



BOMMARITO PERFORMANCE SYSTEMS

BOMMARITO ALUMNI

"TRAINING WITH PETE WAS THE BEST DECISION I MADE FOR THE 09 NFL COMBINE"
- JONNY KNOX, WR, CHICAGO BEARS (4.29 IN THE 40-YD DASH, 3RD FASTEST OVERALL)



2011 NFL COMBINE CLASS

QB

TJ Yates (5th)

RB/FB

Kendall Hunter (4th)
Jamie Harper (4th)
Dion Lewis (5th)
Evan Royster (6th)
Damien Barry* (FA)

WR

Torrey Smith (2nd)
Greg Little* (2nd)
Leonard Hankerson (3rd)
Stephen Burton (7th)
Jock Sanders (FA)
Tori Gurley (FA)
Owen Spencer (FA)
Lester Jean (FA)*

OL

Derek Sherrod (1st)
Orlando Franklin (2nd)

TE

DJ Williams (5th)
Zack Panielto (FA)

DL

Jabaal Sheard (2nd)
Allen Bailey (3rd)
Greg Romeus (7th)
Cheta Ozougwu (7th)

LB

Colin McCarthy* (4th)
Doug Hogue (5th)
Lawrence Wilson (6th)
Scott Lutrus (FA)

CB

DeMarcus Van Dyke (3rd)
Chimdi Chekwa (4th)
Anthony Galtor* (7th)
Niles Brinkley (FA)

S

Jaiquawn Jarrett (2nd)
Robert Sands (5th)
DeAndre McDaniel (FA)
*Trained after NFL Combine

RUNNING BACKS

Maurice Jones-Drew (Pro Bowl)
Frank Gore (Pro Bowl)
Thomas Jones (Pro Bowl, 1st Round)
Matt Forte
LeSean McCoy
Ahmad Bradshaw
Johnathan Stewart (1st Round)
Fred Taylor (Pro Bowl, 1st Round)
Clinton Portis (Pro Bowl)
Larry Johnson (Pro Bowl, 1st Round)
Willis McGahee (1st Round)
Willie Parker (Pro Bowl)
Kevin Smith
Marion Barber (Pro Bowl)
Julius Jones
Brandon Jackson
Rudi Johnson (Pro Bowl)
Rashad Jennings
Ben Tate
Andre Brown
Chris Gronkowski
Moran Norris
DeShawn Wynn
Gartrell Johnson
Ron Dayne (1st Round)
Stephen Davis (Pro Bowl)
Owen Schmitt

QUARTERBACKS

Eli Manning (Pro Bowl, 1st Round)
Tony Romo (Pro Bowl)
Matthew Stafford (1st Round)
Daunte Culpepper (Pro Bowl, 1st Round)
Matthew Stafford (1st Round)
Byron Leftwich (1st Round)
Charlie Batch (Pro Bowl)
Drew Stanton
Caleb Hanie
Terrelle Pryor
Tyler Palko
Jay Fiedler

CORNERBACKS

Antoine Cason (1st Round)
Will Allen (1st Round)
Brandon Flowers
Pat Surtain (Pro Bowl)
Mike McKenzie
Sean Smith
Darius Butler
Lardarius Webb
Alphonso Smith
Samari Rolle (Pro Bowl)
Lito Sheppard (Pro Bowl, 1st Round)
Bryant McFadden
EJ Biggers
Nate Jones
Don Carey
Orlando Scandrick
Drayton Florence
Myron Lewis
Brandon Ghee
Jerome Murphy
William Gay
Jamar Fletcher (1st Round)
Duane Starks (1st Round)
Joe Burnett
Andre Woolfolk (1st Round)

SAFETIES

Louis Delmas
Brandon Meriweather (Pro Bowl, 1st Round)
Kenny Phillips (1st Round)
Eric Weddle
Jairus Byrd (Pro Bowl)
Tyvon Branch
Charles Godfrey
Chip Vaughn
Atari Bigby
Sherrod Martin
Chris Clemons
Jamarca Sanford
Abram Elam
Roy Williams (Pro Bowl, 1st Round)
Sammy Knight (Pro Bowl)
Lance Schulters (Pro Bowl)
Dom Barber
Chinedum Ndukwe
Anthony Madison

