



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)

Athlete Accolades of Pete B

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
Athlete Run 4.34 or better, 6+ years
225+ positional top 5 finishes
75+ positional 1st place finishes

Avg. Improvements of BPS NFL Combine and NFL Veteran Clients

BODY FAT

- **OL/DL: -10.6%**
- **LB/TE/FB: -6.1%**
- **RB/WR/DB: -4.0%**

MUSCLE MASS

- **OL/DL: +6.2%**
- **LB/TE/FB: +8.1%**
- **RB/WR/DB: +4.0%**



EVALUATIONS

- Body Composition
 - Skinfold Calipers
 - Girth Measurements
 - Bod Pod (NFL Standard that is at the NFL Combine)
 - DEXA (the most advanced, accurate body composition measurement 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 or 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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