

BOMMARITO



WELCOME TO THE REVOLUTION

"El entrenamiento en el campo me prepara para comenzar el dia con una buena motivacion."



STARLING MARTE, OF

"Great place to increase strength and power!"



NOMAR MAZARA, RF

"BPS is a top of the line program with all big-name clients."



J.D. MARTINEZ, OF

ALL-STAR / SILVER SLUGGER

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



SANTIAGO ESPINAL, IF

ALL-STAR

MLB PLAYERS MINOR LEAGUE PROSPECTS

DEVELOPMENT PROGRAM



BASEBALL SPECIFICS

SPEED

- ACCELERATION
- ABSOLUTE SPEED**
- BASE RUNNING
- BASE STEALING**

OUTFIELDERS

- BACKWARD MOTIONS
- LONGER RANGE ACCELERATION**
- DECELERATION
- CHANGE OF DIRECTION - POSITION FOR FIELDING**

"I'm faster, stronger and more explosive."



TOMMY PHAM, OF

"Los ejercicios son específicos para lo que un pitcher necesita"



ELIESER HERNANDEZ, P

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



ODUBEL HERRERA, OF

CATCHERS

- POWER / POWER ENDURANCE
- DEEP BENDING POSITION MOBILITY**
- FIRST STEP QUICKNESS
- BALANCE, DECELERATION, STABILIZATION**

INFIELDERS

- LATERAL MOTIONS
- FOOTWORK, AGILITY, QUICKNESS**
- CHANGE OF DIRECTION – QUICK BREAKS
- SHORT FWD / BACK MULTI MOTIONS**



PAUL MCINTOSH, C

"I had a GREAT off-season; the equipment here is elite."

"BPS tiene de todo! De entrenamiento, nutrición, hasta disciplinas médicas"



SALVADOR PEREZ, C

ALL-STAR & WORLD SERIES MVP



ANDERSON ESPINOZA, P



WILMER FLORES, IF



CHRISTIAN VAZQUEZ, C

STRENGTH AND POWER



WEIGHT ROOM PHASES

- GENERAL PREPARATORY PHASE
- INTENSIFICATION**
- CONJUGATE
- STRENGTH / POWER SPLIT**
- ASCENDING/DESCENDING



"The speed work here was incredible."

HARRISON BADER, OF

SPECIFICITY OF POWER

- POWER ENDURANCE**
- STRENGTH ENDURANCE CONTINUUM
- ROTATIONAL POWER**
- STABILIZATION OF POWER-BASED MOTION



"I would refer Bommarito to any player in the league."

MIGUEL ROJAS, IF



CARLOS MARTINEZ, P
ALL STAR

"I feel a LOT stronger, and it's transferring!"



SAMMY INFANTE, SS

Me siento muy explosivo y rapido"



MAGNEURIUS SIERRA, OF

SPECIFICITY OF STRENGTH

- MAX EFFORT
- DYNAMIC – VARIABLE LOAD**
- DECELERATION
- STABILIZATION**
- REVERSAL



DELINO DESHIELDS, CF



RONALD BOLANOS, P



CHERIF NEYMOUR, SS

"I'm more explosive and I'm faster."



JEURYS FAMILIA, P
ALL STAR



THROWING / SWINGING SPECIFICITY

“The training combined with medical was next level.”



