



WELCOME TO THE REVOLUTION

"This has been the best off-season
of my career!"



MARK VIENTOS, IF

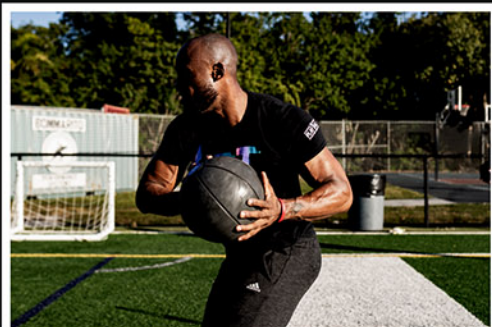
"BPS is a top of the line program
with all big-name clients."



J.D. MARTINEZ, OF

ALL-STAR / SILVER SLUGGER

"El entrenamiento en el campo me prepara
para comenzar el día con una buena motivación."



STARLING MARTE, OF

"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

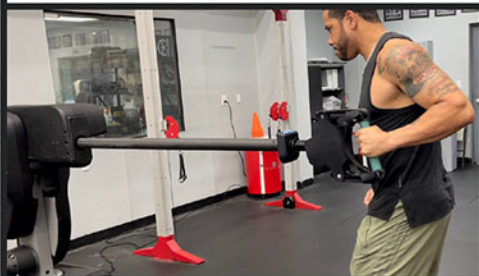
BACKWARD MOTIONS

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

SPECIFICITY OF POWER

POWER ENDURANCE

STRENGTH ENDURANCE CONTINUUM

ROTATIONAL POWER

STABILIZATION OF POWER-BASED MOTION



CARLOS MARTINEZ, P

ALL STAR



SAMMY INFANTE, SS

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



HARRISON BADER, OF

"The speed work here was incredible."



MIGUEL ROJAS, IF

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



MAGNEURIUS SIERRA, OF

Me siento muy explosivo y rapido"

SPECIFICITY OF STRENGTH

MAX EFFORT

DYNAMIC – VARIABLE LOAD

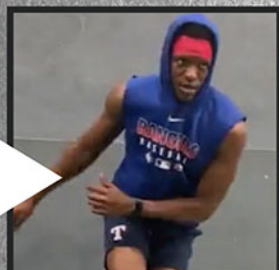
DECELERATION

STABILIZATION

REVERSAL



DELINO DESHIELDS, CF



SEBASTIAN WALCOTT, SS



CHERIF NEYMOUR, SS

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



EMILIO BONIFACIO, MB

THROWING / SWINGING SPECIFICITY

"The training combined with medical was next level."



DERECK RODRIGUEZ, P



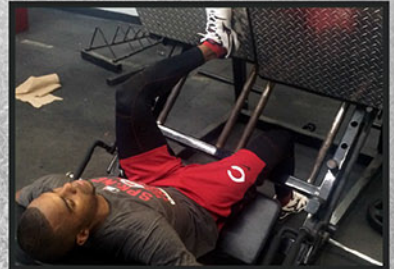
DENNIS SANTANA, P



JIMMY HERGET, P



GREGORY POLANCO, OF



RAISEL IGLESIAS, P

BPS 5-POINT SYSTEM

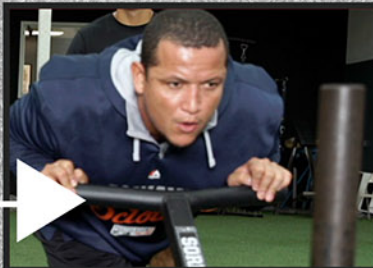
POWER

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"