WIDE RECEIVERS

Wes Welker (Pro Bowl)
Anquan Boldin (Pro Bowl)
Plaxico Burress (1st Round)
Chad Ocho Cinco (Pro Bowl)
Brian Hartline
Steve Smith
Santonio Holmes (1st Round)
Sidney Rice (Pro Bowl)
Andre Johnson (Pro Bowl, 1st Round)
Donte Stallworth
Antonio Bawn
Mike Sims-Walker
Mike Thomas
Louis Murphy
Jonny Knox (Pro Bowl)
Mohamed Massaquoi
Jason Hill
Troy Williamson (1st Round)
Kassim Osgood
Andre Caldwell
Kevin Ogletree
Peter Warrick (1st Round)
Devin Thomas
Chad Jackson
Michael Clayton (1st Round)
Brooks Foster

TIGHT ENDS/H-BACKS

Greg Olsen (1st Round)
Vernon Davis (Pro Bowl, 1st Round)
Eric Decker
Rob Gronkowski
Ben Watson (1st Round)
Kellen Winslow (Pro Bowl, 1st Round)
Randy McMichael
Kellen Davis
Tony Scheffler
Jared Cook
OJ Santiago
Fred Davis
Dan Gronkowski
Jimmy Graham
Korrey Sperry
Cornelius Ingram
Donte Rosario

LINEBACKERS

Jon Beason (Pro Bowl, 1st Round)
Lawrence Timmons (1st Round)
Stephen Tulloch
Zach Thomas (Pro Bowl)
Keith Bullock (Pro Bowl, 1st Round)
Larry English (1st Round)
Matt Roth
Brendon Ayanbadejo (Pro Bowl)
Tavares Gooden
Antwan Barnes
Desmond Bishop
Navorro Bowman
Brandon Siler
Geno Hayes
Darryl Sharpton
Brandon Spikes
Dan Connor
Kendrell Bell (Pro Bowl)
Jamar Chaney
Rashad Jeanty

OFFENSIVE LINEMAN

Jahri Evans (Pro Bowl)
Michael Oher (1st Round)
Bryant McKinnie (Pro Bowl, 1st Round)
Marc Columbo (1st Round)
Nick Mangold (Pro Bowl, 1st Round)
Chris DeGeare
Bruce Campbell
Vince Manuwai
Ray Willis

DEFENSIVE LINEMAN

John Abraham (Pro Bowl, 1st Round)
Jason Pierre-Paul (1st Round)
Darnell Dockett (Pro Bowl)
Marcus Stroud (Pro Bowl, 1st Round)
Kevin Williams (Pro Bowl, 1st Round)
Tommie Harris (Pro Bowl, 1st Round)
Adewale Ogunleye (Pro Bowl)
Charles Johnson
Jared Odrick (1st Round)
Everette Brown
Kendall Langford
Jimmy Kennedy (1st Round)
Ray McDonald
Carlos Dunlap
Torell Troup
Earl Mitchell
Chris Kelsay
Jeremy Mincey
Kyle Moore
Ricky Jean-Francois
Myron Pryor
Tony McDaniel
Lawrence Sidbury
Demetric Evans
Gabe Watson
Paul Kruger
Sammie Lee Hill
Nick Reed



NFL COMBINE PREPARATION

HOW DO YOU COMPARE COMBINE TRAINING SYSTEMS?

Check The OFFICIAL Testing Numbers...

THEY DON'T LIE!

