



WELCOME TO THE
REVOLUTION

NFL

DRAFT PREPARATION AND VETERANS DEVELOPMENT

BRADEN FISKE, DT

FASTEST DT, 2024



10-YD	1.58	FASTEST SHUTTLE, DT, 2024 BEST BROAD, DT, 2024 BEST VERTICAL, DT, 2024 FAST DT (10yd, 20yd). 2024
40-YD	4.75	
VERTICAL	33.5"	
BROAD	9'9"	
SHUTTLE	4.37	
BENCH	26	

2024 2ND ROUND PICK

TYLER SMITH, OT

PRO BOWL



JAN '22 RANK:
TYLER SMITH OT TULSA
NFL DRAFT PROFILE
OVERALL RANK: #76 POSITION RANK: #15 (OL)

DRAFT PROJECTION 3RD

10-YD	1.62
40-YD	5.00
BENCH	25
SHUTTLE	4.65

DRAFT PROJECTION 3RD POSITION RANK: #15

2022 1ST ROUND PICK

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



TYREEK HILL, WR

ALL-PRO

10-YD	1.43
20-YD	2.39
40-YD	4.28
VERTICAL	40.5"
BROAD	10'10"
SHUTTLE	4.15

**"BPS is the best in the business
...I believe in their science!"**



BHAYSHUL TUTEN, RB

FASTEST RB, 2025
HIGHEST VJ, RB, 2025



RUNNING BACK



AARON JONES

PRO BOWL

RB-SPECIFICS

Acceleration-Deceleration Zones

Open-field motion - circular/angled/jump cuts

Routes/bag drills - change direction off visual

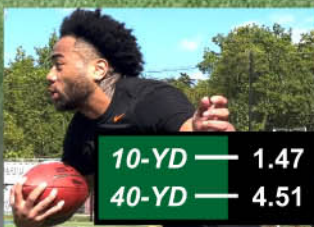
Balance - breaking tackle simulation

"I definitely feel ready for the season!"

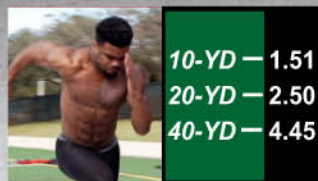


TYLER ALLGEIER

2022 ALL-ROOKIE TEAM



JAYLEN WARREN



EZEKIEL ELLIOTT

4TH OVERALL PICK, ALL-PRO



RJ HARVEY

2ND ROUND PICK

SPEED

Fastest RB, 2025 - Bhayshul Tuten
Fastest RB, 2021 - Deon Jackson
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
EVERY BPS RB ran sub 4.5 in 2020
EVERY BPS RB ran sub 4.4 in 2025
FASTEST RB IN 7 OUT OF PAST 14 YEARS
FASTEST player at 5 positions in 2025

ACCELERATION

Fastest RB/FB in 10yd or 20yd in:
2025, 2024, 2019, 2017, 2016, 2015, 2016, 2014, 2007

AGILITY

Fastest RB/FB in Shuttle or 3cone in:
2024, 2018, 2017, 2016, 2013, 2010

STRENGTH/POWER

Strongest FB/RB in: 2024, 2020, 2016, 2010, 2009
Best Vertical and/or Broad for RB/FB in:
2025, 2017, 2010, 2007, 2002

BPS ALL-TIME BEST RESULTS - RB

EVENT	PLAYER	TEST	YEAR
40YD	Bhashul Tuten	4.28	2025
SHUTTLE	Michael Carter	3.98	2021
3-CONE	Jake Funk	6.71	2021
BROAD	Bhashul Tuten	10'10"	2025
VERTICAL	Will Green	42"	2002
BENCH	Rashad Jennings	29 reps	2009

RB ALUMNI

PRO BOWL

Frank Gore

PRO BOWL

Matt Forte

PRO BOWL

Fred Taylor

PRO BOWL

Thomas Jones

PRO BOWL

Latavius Murray

Jakob Johnson
Raheem Mostert
Devin Singletary
J.K. Dobbins
Ty Johnson
Tyler Goodson
Dare Ogunbowale
Jaleel McLaughlin
Michael Carter
Elijah Dotson
Darrynton Evans
Travis Homer
Avery Williams
Jaret Patterson
Tyler Badie
Owen Wright
Jonathan Ward
Velus Jones Jr.

ALL-PRO

Dalvin Cook

ALL-PRO

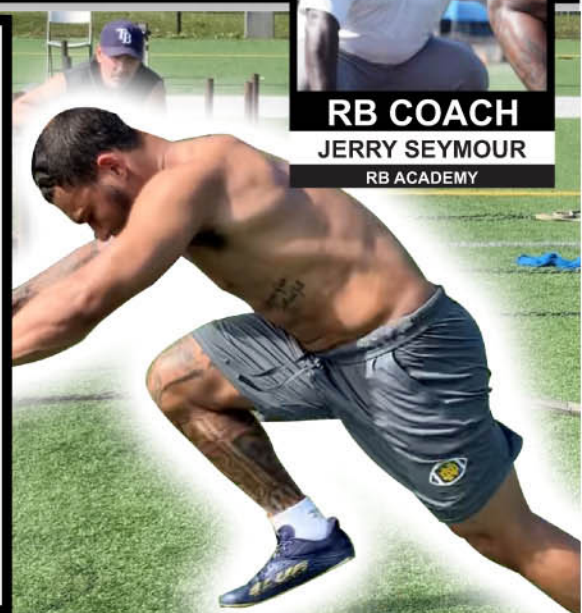
Le'Veon Bell

ALL PRO

LeSean McCoy

ALL-PRO

Maurice Jones-Drew



RB COACH

JERRY SEYMOUR

RB ACADEMY

KYREN WILLIAMS

PRO BOWL

"Everything is specific to RB's...
I feel EXPLOSIVE! I came back
because of the RESULTS, the staff,
and the overall environment."

