



2022

**NFL COMBINE &
PRO DAY TRAINING
PROGRAM**

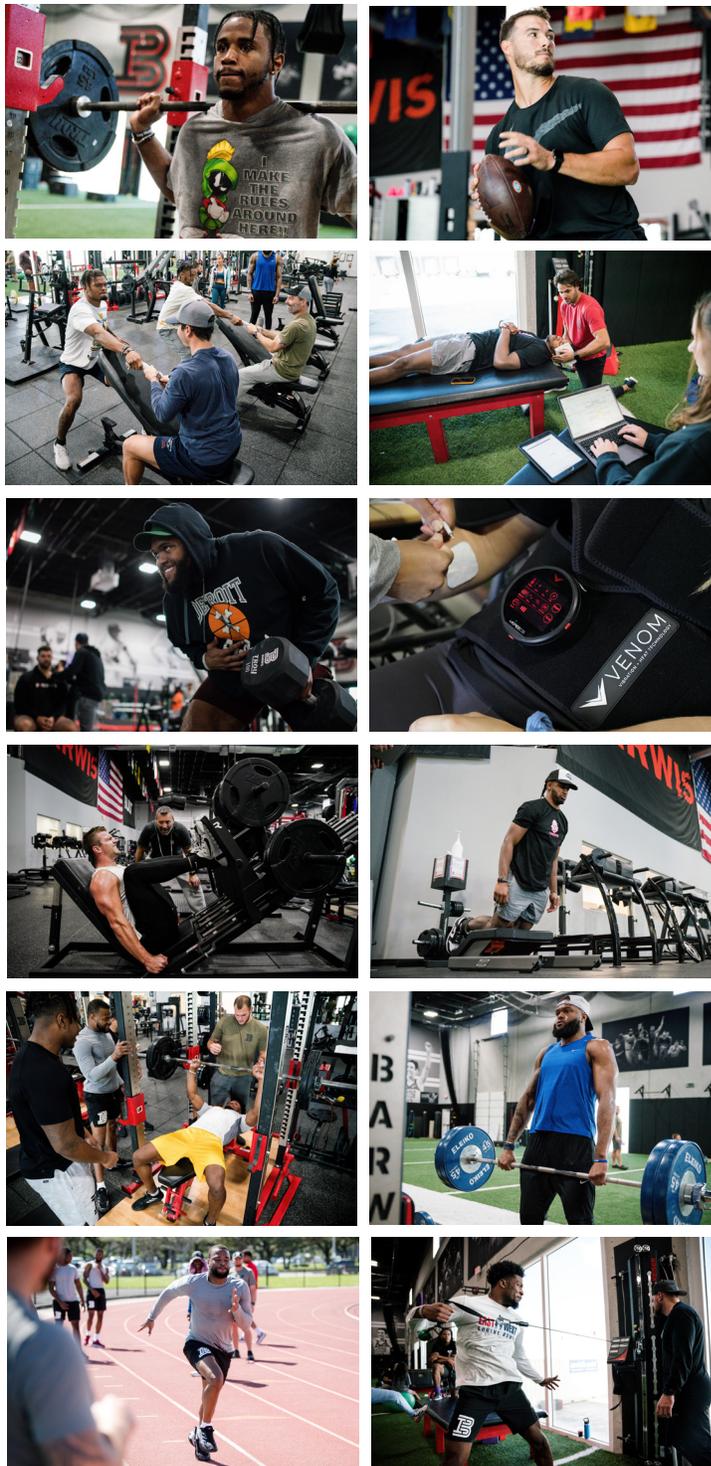
**PERFORMANCE TRAINING - ATHLETIC RECOVERY - ARS SCREEN - NUTRITION
PHYSICAL THERAPY - MASSAGE THERAPY - CHIROPRACTIC SERVICES - YOGA**



Developed over 30 years by Mike Barwis, one of the world's top strength and conditioning coaches, the Barwis Methods® is a holistic and personalized approach that incorporates Neurological Reengineering® modern sports science, manual manipulations, biomechanics, psychology, spiritual truth, and individualized, physiologically designed and adapted training cycles.

GRIT. SCIENCE. FAMILY.

The Barwis Methods is guided by Wolff's Law, the cutting edge Barwis Applied Scientific Techniques, the Barwis Methods Core Values and Neurological Reengineering. Neurological Reengineering was developed by Mike Barwis and is the process of implementing the Barwis Methods to increase a person's neuromuscular activation and control. The Barwis Methods' universal principles of physiological adaptation to applied stimulus allow it to functionally benefit every type of person, from the Olympic and professional athlete to those with disabilities to those looking to improve their day-to-day health.