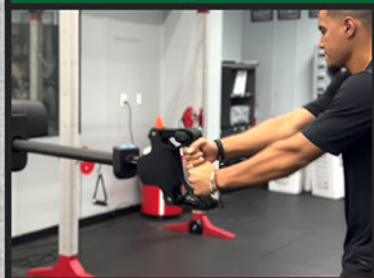


MATT TURNER, P

SCIENCE & TECHNOLOGY



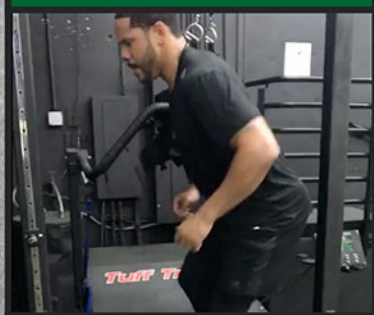
PROTEUS 2.0 SYSTEM



FORCE PLATE



TUFF TREAD



TOMMY PHAM, OF

VERTIMAX



STARLING MARTE, OF

RAPTOR



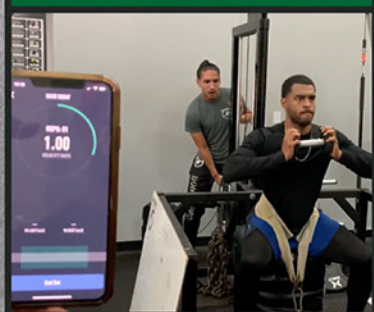
MARK VIENTOS, 3B

LANDMINE



ROBINSON CANO, IF

VBT



JOSH PALACIOS, OF

BFR



PABLO SANDOVAL, 3B

KIRO CORE



ELIESER HERNANDEZ

AIR RESISTANCE



NOMAR MAZARA, RF

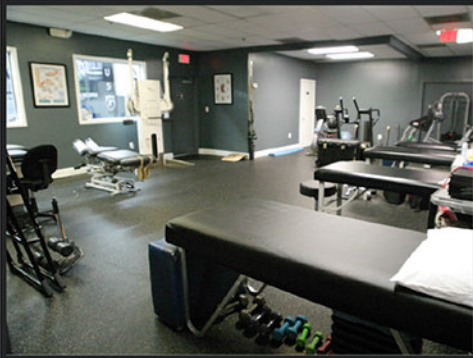
SAMPLE MLB TRAINING PLAN

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 POSITIONAL	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



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

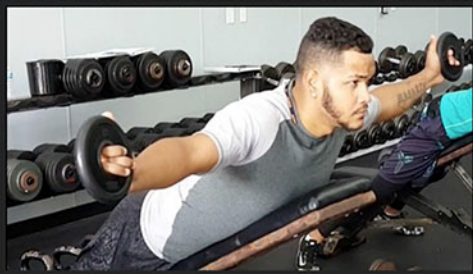
RECOVERY CENTER



The chef and the meals were the best!



CARLOS SANTANA, 1B



EDUARDO RODRIGUEZ, P

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



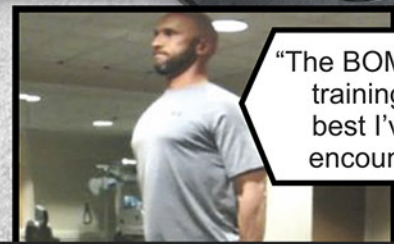
MIKE NAPOLI, C

ALL-STAR



NELSON CRUZ

ALL-STAR



RAUL IBANEZ, OF/DH

ALL-STAR

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

MLB and JAPAN PROFESSIONAL LEAGUES

Mark Vientos
JD Martinez
Santiago Espinal
Starling Marte
Tommy Pham
Harrison Bader
Salvador Perez
Eduardo Rodriguez
Josh Palacios
Jimmy Herget
Carlos Santana
Christian Vazquez
Wilmer Flores
Miguel Rojas
Chris Rodriguez
Manuel Margot
Jose Altuve
Raisel Iglesias
Cole Tucker
Yasmani Grandal
Yency Almonte
Austin Riley
Nick Castellanos
Luke Jackson
Isiah Kiner-Falefa
Dennis Santana

Tanner Scot
Dominic Smith
JD Davis
Logan Allen
Luis Guillorme
Xavier Edwards
Oswaldo Cabrera
Jazz Chisholm Jr
Rafael Marchan
Jamie Westbrook
Fernando Rodney
Nelson Cruz
Emilio Bonifacio
Alexander Vizcaino
Rougned Odor
Pablo Sandova
Idelino Deshields
Juan Chacon
Jordan Luplow
Jason Martin
Dominic Nunez
William Cuevas
Elieser Hernandez
Mel Rojas Jr.
William Cuevas

MEXICAN LEAGUE

Odubel Herrera
Robinson Cano
Nomar Mazara
Magneuris Sierra
Ronald Bolanos
José Marmolejos
Yasiel Puig
Dereck Rodriguez
Adeiny Hechavarria
Carlos Martinez
Lewis Brinson
Henderson Alvarez
Jacob Nottingham
Felix Doubront
Odrisamer Despaigne
Neftali Feliz
Leonys Martin
Leobaldo Cabrera
Darnell Sweeney
Kevin Vicuna
Kenny Hernandez
Luis Sardinas
Braxton Davidson
Randall Delgado
Leonys Martin
Angel Padron

MiLB and WINTER LEAGUES

William Cuevas
Paul McIntosh
Sammy Infante
Matt Turner
Sebastian Walcott
Cherif Neymour
Abraham Gutierrez
Kevin Maitan
Justin Connell
Dermis Garcia
Daniel Montano
Josh Morgan
Franklin Perez
Antonio Pinero
Jason Lopez
Harvin Mendoza
Roberto Alvarez
Cesar Cabral
Ian Lewis
Preston Gainey
Danny Dopico
Anfernee Seymour
Cesar Ortega
Wilkerman Garcia
Colton Welker
Nick Longhi

RETIRED

Miguel Cabrera
Mike Napoli
Martin Prado
Raul Ibanez
Michael Morse
Manny Ramirez
Miguel Tejada
Hanley Ramirez
Wilson Ramos
Rene Rivera
Aarom Baldiris
Yunesky Maya
Carlos Guillen
Magglio Ordonez
Mike Lowell
Gerardo Parra
Alex Avila
Gabriel Martinez
Jose Gonzalez
Carlos Gonzalez
Ivan Nova
Wander Ramos
Mike Fiers
Jeury Familia
Zack Collins
Elvis Andrus