ACCOLADES OF BOMMARITO NFL COMBINE ATHLETES

Fastest OVERALL, 2011 – DeMarcus Van Dyke

Fastest CB, 2011 – DeMarcus Van Dyke

Fastest OG, 2011 – Orlando Franklin

Fastest DE (270-lb+), 2011 – Allen Bailey

Fastest OVERALL (10-yd), 2011

– Van Dyke, Chimdi Chekwa

Fastest CB (10-yd), 2011 – Van Dyke, Chekwa

Fastest LB (10-yd), 2011 – Scott Lutruss

Fastest OLB (10-yd), 2011 – Scott Lutruss

Fastest FS (10-yd), 2011 – Jaiquawn Jarrett

Highest Vertical, LB, 2011 – Scott Lutruss

Highest Vertical, OLB, 2011 – Scott Lutruss

2nd Fastest OVERALL (e), (10-yd), 2011 – Chekwa

2nd Fastest CB (e), (10-yd), 2011 – Chekwa

2nd Fastest RB (10-yd), 2011 – Kendall Hunter

2nd Fastest WR (10-yd), 2011

– Leonard Hankerson, Torrey Smith, Jock Sanders

2nd Fastest S (10-yd), 2011 – Jaiquawn Jarrett

2nd Highest Vertical, WR, 2011 – Torrey Smith

2nd Highest Vertical, DE (270-lb+) – Allen Bailey

2nd Highest Vertical, FS – Robert Sands

2nd Strongest DE (270-lb+) – Allen Bailey

2nd Fastest Shuttle QB, 2011 – TJ Yates

2nd Fastest Shuttle, OLB, 2011 – Scott Lutruss

2nd Fastest Shuttle, FS, 2011 – Robert Sands

2nd Fastest 3-cone, OT, 2011 – Derek Sherrod

An athlete run 4.34 or better in 7 consecutive yrs

Only athlete to run sub 4.3 in 2011

2 Fastest 40-yd e times in 2011

2 Fastest 10-yd times in 2011

Fastest OT, 2010 – Bruce Campbell, ALL TIME RECORD

Fastest QB, 2010 – Jarrett Brown

Fastest TE (230+ lb), 2010 – Jimmy Graham

Fastest CB (e), 2010 – Brandon Ghee

Fastest OT (10-yd), 2010 – Bruce Campbell

Fastest OG (10-yd), 2010 – Chris DeGeare

Fastest QB (10-yd), 2010 – Jarrett Brown

Fastest TE (10-yd), 2010 – Jimmy Graham

Fastest DT (10-yd), 2010 – Earl Mitchell

Fastest ILB (10-yd), 2010 – Jamar Chaney

Fastest DE, 270+ lb (10-yd) – Carlos Dunlap

Longest Broad Jump RB, 2010 – Ben Tate

Longest Broad ILB, 2010 – Jamar Chaney

Longest Broad TE (230+ lb), 2010 – Jimmy Graham

Highest Vertical ILB, 2010 – Jamar Chaney

Strongest RB, 2010 – Ben Tate

Fastest TE, 2009 – Jared Cook

Fastest CB, 2009 – Lardarius Webb

Fastest TE, 2009 (10-yd) – Jared Cook

Fastest DE, 2009 (10-yd) – Everette Brown

Fastest CB, 2009 (10-yd) – Darius Butler

Fastest Shuttle, TE, 2009 – Kory Sperry

Fastest Shuttle, WR, 2009 – Kevin Ogletree

Highest Vertical TE, 2009 – Jared Cook

Longest Broad TE, 2009 – Jared Cook

Strongest RB, 2009 – Rashad Jennings

3rd Fastest WR and Overall, 2009 – Jonny Knox

3rd Fastest DE, S, WR, LB, and TE, 2009

Fastest DT or DE in 8 out of last 9 yrs
(‘03-‘11)

Fastest DT, 2010 – Earl Mitchell, ALL TIME RECORD

Fastest LB, 2010 – Jamar Chaney

At least one 1st place finish in 7 out of 8 tests, 2009

Fastest WR, 2008 – Dexter Jackson

Fastest DE, ‘08 – Marcus Howard, ALL TIME RECORD (as of ‘08)

Fastest DE (275+), 2008 – Kendall Langford

Fastest S, ‘08 – Josh Barrett, ALL TIME RECORD (as of ‘08)

Fastest LB, 2008 – Marcus Howard

Fastest TE (10-yd), 2008 – Kellen Davis

Fastest TE, 2007 – Greg Olsen

Fastest LB, 2007 – Antwan Barnes

Fastest DE (270+), 2007 – Baraka Atkins

Fastest DT, 2007 – Quinn Pitcock

Fastest RB (10-yd), 2007 – DeShawn Wynn

Fastest 10-yd OVERALL, 2007 – E Weddle, A Allison

Fastest 3-Cone, QB, 2007 – Drew Stanton

Highest Vertical RB, 2007 – Darius Walker

2nd Fastest Overall, 2007 – Jason Hill

Fastest Overall, 2006 – Chad Jackson

Fastest WR, 2006 – Chad Jackson

Fastest RB, 2006 – Maurice Jones-Drew

Fastest DT, 2006 – Kedric Golston

Fastest OT, 2006 – Eric Winston

Fastest DT, 2005 – Darrell Shropshire

Fastest TE, 2004 – Ben Watson

Fastest DT, 2003 – Kevin Williams

2nd Fastest RB, DE (270+), WR (e) – 2010

2nd Fastest OG, RB (10-yd) – 2010

3 300+ positional top 5 finishes (85+ in 2011)
90+ positional 1st place finishes (12 in 2011)