DERECK RODRIGUEZ, P



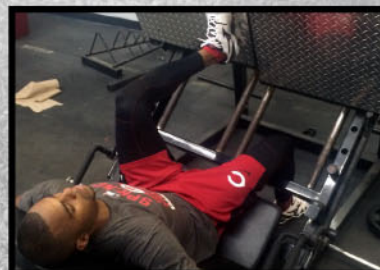
DENNIS SANTANA, P



JIMMY HERGET, P



GREGORY POLANCO, OF



RAISEL IGLESIAS, P

BPS 5-POINT SYSTEM

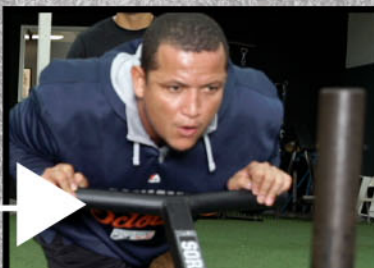
POWER

DECELERATION / BALANCE / STABILIZATION

STRENGTH ENDURANCE

POWER ENDURANCE

REACTIVE NEUROMUSCULAR



MIGUEL CABRERA, 1B

BIOMECHANICS

EVALUATION

ACTIVATION

JOINT INTEGRITY

MODALITIES

CORRECTIVE EXERCISE



MEL ROJAS, OF



CHRIS RODRIGUEZ, P



ROUGNED ODOR, 2B



JUAN CHACON, OF

“BPS focuses on the little things I need to improve on that directly relates to my pitching”



MATT TURNER, P

SCIENCE & TECHNOLOGY



PROTEUS 2.0 SYSTEM

FORCE PLATE

TUFF TREAD

TOMMY PHAM, OF

VERTIMAX

STARLING MARTE, OF

RAPTOR

MARK VIENTOS, 3B

HI-TRAINER

PUSH SYSTEM

JOSH PALACIOS, OF

BFR

PABLO SANDOVAL, 3B

KIRO CORE

ELIESER HERNANDEZ

AIR RESISTANCE

KEITHRON MOSS

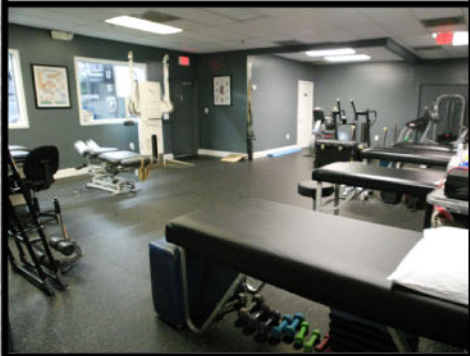
SAMPLE MLB TRAINING PLAN

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	SPEED: LINEAR	POOL WORKOUT	BASEBALL SKILLS TECHNICAL POSIONAL	MB POWER POWER ENDURANCE
NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING	NUTRIENT TIMING
STRENGTH: UPPER STRENGTH	STRENGTH: LOWER DYNAMIC	PILATES / YOGA	STRENGTH: UPPER SA RECOVERY	STRENGTH: 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



"The medical is state of the art."



LUCIUS FOX, SS

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 chef and the meals were the best!



CARLOS SANTANA, 1B

NUTRITION

NUTRITION ANALYSIS LAB



DEXA / BOD POD / INBODY



WILSON RAMOS, C



NUTRIENT TIMING AREA

NUTRITION

- Organic, all-natural
- **Food "exchange" system for variety and custom plans**
- Performance Chefs
- **IV Nutrients**

THORNE

- Custom nutrient timing plan
- **NSF Certified for Sport**

APPLICATION

- Blood-work evals.
- **Food Sensitivity**
- Enzyme function
- **Metabolic typing**



ALUMNI



EDUARDO RODRIGUEZ, P

3X ALL-STAR, NL BATTING CHAMPION, 2X SILVER SLUGGER



HANLEY RAMIREZ, SS

3X ALL-STAR



FERNANDO RODNEY, P

MLB

Santiago Espinal
Starling Marte
Tommy Pham
JD Martinez
Miguel Cabrera
Odubel Herrera
Harrison Bader
Elieser Hernandez
Nomar Mazara
Anderson Espinoza
Josh Palacios
Miguel Rojas
Gregory Polanco
Wilson Ramos
Rougned Odor
Salvador Perez
Magneuris Sierra
Jorge Ona
Ronald Bolanos
Juan Chacon
José Marmolejos
Wander Ramos
Jimmy Herget
Delino Deshields
Wilmer Flores
Ivan Nova
Carlos Santana