ALL-STAR

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



HANLEY RAMIREZ, SS



FERNANDO RODNEY, P

ALL-STAR



MARTIN PRADO



MICHAEL MORSE



MAGGLIO ORDONEZ, OF

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

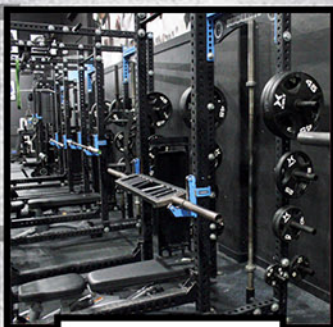


RENE RIVERA, C



FACILITIES

FT. LAUDERDALE, FL



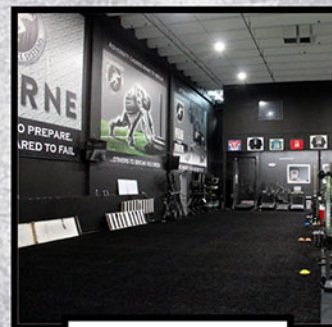
WEIGHT ROOM



OUTDOOR FIELD

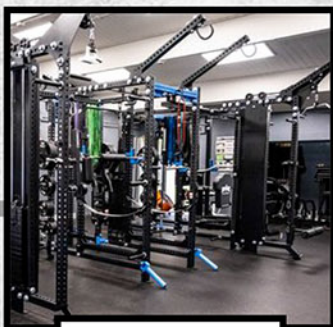


OUTDOOR TRACK

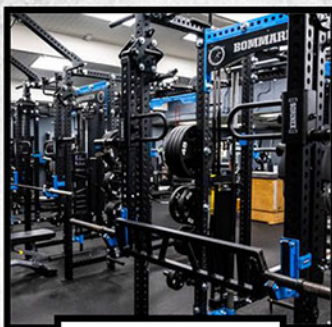


INDOOR TURF

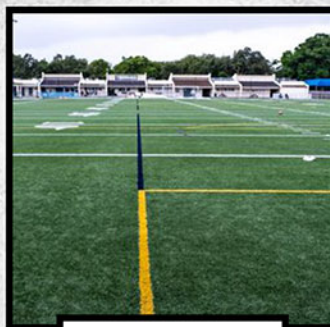
NORTH MIAMI, FL



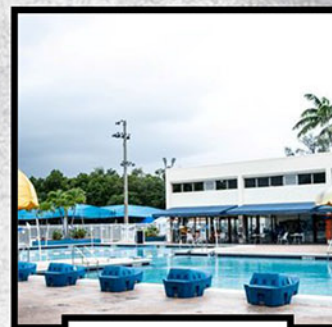
WEIGHT ROOM



WEIGHT ROOM

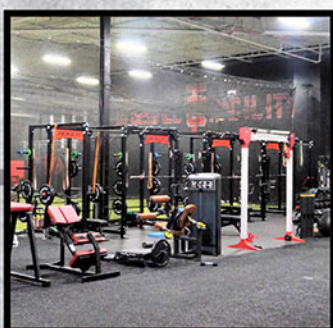


OUTDOOR FIELD

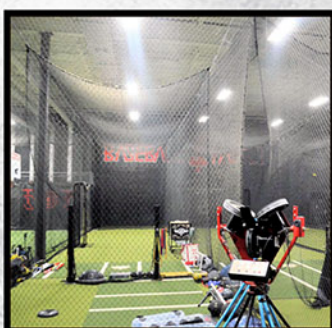


POOL

SOUTH MIAMI, FL - TEAM SOSA PERFORMANCE POWERED BY BOMMARITO



ALL-STAR



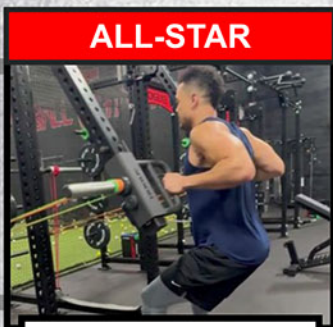
ALL-STAR



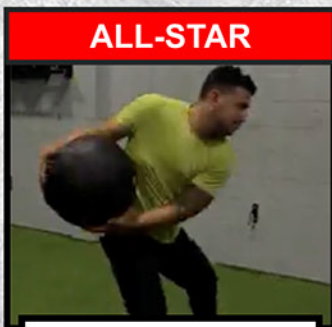
ALL-STAR



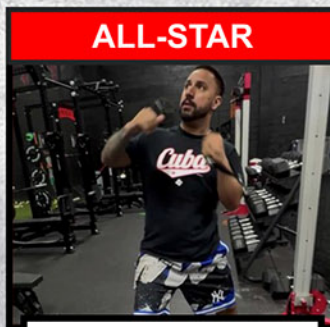
VICTOR ROBLES



GIANCARLO STANTON



JOSE IGLESIAS



NESTOR CORTEZ