WELCOME TO THE REVOLUTION

CONTACT US TO LEARN ABOUT THE MOST SUCCESSFUL SYSTEM IN THE INDUSTRY

WWW.BOMMARITOPERFORMANCE.COM

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FOOTBALL SKILLS

"Football skills is **NOT** just about practicing drills. IT'S A 2 PART SYSTEM: BPS system involves Biomechanists to implement drills that complements and enhances the techniques taught by the Football Coaching Staff."

BPS FOOTBALL SKILLS PROGRAM

- Individual Position Coaching
 - Combine Drills
 - All-Star Game and Pro Day Preparation
- Sports Performance Coaching / Biomechanics
 - Drills to enhance overall position-specifics
- Video Analysis



LOUIS DELMAS
S, '09 2ND RD PICK



PLAXICO BURRESS
WR



MAURICE JONES-DREW
PRO BOWL RB



JON BEASON
PRO BOWL LB



BRUCE CAMPBELL
2010 FASTEST OT
(ALL TIME RECORD)

"Pete's got a great rep in the NFL, and the training at BPS is proof of why...the drills translate the field well, and being a RB, it creates a great situation for me to continue to perfect my overall game."

- THOMAS JONES, PRO BOWL RB

"I'm feeling real good. I trained with Pete coming out of college, and my numbers were great. Now that I'm a Pro Bowl veteran, I knew exactly who I needed to come back to train with - Bommarito. We do so many things here that I've never done before...it's a very unique workout and you have everything you need here. I'll definitely be back!"

- JAHRI EVANS, PRO BOWL OL

"I've come back to Pete every year I've been in the NFL because it's a challenge...this training has elevated every aspect of my game to the next level."

- ANQUAN BOLDIN, PRO BOWL WR

"I heard great things about Pete from numerous Pro Bowl players, and coming here, I can see why...the explosive type training at BPS really translates onto the field in all my WR movements."

- WES WELKER, PRO BOWL WR

"This training has been a great help for me...BPS blew my mind...I've changed so much and it's helped me out tremendously. I got bigger, faster, stronger, leaner. This was a once in a lifetime experience..."

- DEREK SHERROD, OL, 2011 1ST ROUND PICK

POSITIONAL COACHES

- Ex-NFL players and coaches
- Combine/All-Star Game/Pro-Day Drills
- Drills and training to improve on all position-specific motions

SPORTS PERFORMANCE COACHING / BIOMECHANICS

- "Train like the Vets" - train within the same training systems that the BPS roster of numerous NFL veteran players, starters, and perennial Pro Bowl Players utilize
- Technical and Application drills to enhance each aspect of all Combine/Pro-Day/All-Star drills

POSITIONAL BREAKDOWN

Train for the Drills, AND undergo position-specific conditioning for the All-Star games and Pro Day

- OL/DL - full body plyometrics, power, strength endurance, power endurance, hand drills, MMA and Grappling Specialists
- QB - in-pocket / out-of-pocket motion, full body plyometrics, throwing power/strength endurance
- RB - cutting, tackle-breaking power endurance, pass blocking, open field motions
- WR/TE - open field motions, acceleration/deceleration, cutting
- LB - pass rush, pass drops, lateral speed, power/strength endurance, hand drills
- DB - all backwards motions, hip mobility drills, cutting, coverages

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BOMMARITO PERFORMANCE SYSTEMS

MEDICAL / REGENERATION

" BPS PROVIDES THE BEST MASSAGE, CHIRO, AND REHAB IN THE BUSINESS...FOR PETE TO PUT ALL THIS TOGETHER IS A TREMENDOUS BENEFIT TO THE ATHLETE TO COME IN AND JUST FOCUS ON TRAINING."