"My speed and strength have
improved for SURE!"



JEROME FORD



JAVONTE WILLIAMS



JAMES CONNER

PRO BOWL



BLAKE CORUM

FASTEST SHUTTLE, RB, 2024
FASTEST 3-CONE, RB, 2024
STRONGEST RB, 2024



SLY JOHNSON
WR COACH

WIDE RECEIVER



"BPS speed training has me at the top of my game!"



20-YD — 2.50
40-YD — 4.42
VERTICAL — 35"
SHUTTLE — 4.11*

STEFON DIGGS

ALL-PRO



TYREEK HILL

ALL-PRO

WR-SPECIFICS

Acceleration-Deceleration Zones - long

Deep circular cuts / aggressive angled cuts

Footwork and hard breakdown/deceleration

Ball drills, hand-eye coordination, visual reaction

SPEED

Fastest WR, 2025 - Jaylin Lane
Fastest WR 200+, 2022 - Christian Watson
Fastest 20yd, NFL HISTORY - Christian Watson
Fastest WR 200+, 2018 - Marquez Valdes-Scantling
Fastest WR, 2015 - Breshad Perriman
2nd Fastest WR, 2022 - Velus Jones
Fastest WR, 2008 - Dexter Jackson
Fastest WR, 2006 - Chad Jackson
3rd Fastest WR and OVERALL, 2009 - Johnny Knox
2nd Fastest OVERALL, 2007 - Jason Hill

ACCELERATION

Fastest WR in 10yd or 20yd in:
2025, 2024, 2022, 2018, 2015, 2014, 2013, 2007
Fastest OVERALL in 10yd or 20yd in: 2025, 2024, 2018, 2007

AGILITY/POWER

Highest Vertical, 2025 - Chris Tyree
Longest Broad OVERALL, 2022 - Christian Watson
Fastest Shuttle, WR, 2022 - Jahcour Pearson
Fastest Shuttle or 3-cone in: 2022, 2017, 2009, 2006

CONSISTENCY

FASTEST player at 5 positions in 2025
EVERY BPS WR ran sub-4.5 in:
2024, 2022, 2021, 2018, 2017, 2016, 2015, 2013, 2012,
2009, 2008, 2007, 2005
EVERY BPS WR ran sub-4.4 in 2024, 2009
3 WR ran sub 4.4 in 2007
EVERY BPS WR ran in low 4.3's at 2022 NFL COMBINE

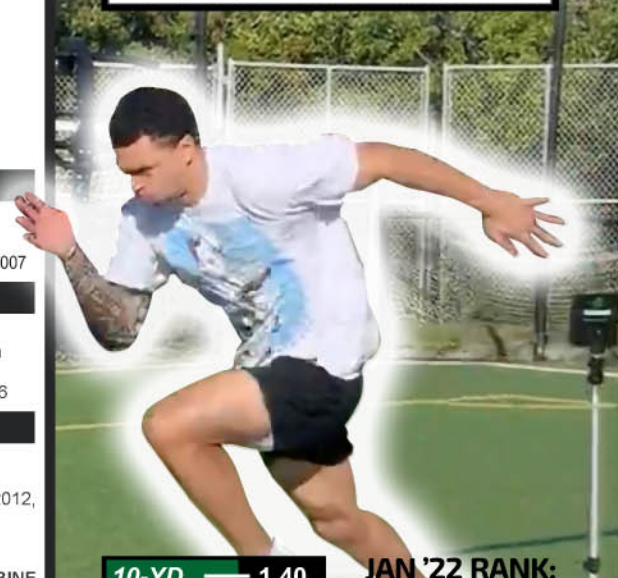
BPS ALL-TIME BEST RESULTS - WR

EVENT	PLAYER	TEST	YEAR
40YD	Breshad Perriman	4.22	2015
SHUTTLE	Jahcour Pearson	3.94	2022
3-CONE	Taywan Taylor	6.57	2017
BROAD	Christian Watson	11'4"	2022
VERTICAL	Chris Tyree	42"	2025
BENCH	Michael Strachan	20 reps	2021

WR ALUMNI

ALL-PRO
Wes Welker
ALL-PRO
Chad Johnson
PRO BOWL
Odell Beckham Jr.
PRO BOWL
Anquan Boldin
ALL-PRO
Devin Hester
ALL-PRO
Antonio Brown
Darius Slayton
Darnell Mooney
Olamide Zaccheaus
Tim Patrick
Curtis Samuel
Kendrick Bourne
K.J. Osborn
Marquez Valdes-Scantling
Laviska Shenault Jr.
Erik Ezukanma
Kayshon Boutte
Kevin Austin
Xavier Weaver
Mason Tipton
Jacob Cowing
Elijah Moore
Braxton Berrios
Zach Pascal
Ronnie Bell
Brycen Tremayne
Keith Kirkwood
Laqun Treadwell
TJ Palmer
Michael Strachan

"This is the BEST I've ever felt..."



10-YD — 1.40
20-YD — 2.37
40-YD — 4.31
BROAD — 11'4"
VERTICAL — 38.5"
BENCH — 18
SHUTTLE — 4.19

JAN '22 RANK:
CHRISTIAN WATSON WR
NFL DRAFT PROFILE

DRAFT PROJECTION
3RD-4TH

CHRISTIAN WATSON

FASTEST 20YD, NFL HISTORY
FASTEST WR (200lb+), 2022
LONGEST BROAD OVERALL, 2022
34TH OVERALL DRAFT PICK

"Great work! I feel REALLY FAST!"