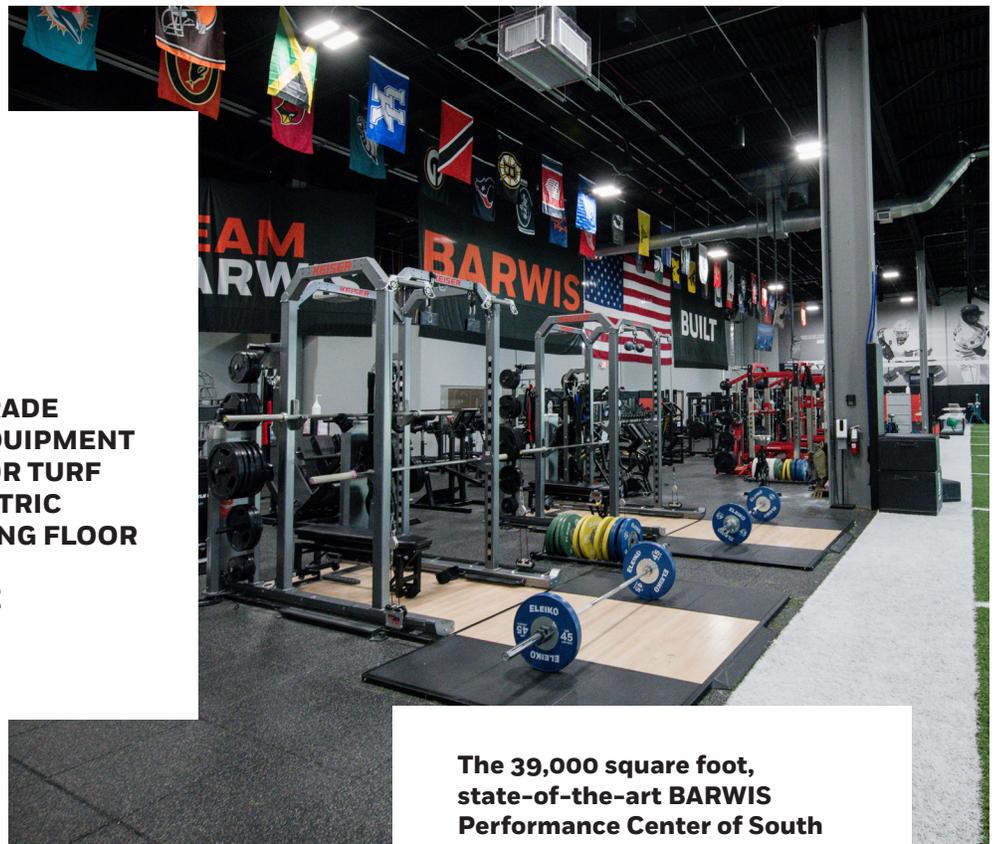
BARWIS

PERFORMANCE CENTER OF DEERFIELD BEACH

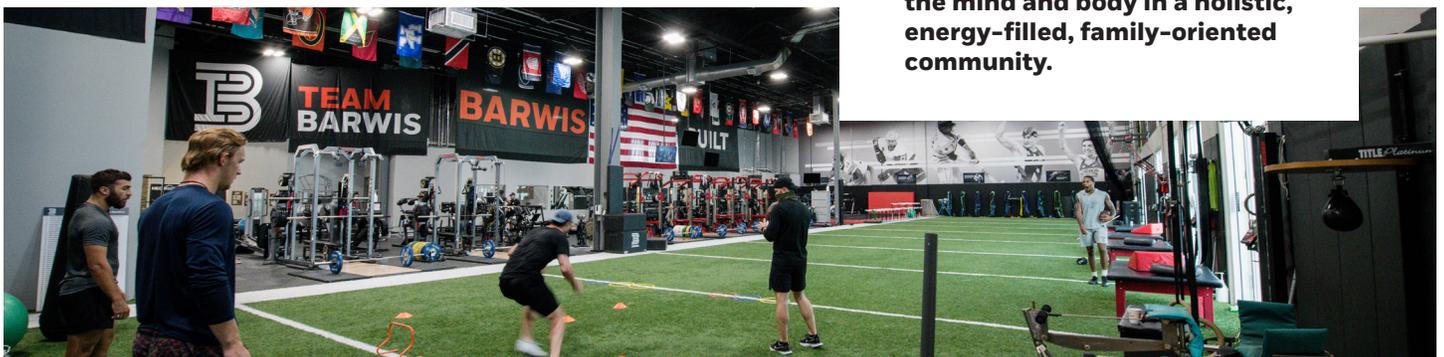
39K

SQUARE FEET

- RECOVERY ROOM
- PROFESSIONAL GRADE PERFORMANCE EQUIPMENT
- 9,000 SQFT INDOOR TURF
- 500 SQFT PLYOMETRIC GYMNASTICS SPRING FLOOR
- YOGA STUDIO
- NUTRITIONAL CAFE



The 39,000 square foot, state-of-the-art BARWIS Performance Center of South Florida incorporates elements that make it the ultimate destination for strengthening the mind and body in a holistic, energy-filled, family-oriented community.