- MAURICE JONES-DREW, RB, JACKSONVILLE JAGUARS

BOMMARITO ACCOLADES

Fastest OVERALL, 2011
Fastest CB, 2011 (10yd, 40yd)
Fastest OG, 2011
Fastest DE (270-lb+), 2011
Fastest OVERALL (10-yd), 2011
Fastest LB & OLB (10-yd), 2011
Fastest FS (10-yd), 2011
Highest Vertical, LB & OLB, 2011
Fastest OT, 2010 (10yd, 40yd)
Fastest QB, 2010 (10yd, 40yd)
Fastest TE (230+), 2010
Fastest DT, 2010 (10yd, 40yd)
Fastest LB, 2010
Fastest CB (e), 2010
Fastest OG, 10yd, 2010
Fastest TE, 10yd, 2010
Fastest ILB, 10yd, 2010
Fastest DE (270+), 10-yd, 2010
Longest Jump, RB, 2010
Longest Jump, ILB, 2010
Longest Jump, TE (230+), 2010
Highest VJ, ILB, 2010
Strongest RB, 2010
Fastest TE, 2009
Fastest CB, 2009
Fastest DE, 10-yd, 2009
Fastest TE, 10-yd, 2009
Fastest CB, 10-yd, 2009
Fastest shuttle, TE & WR, 2009
Strongest RB, 2009
Fastest WR, 2008
Fastest DE, 2008
Fastest DE, 275+, 2008
Fastest S, 2008
Fastest LB, 2008
Fastest TE, 10-yd, 2008
Fastest TE, 2007
Fastest LB, 2007
Fastest DE, 270+, 2007
Fastest DT, 2007
Fastest RB, 10-yd, 2007
Fastest overall 10-yd, 2007
Fastest 3cone, QB, 2007
Highest VJ, RB, 2007
Strongest LB, 2007
Fastest overall, 2006
Fastest WR, 2006
Fastest RB, 2006
Fastest DT, 2006
Fastest OT, 2006
Fastest DT, 2005
Fastest TE, 2004
Fastest DT, 2003
Run 4.34 or better in 7+
300+ positional top 5 finishes
90+ positional 1st place finishes

BPS MULTIDISCIPLINARY APPROACH

Each player has UNLIMITED access to:

1. Chiropractic
2. Physical Therapy
3. Massage Therapy
4. Neuromuscular Therapy
5. Muscle Activation Techniques™ (MAT) Specialists
6. Active Release Technique™ (ART) Specialists
7. Graston Technique™ Specialists
8. Athletic Training
9. Orthopedic Evaluations and Recommendations
10. Biomechanists
11. Acupuncture
12. Kinesio Taping



EVALUATIONS

Full Initial medical screening from all Medical disciplines

- Static and Postural – joint and muscle function and alignment
- Transitional – basic athletic movement and firing patterns
- Dynamic – full speed motions



MEDICAL TREATMENT PLANS

Daily and weekly individualized medical script for each player based on:

- Initial evaluations, current or prior injuries, compensation patterns, and imbalances
- Response to treatments and training

Assignment to a medical specialist or station during the "Regeneration" sessions

- Medical discipline assigned per session will depend on eval, treatments and response
- BPS medical team conducts weekly meetings to constantly change and manipulate individual plans

CORRECTIVE EXERCISE / REALIGNMENT PROGRAM

Individualized prehabilitation and activation script that are implemented into:

- Realignment station during Regeneration or Active Rest sessions
- Complexed within strength training sessions



REGENERATION

Standard regeneration protocols to maximize recovery from intense training

- Pool recovery
- Hot/cold contrast, Ice bath
- Lymphatic Draining, flexibility, mobility, voga, Pilates sessions

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BOMMARITO PERFORMANCE SYSTEMS

NUTRITION

"BPS IS THE REAL DEAL!! I GOT A LOT FASTER, STRONGER - EVERYTHING. THE DETAILED NUTRITION PROGRAM PETE SET UP WAS EXCELLENT AND TAUGHT ME A LOT. IT HELPED ME HIT MY TARGET WEIGHT AND I WAS AMAZED AT MY RECOVERY. I'LL DEFINITELY BE BACK!"

- JASON PIERRE-PAUL DE, NY GIANTS (2010 1ST ROUND PICK - #15 OVERALL)