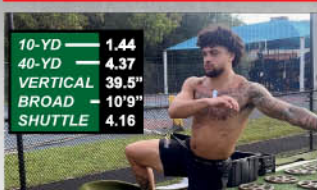


TERRY MCLAURIN

PRO BOWL



ALEC PIERCE



ANTHONY GOULD

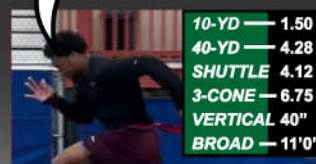
FASTEST 10YD OVERALL, 2024



DEEBO SAMUEL

ALL-PRO

"My testing results speak for themselves...BPS is amazing!"



JAYLIN LANE

FASTEST WR, 2025



RASHID SHAHEED



DEVONTEZ WALKER



RICKY PEARSALL



DEFENSIVE LINE

10-YD — 1.50
40-YD — 4.51
VERTICAL 37"
BROAD 10

"I came here because they are the BEST - PERIOD!
And look at my numbers: I was the FASTEST DE;
and tested strong in EVERYTHING."

YAYA DIABY

FASTEST DE, 2023
HIGHEST VERTICAL DE, 2023

DL-SPECIFICS

Power in deep bending positions / leverage

Pass rush - bags, mitts, pads, martial arts

Punch power, speed, endurance

1st step / lateral quickness, visual reaction

SPEED

Fastest DT, 2025 - Elijah Roberts
Fastest DT, 2024 - Braden Fiske
Fastest DE, 2024 - Myles Cole
Fastest DE, 2023 - Yaya Diaby
Fastest DE, 2020 - Jabari Zuniga
Fastest DE, 2016 - Emmanuel Ogbah
Fastest DE, 2017 - Trey Hendrickson
Fastest DE, 2014 - Dee Ford
Fastest DT, 2012 - Jaye Howard
Fastest DE, 2011 - Allen Bailey
Fastest DT, 2010 - Earl Mitchell, ALL TIME RECORD (as of '14)
Fastest DE, 2008 - Marcus Howard, ALL TIME RECORD
Fastest DT, 2007 - Quinn Pitcock
Fastest DT, 2006 - Kedric Golston
Fastest DT, 2005 - Darrell Shropshire
Fastest DT, 2003 - Kevin Williams

ACCELERATION

Fastest DE/DT in 10yd or 20yd in:
2025, 2024, 2023, 2020, 2017, 2016, 2015, 2012, 2010,
2009, 2017

AGILITY

Fastest DE/DT in Shuttle or 3-Cone in:
2025, 2024, 2017, 2016, 2015, 2005

STRENGTH / POWER

Best Vertical or Broad, DE/DT in:
2025, 2024, 2023, 2021, 2020, 2017, 2016
Strongest DE, 2014 - Dee Ford

CONSISTENCY

Fastest DT or DE in 18 out of last 23 years ('03-'25)
DE run sub-4.6 in:
2023, 2020, 2019, 2017, 2016, 2014, 2010, 2008, 2007
DT run sub-4.8 in:
2025, 2024, 2023, 2022, 2016, 2012, 2010

JAVON GOPIE
"SACK SENSEI"

DL COACH

Best Vertical or Broad, DE/DT in:
2023, 2021, 2020, 2017, 2016,
Strongest DE, 2014 - Dee Ford

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

CHRIS JONES

PRO BOWL

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 Kpassagon	10'8"	2017
VERTICAL	Jacob Pugh	38.5"	2018
BENCH	Olivier Vernon	31 reps	2012

BPS ALL-TIME BEST RESULTS - DT

EVENT	PLAYER	TEST	YEAR
40YD	Roberts, Fiske, Mitchell	4.75	25,24,10
SHUTTLE	Simeon Barrow	4.30	2025
3-CONE	Jaye Howard	7.32	2012
BROAD	Braden Fiske	9'9"	2025
VERTICAL	Jahvaree Ritzie	36"	2025
BENCH	Marcus Forston	34 reps	2012

"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

40-YD — 4.63

GREGORY ROUSSEAU, DE

1ST ROUND PICK

QUINNEN WILLIAMS

ALL-PRO

TREY HENDRICKSON

FASTEST DE (265+), 2017
ALL-PRO

DL ALUMNI

PRO BOWL
Carlos Dunlap
PRO BOWL
Demarcus Lawrence

Dante Fowler Jr.
Davon Godchaux
Kenny Clark
Jordan Davis
Khyiris Tonga
Mike Danna
Zach Sieler
Deatrich Wise
Benito Jones
Lukas Van Ness
Quinton Bell
Jay Tufele
Al-Quadin Muhammad
Jaylen Harrel
Isaiah Iton
Rashad Weaver
Ter'Shawn Wharton
Travis Bell
Mitch Agude
Evan Anderson
Tre'Mon Morris-Brash
Isaiah Foskey
Tyler Lacy
Jonathan Ford
Kurt Hinish
Victor Dimukeje
Braiden McGregor

PRO BOWL
Marcus Stroud
PRO BOWL
Olivier Vernon
PRO BOWL
Darnell Dockett
ALL-PRO
Cam Wake

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

10-YD — 1.64
20-YD — 2.84
BENCH — 30
BROAD — 9'4"
VERTICAL 31"
3-CONE — 7.37

GRADY JARRETT

FASTEST DT (10YD), 2015 / PRO BOWL

10-YD — 1.62
40-YD — 4.75
BROAD — 9'8"

ELIJAH ROBERTS

FASTEST DT, 2025

JEFFERY SIMMONS

PRO BOWL

JALEN CARTER

PRO BOWL

OFFENSIVE LINE



"Everything is under one roof
– and I use EVERYTHING!"



ORLANDO BROWN JR.

