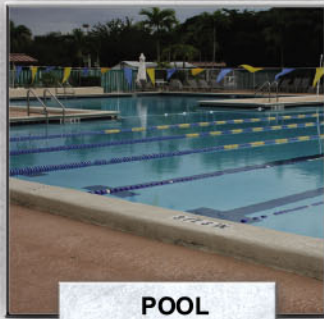


# FACILITIES

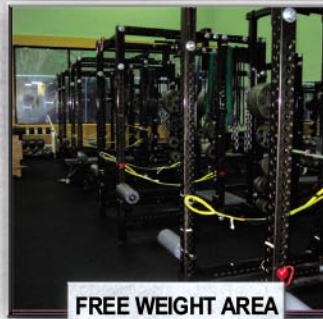
## AVENTURA, FL



MACHINE AREA



POOL



FREE WEIGHT AREA



OUTDOOR FIELD

## DAVIE, FL



WEIGHT ROOM



OUTDOOR FIELD

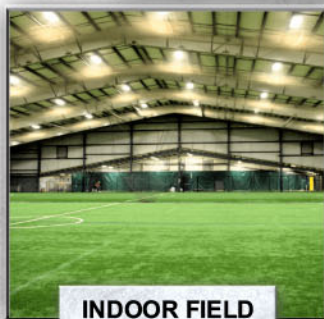


INDOOR FIELD

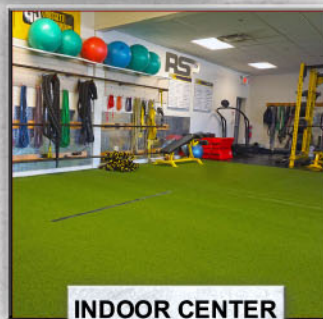


OUTDOOR TRACK

## PITTSBURGH, PA



INDOOR FIELD



INDOOR CENTER

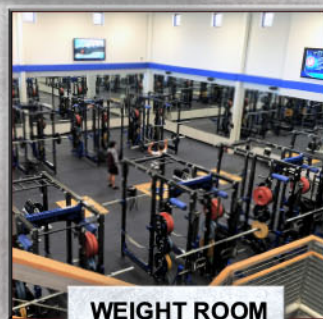


RECOVERY CENTER

## HOUSTON, TX



OUTDOOR FIELD



WEIGHT ROOM



AUXILIARY AREA



# BOMMARITO



"Best TE numbers in a decade... all due to BPS!"

"Fixed my injuries and I tested GREAT!"

"BPS is great...Pete's the BEST!"

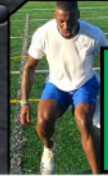
"BPS was PERFECT... my results showed!"



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

**JARED COOK**

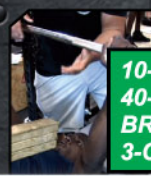
**FASTEST TE, 2009**



\*PRO DAY  
40-YD — 4.41\*  
VERTICAL — 37.5"\*  
BROAD — 10'1"\*  
3-CONE — 6.84\*

**MACKENSIE ALEXANDER, CB**

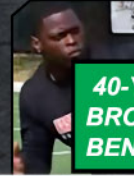
**2ND ROUND PICK**



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

**JASON PIERRE-PAUL, DE**

**1ST ROUND PICK / ALL-PRO**



40-YD — 4.74  
BROAD — 10'  
BENCH — 23

**SHAQUILLE QUARTERMAN, LB**



\*PRO DAY  
10-YD — 1.59  
20-YD — 2.63  
40-YD — 4.68  
VERTICAL — 32.5"\*

**JABAAL SHEARD, DE**



**ROBERT QUINN, DE**

**PRO BOWL**



**JOSH UCHE, LB**

**2ND ROUND PICK**



10-YD — 1.51\*  
40-YD — 4.29\*  
2017 DRAFT PICK  
(no combine invite) \*PRO DAY

**ADRIAN COLBERT, S**



\*PRO DAY  
WEIGHT — 221\*  
40-YD — 4.45\*  
BROAD — 10'5"\*  
3-CONE — 6.94\*

**KEITH KIRKWOOD, WR**

**WATCH OUR NEW**  
**BPS 2021 NFL VIDEO**  
[WWW.BOMMARITOPERFORMANCE.COM/PRO/](http://WWW.BOMMARITOPERFORMANCE.COM/PRO/)  
[YOUTUBE.COM/BOMMARITOPERFORMANCE](http://YOUTUBE.COM/BOMMARITOPERFORMANCE)



40-YD — 4.62  
BROAD — 10'2"  
BENCH — 20  
SHUTTLE — 4.25

**MYKAL WALKER, LB**



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

**TAYWAN TAYLOR, WR**

**FASTEST 3-CONE, WR, 2007**



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**



**RAEKWON DAVIS, DL**

**2ND ROUND PICK**



**ALBERT WILSON, WR**



**RAHEEM MOSTERT, RB**



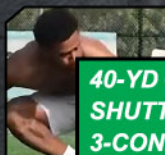
**SHY TUTTLE, DL**



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

**QUINTON JEFFERSON, DT**

**FASTEST DT (10-YD) 2016**



\*PRO DAY  
40-YD — 4.45\*  
SHUTTLE — 4.11  
3-CONE — 6.72

**JULIAN LOVE, DB**



**LATAVIUS MURRAY, RB**

**PRO BOWL**



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**