BOMMARITO ACCOLADES

Fastest OVERALL, 2011
Fastest CB, 2011 (10yd, 40yd)
Fastest OG, 2011
Fastest DE (270-lb+), 2011
Fastest OVERALL (10-yd), 2011
Fastest LB & OLB (10-yd), 2011
Fastest FS (10-yd), 2011
Highest Vertical, LB & OLB, 2011
Fastest OT, 2010 (10yd, 40yd)
Fastest QB, 2010 (10yd, 40yd)
Fastest TE (230+), 2010
Fastest DT, 2010 (10yd, 40yd)
Fastest LB, 2010
Fastest CB (e), 2010
Fastest OG, 10yd, 2010
Fastest TE, 10yd, 2010
Fastest ILB, 10yd, 2010
Fastest DE (270+), 10-yd, 2010
Longest Jump, RB, 2010
Longest Jump, ILB, 2010
Longest Jump, TE (230+), 2010
Highest VJ, ILB, 2010
Strongest RB, 2010
Fastest TE, 2009
Fastest CB, 2009
Fastest DE, 10-yd, 2009
Fastest TE, 10-yd, 2009
Fastest CB, 10-yd, 2009
Fastest shuttle, TE & WR, 2009
Strongest RB, 2009
Fastest WR, 2008
Fastest DE, 2008
Fastest DE, 275+, 2008
Fastest S, 2008
Fastest LB, 2008
Fastest TE, 10-yd, 2008
Fastest TE, 2007
Fastest LB, 2007
Fastest DE, 270+, 2007
Fastest DT, 2007
Fastest RB, 10-yd, 2007
Fastest overall 10-yd, 2007
Fastest 3cone, QB, 2007
Highest VJ, RB, 2007
Strongest LB, 2007
Fastest overall, 2006
Fastest WR, 2006
Fastest RB, 2006
Fastest DT, 2006
Fastest OT, 2006
Fastest DT, 2005
Fastest TE, 2004
Fastest DT, 2003
Run 4.34 or better in 7+
300+ positional top 5 finishes
90+ positional 1st place finishes

Avg. Improvements of BPS NFL Combine and NFL Veteran Clients

BODY FAT

- OL/DL: -11.2%
- LB/TE/FB: -8.1%
- RB/WR/DB: -5.3%

MUSCLE MASS

- OL/DL: +10.4%
- LB/TE/FB: +8.6%
- RB/WR/DB: +6.1%



EVALUATIONS

- Body Composition
 - Skinfold Calipers/ Girth Measurements
 - Bod Pod (NFL Standard that is at the NFL Combine)
 - DEXA (the most advanced body composition system in the industry)
- Metabolic Typing / Somatotyping
- Enzymatic Function Analysis
- Metabolic Analysis
- Caloric / Macronutrient / Micronutrient Analysis
- Hydration Analysis
- Constant follow up weekly evaluations

MEAL PLANS AND DISTRIBUTION

- Individualized meal plans, snack plans, and nutrient timing scripts
- Consistent manipulation of meals, snacks, and nutrient timing foods based on follow up evaluations
- Performance Chefs prepare and weigh out each player's individual meals and snacks
- Performance World Class Dining Center For all meal and snack distribution

NUTRIENT TIMING

- Nutrient Timing Station for distribution of all pre and post workout shakes, bars, and supplements
- Nutrient Timing Specialists prepare and weigh out each player's individual program
- Individualized Enzyme program distributed at Nutrient Timing Station
 - Pre-meal routine of maximizing absorption and utilization of macro/micronutrients
 - Pre and post workout program
 - Maximize energy
 - Maximize recovery
 - Maximize anti-inflammatory processes
 - Minimizing cramping, tightness, or other individualized issues
 - Maximize hydration status



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BOMMARITO PERFORMANCE SYSTEMS

PERFORMANCE TRAINING

"PETE'S THE MAN, THAT'S GOING TO TAKE ME INTO THE HALL OF FAME"
-FRED TAYLOR, PRO BOWL RB

BPS ALUMNI IMPROVEMENTS

NAME	POS	POST TESTS						IMPROVEMENTS					
		40 yard (sec)	Shuttle (sec)	3-cone (sec)	Broad (inches)	Vertical (inches)	Bench (reps)	40 yard (sec)	Shuttle (sec)	3-cone (sec)	Broad (inches)	Vertical (inches)	Bench (reps)
DeMarcus Van Dyke	CB	4.25****	4.09	6.97	121	34	5	-0.40	-0.32	-0.32	11	4	5
Derek Sherrod	OT	5.18	4.63	7.43***	97	29.5	23	-0.45	-0.42	-0.80	14	9	4
Torrey Smith	WR	4.41	4.13	6.72	126	41**	19	-0.26	-0.33	-0.65	7	6.5	6
Ben Tate	RB	4.34***	4.12***	6.91	124**	40.5***	26**	-0.20	-0.43	-0.47	9	8.5	5
Bruce Campbell	OT	4.75**	4.69	7.58	101	32	34***	-0.17	-0.32	-0.89	5	5.5	3
Earl Mitchell	DT	4.75**	4.55	7.31*	114*	33*	25	-0.28	-0.37	-0.78	16	9	17
Jamar Chaney	LB	4.54**	4.29	6.9	124**	39**	26	-0.27	-0.24	-0.78	10	10	6
2011 AVG. IMPROVEMENTS (43 PLAYERS):								-0.37	-0.34	-0.55	8.9	5.0	6.6