PRO BOWL

"The footwork at BPS is the
best! Really transfers to OL"



DION DAWKINS

PRO BOWL

OL-SPECIFICS

Pass sets - bags, mitts, pads, martial arts

Run block - speed/power, leverage

Resisted work, power /strength endurance

1st step quickness, punch power/speed

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	9'9"	2019
VERTICAL	Chris DeGeare	32.5"	2010
BENCH	Jason Poe	34 reps	2022

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



10-YD — 1.82
40-YD — 5.21

TRENT BROWN

PRO BOWL



40-YD — 4.96
VERTICAL — 31"
BROAD — 9'3"

MATT LEE

FASTEST OC, 2024



ROBERT HUNT

PRO BOWL



MORGAN MOSES

SPEED

Fastest OC, 2025 - Drew Kendall
Fastest OC, 2024 - Matt Lee
Fastest OG, 2023 - Braeden Daniels
Fastest OG, 2019 - Chris Lindstrom, ALL-TIME RECORD
Fastest OG, 2022 - Jason Poe
Fastest OT, 2010 - Bruce Campbell, ALL TIME RECORD (as of '13)
Fastest OG, 2017 - Danny Isidora
Fastest OG, 2015 - Chaz Green
Fastest OG, 2011 - Orlando Franklin
Fastest OT, 2006 - Eric Winston

ACCELERATION

Fastest OT/OG/OC in 10yd or 20yd in:
2024, 2023, 2022, 2019, 2017, 2012, 2010

STRENGTH / POWER

Strongest OC, 2022 - Alec Lindstrom
Strongest OG, 2022 - Jason Poe
Strongest OVERALL, 2015 - Ereck Flowers
Best Vertical or Broad, OT/OG/OC in:
2023, 2022, 2019, 2014, 2012

AGILITY

Fastest Shuttle, OC, 2025 - Drew Kendall
Fastest 3-Cone, OC, 2025 - Drew Kendall
Fastest OT/OG/OC in Shuttle or 3-Cone in:
2025, 2023, 2022, 2019, 2012, 2003



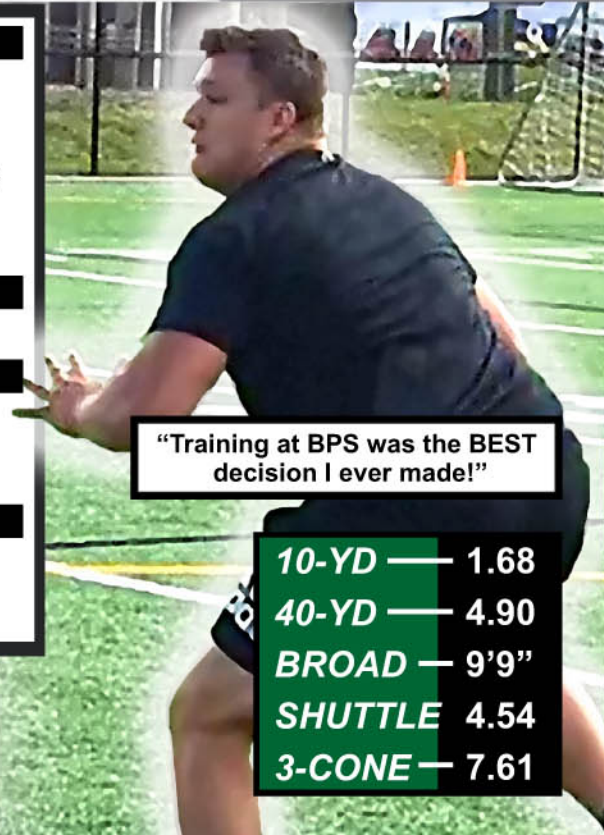
TORRIAN WILSON
OL COACH

OL ALUMNI

ALL-PRO
Jahri Evans

PRO BOWL
Russell Okung

Daniel Faalele
Christian Mahogany
Tyler Steen
Chukwuma Okorafor
Ryan Van Demark
Cornelius Lucas
Alec Anderson
Fred Johnson
Michael Jordan
Donovan Jennings
Darrian Dalcourt
Dalton Wagner
AJ Arcuri
Kyle Hergel
Ryan Hayes
Robert Jones
Dan Feeney



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

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	9'5"	2014
VERTICAL	Matt Patchan	33.5"	2014
BENCH	Erick Flowers	37 reps	2015

"The OL specifics at BPS are great!"



40-YD — 4.89
SHUTTLE — 4.52
3-CONE — 7.52
BENCH — 34
VERTICAL — 31.5"

PATRICK PAUL



40-YD — 5.02
VERTICAL — 30.5
SHUTTLE — 4.51
3-CONE — 7.58

DREW KENDALL

FASTEST OC, 2025
FASTEST SHUTTLE, OC, 2025
FASTEST 3-CONE, OC, 2025



10-YD — 1.69
40-YD — 4.99
SHUTTLE — 4.60
3-CONE — 7.53
VERTICAL — 30.5"
BROAD — 9'1"

BRAEDEN DANIELS

FASTEST OG, 2023
FASTEST SHUTTLE & 3-CONE, 2023



AUSTIN JACKSON



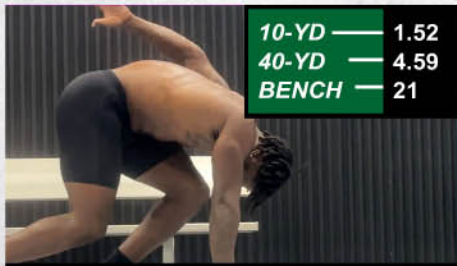
LINEBACKER

"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
DEFENSIVE ROY**



10-YD — 1.52
40-YD — 4.59
BENCH — 21

TYRICE KNIGHT

**FASTEST ILB, 10YD, 2024
STRONGEST ILB, 2024**

LB-SPECIFICS

Lateral motions - shuffle, run

Backward motions (drops) - BLR, BALR

Acceleration, power/strength endurance

Shed block - bags, mitts, pads, martial arts

SPEED

FASTEST ILB, 2023 - Yasir Abdullah

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

ACCELERATION

FASTEST ILB (10yd), 2025, Smael Mondon

FASTEST ILB (10yd), 2024, Tyrice Knight
Fastest ILB/OLB in 10yd or 20yd in:
2025, 2024, 2023, 2018, 2014, 2011, 2010