Christian Vasquez
Yasiel Puig
Pablo Sandoval
Jose Altuve
Raisel Iglesias
Fernando Rodney
Jeury Familia
Eduardo Rodriguez
Carlos Martinez
Mike Fiers
Dereck Rodriguez
Manuel Margot
Adeiny Hechavarria
Nelson Cruz
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
Chris Rodriguez
Jazz Chisholm Jr
Jason Martin
Wyatt Mathisen
Rafael Marchan
Henderson Alvarez
Dominic Nunez
Jacob Nix
Felix Doubront
Odrisamer Despaigne
Neftali Feliz
Gabriel Moya
Leonys Martin
Daniel Robertson
750+ MLB draft picks
600+ current D1 college players

MiLB

Paul McIntosh
Sammy Infante
Matt Turner
Mark Vientos
Xavier Edwards
Abraham Gutierrez
Antonio Pinero
Chris Bec
Kevin Maitan
Justin Connell
Dermis Garcia
Daniel Montano
Danny Dopic
Lucius Fox
Franklin Perez
Michael Gigliotti
Alejandro Requena
Luis Leon
Josh Morgan
Ozney Guillen
Mel Rojas Jr.
Leobaldo Cabrera
Jhoendri Herrera
Roberto Alvarez
Alexander Vizzaino
Wilkerman Garcia

Taylor Gushue
Wesley Rogers
Darnell Sweeney
Colton Welker
Kevin Vicuna
Reinaldo Ilarraza
Jason Lopez
Oswaldo Cabrera
Harvin Mendoza
Cesar Cabral
Kenny Hernandez
Josh Stephen
Marcus Wilson
Chris Betts
Jamie Westbrook
Todd Isaacs
Nick Longhi
Pablo Olivares
Preston Gainey
Mat Latos
Jesus Rondon
Anfernee Seymour
Luis Sardinas
Braxton Davidson
Zack Kone
Vaibhav Desai

RETIRED

William Cuevas
Gabriel Moya
Randall Delgado
Cesar Ortega
Leonys Martin
Danny Zardón
Mike Crouse
Angel Padron
Devontae Glenn
Anthony Ray
Christian Correa
Dean Deetz
Brian Ellington
William Cuevas
Cesar Puello
Stephen Cardullo
Carlos Asuaje
Jacob Nottingham
Lester Madden
Armando Rivero
Mikey Edie
Joey Gonzalez
Cesar Puello
Jeison Guzman
Tomas Alastre

Mike Napoli
Martin Prado
Raul Ibanez
Michael Morse
Manny Ramirez
Miguel Tejada
Hanley Ramirez
Rene Rivera
Aarom Baldiris
Yunesky Maya
Carlos Guillen
Magglio Ordóñez
Mike Lowell
Gerardo Parra
Alex Avila
Gabriel Martinez
Jose Gonzalez
Carlos Gonzalez
Chris Marrero
Tony Sanchez
Dioner Navarero
Danny Otero
Luis Almanzar
Chucky Vazquez
Christian Marrero



IVAN NOVA, P



RAUL IBANEZ, OF/DH

"The BOMMARITO training is the best I've ever encountered."

ALL-STAR

"Vengan a BPS, les garantizo que se van a poner ready, aqui se trabaja fuerte."