*Pro Day **Fastest time for position ***2nd Fastest time for position ****Fastest OVERALL



"WHEN I CAME TO BPS, I WAS BEAT UP AND MISALIGNED.. PETE AND HIS MEDICAL STAFF HELPED ME OUT A TON...I GOT A LOT FASTER..THIS IS THE STRONGEST I'VE EVER FELT"
- DEMARCUS VAN DYKE, FASTEST 40YD, 2011 COMBINE (4.25s)



SPEED / AGILITY DEVELOPMENT

- 10, 20, 40-yd dash
 - Advanced "jump start" technique and horizontal power development
 - Sprint mechanics - 1st step, acceleration, transition, absolute speed 'zone', finish
 - Technical mechanics and advanced application methodology to maximize efficiency in each phase of sprinting
 - **Resisted** complex sprint training to maximize power, force application, stride length, and efficient neuromuscular activation
 - The most aggressive, advanced **assisted** complex sprint training to develop concept of pure 'acceleration' through 40 yards
- Shuttle drills - 20-yd, 3-cone, 60-yd
 - Lateral speed
 - Forward multidirectional speed with circular motion emphasis
 - Change of direction mechanics and aggressive lateral and multi plyometrics
- Position-specific movement training



STRENGTH / POWER DEVELOPMENT

- Absolute strength, speed strength, high-speed eccentric loading strength, reversal strength
- Jumping Power - Vertical and Broad Jump
- Bench press test - base, base isometric endurance, maximal strength, power/strength endurance
- Advanced variable resistance strength and power training
- Core development - Strength, Integrated/Speed Strength, Stabilization Strength
- Regeneration
 - Active
 - Passive
 - Medical Stations
 - Modality Treatment



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BOMMARITO PERFORMANCE SYSTEMS

NFL COMBINE SAMPLE 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	Unloaded speed w/up	AD warmup	Pool warmup	Unloaded speed w/up	AD warmup	Strength:
815	Speed:	Speed:	Pool speed:	Speed:	Speed:	Lower max effort /
830	General agility	Linear				loaded power
845	Starts for all drills	Horizontal plyos				OR
900						Full power
915	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
930	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration
945						
1000						
1015						
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	development	
1130				Combine drills		
1145	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
1200	Lunch	Lunch	Lunch	Lunch	Lunch	
100	Pre-strength prep	Pre-strength prep	Active rest	Pre-strength prep	Active rest	
130	Strength:	Strength:		Strength:		
145	Upper max effort	Lower dynamic /		Upper dynamic /		
200	OR	plyometric		endurance		
215	Full max effort	OR		OR		
230		Full power		Full max effort		
245	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	
300	Regeneration	Regeneration	Regeneration	Regeneration	Regeneration	
315						
330						
345						
400	Video analysis:	Active rest	Video analysis:	Active rest	Video analysis:	
415	Speed		Speed and football		Speed	
430						
445						
500	Dinner	Dinner	Dinner	Dinner	Dinner	

RECOVERY AND REHABILITATIVE OPTIONS

Pre-speed prep	Pre-strength prep	Regeneration	Active rest	Nutrient timing:
Myofascial release	Myofascial release	Prehabilitation	Contrast	Carb-based
Applied kinesiology	Applied kinesiology	Core development	Ice bath	Protein-based
Muscle activation	Muscle activation	Joint realignment	Lymph drain	Combination
Physical therapy	Physical therapy	Flexibility training	Massage therapy	Enzyme plan
Massage therapy	Massage therapy	Pilates	Modality treatment	Essential AA's
Neuromuscular therapy	Neuromuscular therapy	Yoga		
Chiropractic	Chiropractic	Physical therapy		
		Massage therapy		
		Neuromuscular therapy		
		Chiropractic		
		Pool recovery		
		Contrast		

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