STRENGTH/POWER

Longest Broad, LB, 2025 - Smael Mondon
Best Vertical, LB, 2025 - Teddye Buchanan
Longest Broad, ILB, 2019 - Otar Alaka, ALL-TIME RECORD
Best Vertical or Broad, OLB/ILB in:
2025, 2023, 2022, 2019, 2018, 2013, 2011, 2010, 2005
Strongest LB, 2025 - Teddye Buchanan
Strongest OLB/ILB: 2025, 2024, 2017, 2019

AGILITY

Fastest 3-Cone, LB, 2018 - Dorian O'Daniel,
ALL-TIME RECORD

Fastest OLB/ILB in Shuttle or 3-Cone in:
2025, 2023, 2020, 2019, 2018, 2013

CONSISTENCY

LB's run in 4.5's or faster in 18 out of past 19 years
FASTEST player at 5 positions in 2025

BPS ALL-TIME BEST RESULTS - LB

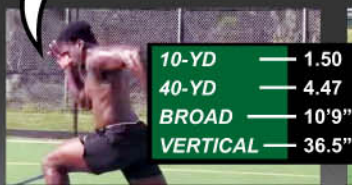
EVENT	PLAYER	TEST	YEAR
40YD	Deion Jones	4.38*	2016
SHUTTLE	Cody Barton	4.03	2019
3-CONE	Dorian O'Daniel	6.64	2018
BROAD	Otar Alaka	10'11"	2019
VERTICAL	Teddye Buchanan	40"	2025
BENCH	Antwan Barnes	31 reps	2007

*PRO DAY



**DOUG DUTTON
LB COACH**

"They have EVERYTHING you need here!"



10-YD — 1.50
40-YD — 4.47
BROAD — 10'9"
VERTICAL — 36.5"

YASIR ABDULLAH

**FASTEST ILB, 2023
LONGEST BROAD, LB 2023**



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

*PRO DAY

DEION JONES

**FASTEST LB, 2016 /
PRO BOWL**



40-YD — 4.59
BENCH — 26
VERTICAL — 40"
BROAD — 10'5"

TEDDYE BUCHANAN

**STRONGEST LB, 2025
HIGHEST VJ, LB, 2025**



JAMIEN SHERWOOD

LB ALUMNI

**ALL-PRO
Jon Beason**

**ALL-PRO
Shawne Merriman**
Akeem Davis-Gaither
Kyle Van Noy
Pat Jones II
James Williams
Eric Wilson
Anthony Walker
Jerome Baker
KJ Britt
Josh Uche
Jack Cochrane
Jake Hansen
Bud Dupree
Troy Reeder
Malik Harrison
Jacoby Windmon
Chazz Surratt
Josh Ross
Mykal Walker
Caleb Johnson
Arron Mosby
Julian Okwara
Dallas Gant
Antonio Grier
Curtis Jacobs
Benton Whitley
Shaquille Quarterman

"I'll be here every year in my career"



COLE HOLCOMB



ZAIRE FRANKLIN

PRO BOWL



10-YD — 1.51
40-YD — 4.56
BROAD — 10' 10"

SMAEL MONDON

**FASTEST 10YD, ILB, 2025
LONGEST BROAD, LB, 2025**



10-YD — 1.62
20-YD — 2.62
40-YD — 4.62
BENCH — 20

UCHENNA NWOSU

2ND ROUND PICK

"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**



EJ BIGGERS
DB COACH

DEFENSIVE BACK



10-YD — 1.44
40-YD — 4.40
VERTICAL 39"
BROAD — 10'4"

SPEED

Fastest S, 2024 - Cole Bishop
FASTEST FS, 2023 - Jason Taylor II
Fastest OVERALL, 2021 - Brandin Echols
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

ACCELERATION

Fastest CB/S in 10yd or 20yd in:
2024, 2023, 2022, 2021, 2020, 2019, 2018, 2017, 2013,
2011, 2009, 2007

STRENGTH / POWER

Best Vertical or Broad, CB/S in:
2023, 2021, 2019, 2014, 2013, 2009, 2006, 2004

Strongest CB/S in: 2017, 2014, 2013

AGILITY

Fastest Shuttle OVERALL - 2015, 2013

Fastest CB/S in Shuttle or 3-Cone in:
2023, 2021, 2016, 2015, 2013

CONSISTENCY

Every BPS CB/S ran sub-4.5 in 2024, 2025
FASTEST player at 5 positions in 2025
EVERY BPS WR and CB ran sub-4.5 in:
2024, 2021, 2018, 2016, 2015
4 BPS CB ran sub-4.4 in 2021

COLE BISHOP

FASTEST S, 2024
FASTEST 10YD OVERALL, 2024

DB-SPECIFICS

Back motions - BP, AP weave, BLR, BALR
Lateral - hands, leverage, decel/breakdown
COD - fwd breaks, back cuts, 90deg
Press hands - bags, mitts, pads, martial arts

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	Brandin Echols	11'4"	2021
VERTICAL	Darius Butler	43"	2009
BENCH	Jamar Taylor	22 reps	2013

"Speed training was perfect - I had the best overall workout for a CB!"