RENE RIVERA, C



MAGGLIO ORDONEZ, OF

**6X ALL-STAR
AL BATTING CHAMP**



ADEINY HECHAVARRIA, SS



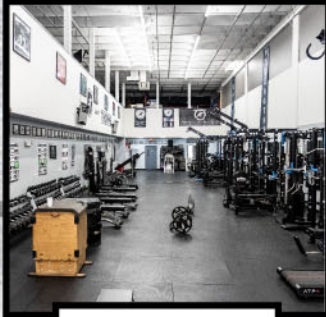
MIKE NAPOLI, C

ALL-STAR



FACILITIES

FT. LAUDERDALE, FL



WEIGHT ROOM



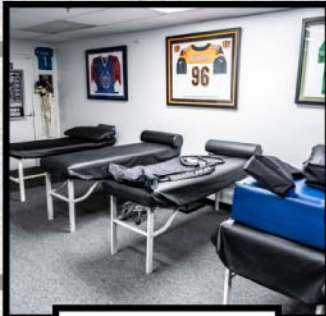
OUTDOOR FIELD



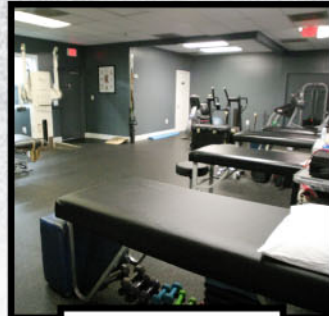
OUTDOOR TRACK



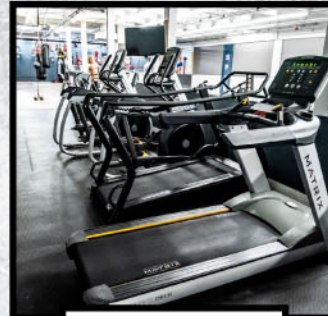
INDOOR TURF



REGENERATION CENTER



MEDICAL CENTER



CARDIO AREA

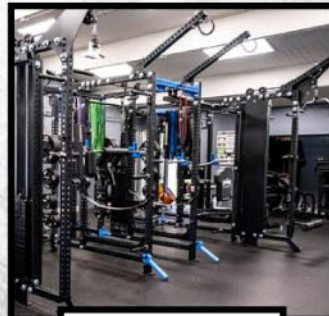


BOXING CENTER

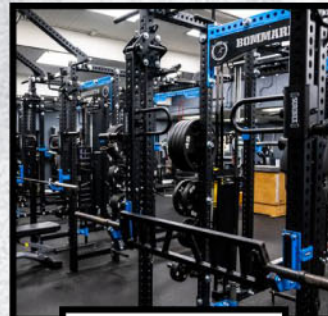
MIAMI, FL



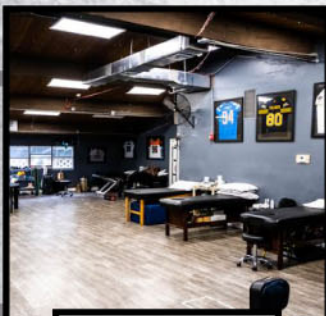
VIDEO ANALYSIS



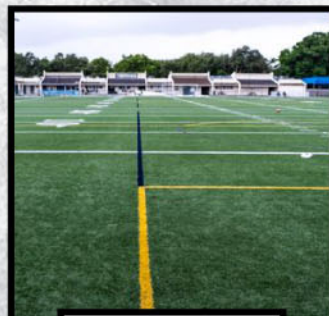
WEIGHT ROOM



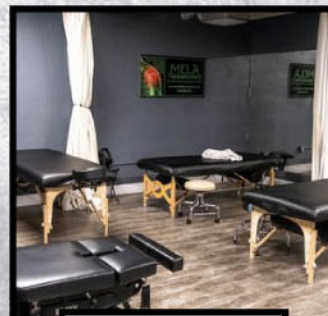
WEIGHT ROOM



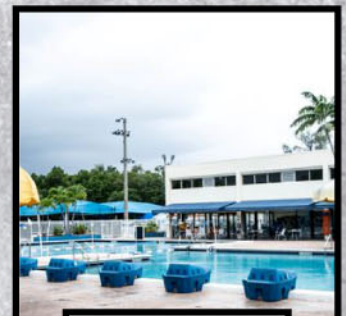
MEDICAL CENTER



OUTDOOR FIELD



REGENERATION CENTER



POOL