10-YD — 1.46
40-YD — 4.28
VERTICAL 42.5"
BROAD — 11'4"

BRANDIN ECHOLS, CB

FASTEST OVERALL, 2021

CALEB FARLEY, CB

1ST ROUND PICK

40-YD — 4.35
VERTICAL 39"

KORIE BLACK, CB

2025 DRAFTED (NON-COMBINE)

KENNY MOORE, CB

PRO BOWL

DB ALUMNI

ALL-PRO

Eric Weddle

ALL-PRO

Pat Surtain I

PRO BOWL

Julian Love

Taron Johnson
Jaylen Watson
Amani Hooker
Jarvis Brownlee
Avonte Maddox
Eric Murray
Damar Hamlin
Ja'Sir Taylor
Kairi Elam
Tre Brown
Theo Jackson
Raheem Layne
Demani Richardson
Tre Hawkins
Tony Brown
Cornell Armstrong
Thomas Harper
Israel Mukuamu
Deon Bush
Kamal Hadden
Myles Harden
Joshua Williams
Cam Smith
Chris Edmonds
Tyler Owens
Rasul Douglas
JC Jackson
Stanley Thomas-Oliver III
Arthur Maulet
Art Green
Nik Needham
Dicaprio Bootle
James Pierre
Kyu Blu Kelly
Delarrin Turner-Yell
Sam Franklin
Gervarrius Owens
Miles Battle
Shemar Jean-Charles

"I've been here in college and now the pro's and I'll keep coming back!"

HT — 6'3"
WT — 202
40-YD — 4.44
VERTICAL 39.5"
BROAD — 10' 10"

CAM HART, CB

DENZEL WARD, CB

PRO BOWL

10-YD — 1.51
40-YD — 4.32
VERTICAL 35.5"
3-CONE — 6.89

MICHAEL CARTER II, CB

CHRISTIAN BENFORD, CB

2022 DRAFTED (NON-COMBINE)

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

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

ANTOINE WINFIELD JR.

FASTEST SS, 2020; PRO BOWL

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	11'1"	2013
VERTICAL	Jason Taylor II	43"	2023
BENCH	Shamarko Thomas	28 reps	2013



TIGHT END / QUARTERBACK

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

JONNU SMITH, TE

PRO BOWL

"I had VERY specific goals coming in;
I got exactly what I wanted."

10-YD — 1.50
40-YD — 4.44
BROAD — 10'6"
VERTICAL — 35"

ELIJAH HIGGINS, WR / TE

FASTEST WR/TE COMBO, 2023

QB-SPECIFICS

Footwork/agility, drops/rollouts

5-Point Throwing program

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	9'6"	2010
VERTICAL	Jacory Harris	37"	2012

"BPS is the best in the country...they focus on the fundamentals that makes you a better football player"

40-YD — 4.57
VERTICAL — 36.5"
BROAD — 10'2"
BENCH — 20

TOMMY TREMBLE, TE

TYROD TAYLOR, QB

PRO BOWL

DAVID NJOKU, TE

PRO BOWL

40-YD — 4.62
VERTICAL — 38"
BROAD — 10'4"

JOSH SIMON, TE

FASTEST TE, 2025

SPEED

Fastest TE, 2025 - Josh Simon
Fastest TE, 2023 - Will Mallory
Fastest WR/TE Combo, 2023 - Elijah Higgins
Fastest QB, 2024 - Jason Bean
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
Fastest QB, 2011 - Terrelle Pryor
Fastest QB, 2010 - Jarrett Brown

ACCELERATION

Fastest TE in 10yd or 20yd in:
2025, 2023, 2015, 2010, 2009, 2008
Fastest QB in 10yd or 20yd in: 2024, 2014, 2010

STRENGTH / POWER

Best Vertical or Broad, TE/QB in: 2015, 2012, 2010, 2009

Strongest TE, 2025 - CJ Dippre
Strongest TE, 2004 - Ben Watson, ALL TIME RECORD
(as of '12)

TE - AGILITY

Fastest QB/TE in Shuttle or 3-Cone in: 2011, 2009, 2007

CONSISTENCY

FASTEST player at 5 positions in 2025

TE ran sub 4.6 in 12 out of last 17 years
(5 of those years sub 4.5)

5 BPS TE ran in 4.4's or 4.5's in 2023

TE ALUMNI

ALL-PRO
Rob Gronkowski
ALL-PRO
Jimmy Graham
PRO BOWL
Greg Olsen
PRO BOWL
Vernon Davis

Hayden Hurst
Charlie Woerner
LJ Humphrey
Hunter Long
Zach Davidson
Cameron Grandy
Jody Fortson
EJ Jenkins

PRO BOWL
Jared Cook
PRO BOWL
Jordan Reed
PRO BOWL
Kyle Rudolph

QB ALUMNI

PRO BOWL
Robert Griffin III
PRO BOWL
Tony Romo
PRO BOWL
Eli Manning
PRO BOWL
Teddy Bridgewater

Chris Streveler
Drew Stanton
EJ Manuel
Colin Kaepernick
Byron Leftwich

"I had a great Sr. Bowl;
and was the Fastest TE. I'll be back every year!"

40-YD — 4.54
VERTICAL — 36.5"
BROAD — 10'1"

WILL MALLORY, TE

FASTEST TE, 2023

TE-SPECIFICS

Jump cuts, breakdown, open-field cuts

Blocking - bags, mitts, pads, martial arts

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 Panielto	6.85	2011
BROAD	Jonnu Smith	10' 7"	2017
VERTICAL	Jared Cook	41"	2009
BENCH	Ben Watson	34 reps	2004

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

MATTHEW STAFFORD, QB

PRO BOWL

ELIJAH ARROYO, TE

40-YD — 4.55

MIKE GESICKI, TE

JASON BEAN, QB

FASTEST QB, 2024

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	MULTI SPEED	LINEAR SPEED		MULTI SPEED	LINEAR SPEED	STRENGTH
815	General agility	Absolute Speed mechanics	POOL SPEED	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	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 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	STRENGTH	STRENGTH		STRENGTH		
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	VIDEO		VIDEO		VIDEO	
415	Speed		Speed and football		Speed	
500	Dinner	Dinner	Dinner	Dinner	Dinner	



DARIUS SLAYTON, WR
2019 WR: TOP-5 IN 6 TESTS



ERIK EZUKANMA, WR



DARRYNTON EVANS, RB
2ND FASTEST RB, 2020

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
MOVEMENT	SPEED	POOL SPEED	MOVEMENT	ESD
Footwork/Agility	Linear		Position Specifics	Intervals/Play Drives
Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing	Nutrient timing
STRENGTH	STRENGTH	Pilates/Yoga	STRENGTH	STRENGTH
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



ALEX WRIGHT, DL



MICHAEL CARTER, RB
FASTEST SHUTTLE, RB, 2021

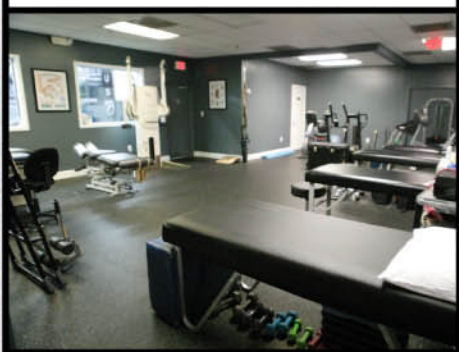


JOSH UCHE, LB



MEDICAL

MEDICAL CENTER



REGENERATION CENTER



RECOVERY CENTER



"The BPS Medical team is by far the best in the business!"



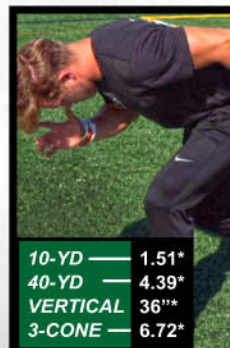
RONNIE BELL, WR



CURTIS SAMUEL, WR

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



BRAXTON BERRIOS, WR

PRO BOWL



KJ BRITT, LB

NUTRITION

NUTRITION ANALYSIS LAB



DEXA / BOD POD / INBODY

"BPS is the FULL PACKAGE!"



DJ JONES, DT



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

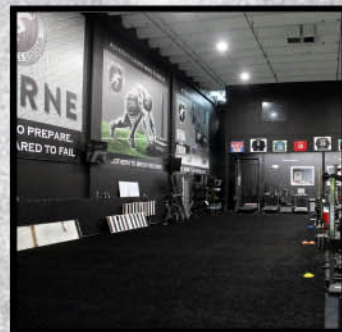
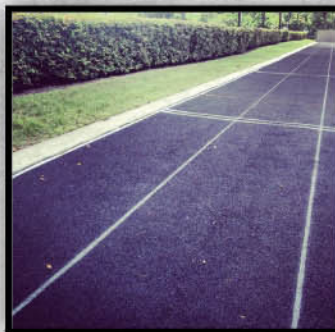
APPLICATION

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

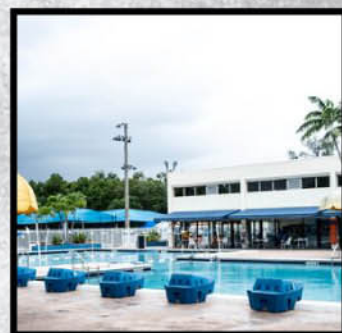
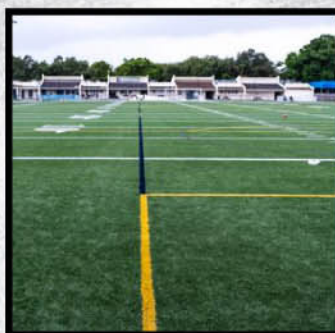
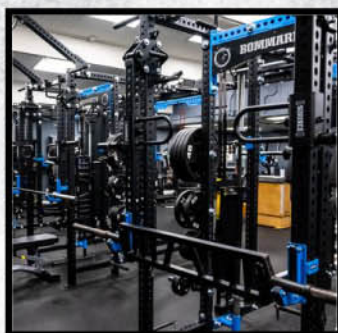
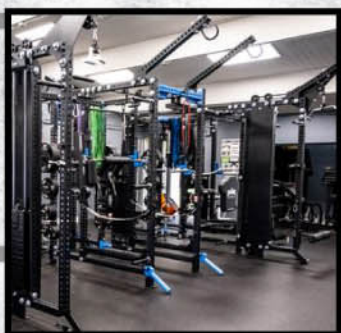


FACILITIES

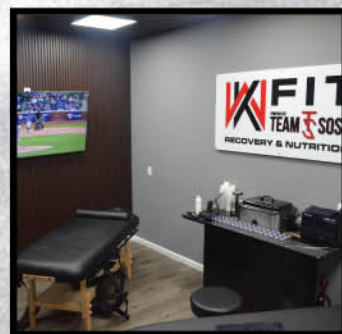
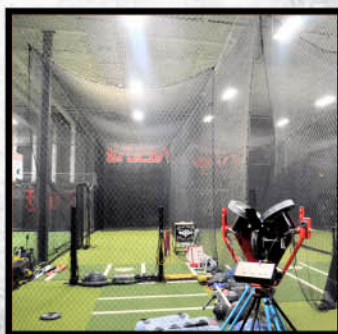
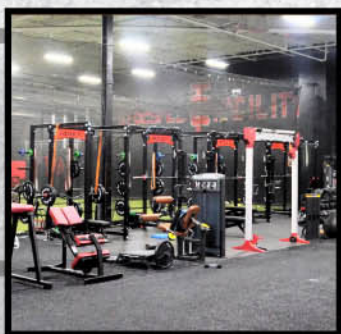
FT. LAUDERDALE, FL



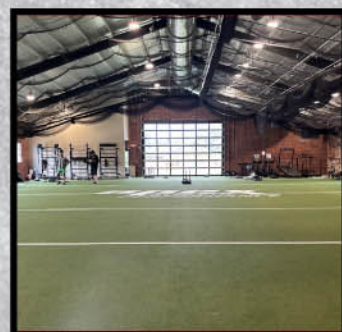
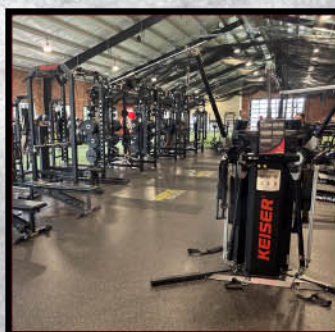
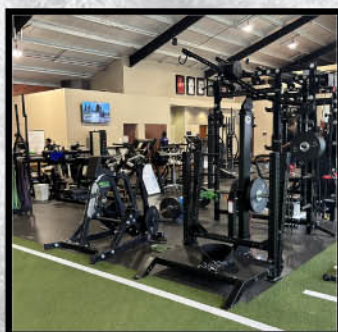
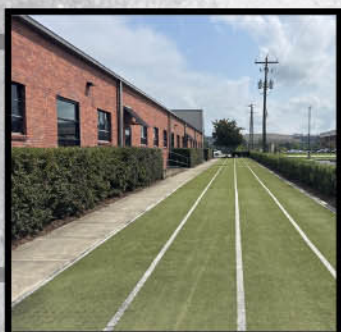
NORTH MIAMI, FL



SOUTH MIAMI, FL - TEAM SOSA PERFORMANCE POWERED BY BOMMARITO



COLUMBIA, SOUTH CAROLINA - APEX PERFORMANCE POWERED BY BOMMARITO

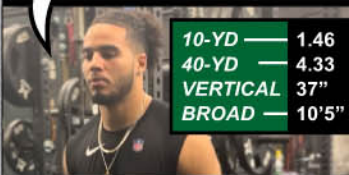


BOMMARITO



Everything I need is all here,
so I'll be back every off-season!"

"I tested great, and I really like the
position work that's why I came back!"



10-YD — 1.46
40-YD — 4.33
VERTICAL — 37"
BROAD — 10'5"

MASON TIPTON, WR
2ND ROUND PICK



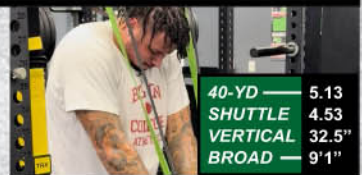
10-YD — 1.47
40-YD — 4.34
VERTICAL — 38"
SHUTTLE — 4.10
3-CONE — 6.81

BO MELTON, CB/WR



10-YD — 1.50
40-YD — 4.43
VERTICAL — 37.5"
SHUTTLE — 4.15

KIMANI VIDAL, RB
FASTEST 10YD & 20YD, RB, 2024

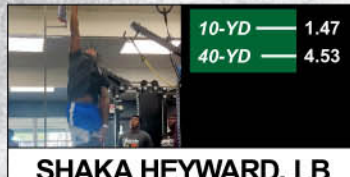


40-YD — 5.13
SHUTTLE — 4.53
VERTICAL — 32.5"
BROAD — 9'1"

CHRISTIAN MAHOGANY, OL



KAYSHON BOUTTE, WR



10-YD — 1.47
40-YD — 4.53

SHAKA HEYWARD, LB
FASTEST ILB (10YD), 2023



DERRICK NNADI, DL



ANDREW BILLINGS, DT



40-YD — 5.21

OZZY TRAPILO, OL
2ND ROUND PICK

BPS 2026 NFL VIDEO

WWW.BOMMARITOPERFORMANCE.COM/PRO/
YOUTUBE.COM/BOMMARITOPERFORMANCE



MIKE DANNA, DL



20-YD — 2.44
40-YD — 4.37

JALEEL MCLAUGHLIN, RB
FASTEST 3-CONE, RB, 2021



DARNELL MOONEY, WR

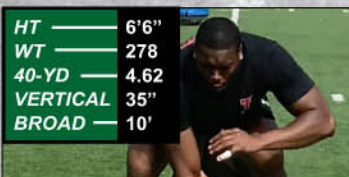


40-YD — 5.15
VERTICAL — 31.5"
BROAD — 9'5"

OMARR NORMAN-LOTT
2ND ROUND PICK



SHY TUTTLE, DT

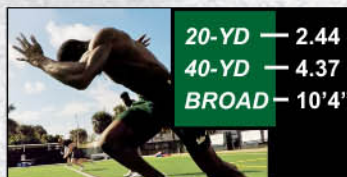


HT — 6'6"
WT — 278
40-YD — 4.62
VERTICAL — 35"
BROAD — 10'

MYLES COLE, DE
FASTEST DE, 2024



JONATHAN GREENARD, DL
PRO BOWL

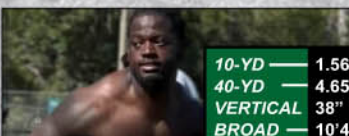


20-YD — 2.44
40-YD — 4.37
BROAD — 10'4"

MARQUEZ VALDES-SCANTLING
FASTEST OVERALL (20YD), 2018



JUAN THORNHILL, S



10-YD — 1.56
40-YD — 4.65
VERTICAL — 38"
BROAD — 10'4"

ANTWAUN POWELL-RYLAND, DL
**FASTEST 10yd, DE, 2025;
TOP 3 IN 5 CATEGORIES**



CALAIS CAMPBELL
ALL-PRO



WILL HARRIS, DB



40-YD — 4.38
SHUTTLE — 3.96
BENCH — 19

AVERY WILLIAMS, CB/RB
FASTEST SHUTTLE, CB, 2021

WELCOME TO THE REVOLUTION