PERFORMANCE TRAINING - ATHLETIC RECOVERY - ARS SCREEN - NUTRITION - PHYSICAL THERAPY
MASSAGE THERAPY - CHIROPRACTIC SERVICES - YOGA



MEET MIKE

CEO, FOUNDER

Mike Barwis is the founder and CEO of the BARWIS family of companies and BARWIS Performance Centers. He currently serves as the Director of Sports Science and Human Performance for the Detroit Red Wings and the Anaheim Ducks. He is formerly the Senior Advisor of Strength and Conditioning to the New York Mets and Director of Strength and Conditioning for the University of Michigan where he was responsible for the development and implementation of the strength and conditioning programs and a consultant for the Miami Dolphins.



MIKE BARWIS
RSCC*E, MS, CSCS, BMI

In 2003, Barwis assumed the responsibility for the West Virginia University Mountaineers football program, while maintaining his position with the Olympic sports. During his tenure at WVU, he designed and implemented programs for all of the Mountaineers 21 varsity sports. His last 5 years at WVU were widely considered to be the golden era in WVU athletics. Barwis has coached 38 National Strength and Conditioning (NSCA) All-Americans and was one of 10 coaches to receive the Bronze Award from the NSCA certification commission.

As a consultant, Mike helps teams and organizations assess their athletes' biomechanics, works with their medical and strength staff to enhance scientific training protocols and helps design/redesign facility layouts. Often, Mike works directly with team owners and General Managers, advising on beneficial high-level organizational adjustments. Professional and Olympic athletes train with Mike Barwis and his staff because they know that they will receive the most advanced, scientifically based, holistic, and cutting-edge athletic training. His methods prepare them physically and mentally for the rigors of their particular sport.

Mike's personalized approach to performance training has produced astounding results with clients in their preparation for the season. Mike's desired methods have Olympic, collegiate, and professional athletes regularly working with Mike and his staff during and after the season for all performance needs.



RICHARD SHERMAN



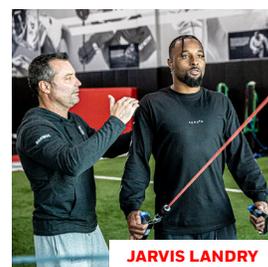
BRANDON GRAHAM



NDAMUKONG SUH



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JARVIS LANDRY

BARWIS NFL COMBINE & PRO DAY TRAINING



BRANDON GRAHAM



MITCH TRUBISKY



SAM HUBBARD



DONOVAN PEOPLES-JONES



JAMES CARPENTER



ZACH FULTON



JARVIS LANDRY



PARRY NICKERSON



JULIEN DAVENPORT



AUSTIN "AB" BRYANT



JAMES MCCRAY



JUSTIN PUGH



CHASE WINOVICH



KEANU NEAL



LAROY REYNOLDS



SAM WEBB



TARIK BLACK



TRAVIS FULGHAM



PROGRAM COMPONENTS



POSITION SPECIFIC TRAINING

Our position-specific specialists have tremendous resources, professional knowledge, and a sincere passion for developing football players on all levels. With over 50 years of combined professional football playing experience, this program is unmatched and will help any aspiring football player maximize their talents. The BARWIS facilities have one of the largest indoor training spaces which allow us to be versatile in our fundamental training techniques.



WEIGHT TRAINING

Using a completely scientific approach to weight training progression, a cycle will be designed to meet your needs. Every program is individualized for each athlete intended to help them reach their goals specific to their position and the combine. Our training is catered to any injuries or biomechanical issues the athlete may be experiencing.



ARS SCREEN, EVALUATION, & CORRECTIVE EXERCISES

The BARWIS ARS Screen (Activation Resistance Synergy) is designed to go through every joint and muscle throughout the body to help identify and resolve imbalance and pattern issues an athlete may have. We use these results to write corrective exercises catered to helping the athlete get back on track, fix any imbalances, and help them perform at their maximum capabilities.

The BARWIS ARS Screen provides a detailed assessment of the Activation, Inhibition, Range of Motion, Impedance, and Synergistic Patterns of the Neuromuscular System in order to develop a customized corrective exercise program that resolves imbalances, weaknesses, and inefficiencies. Through this process, we are able to establish resilience to injury while improving overall performance and functional movement.



MEDIA/INTERVIEW PREPARATION

Dealing with the media and knowing what to say and how to say it, is part of being a professional athlete. We help prepare athletes in communicating who they are and what they can do when addressing media, scouts, head coaches, GMs, and the general public.



INJURY PREVENTION

This program focuses on the strengthening and stabilization of the neck, knee, ankle, hips, and shoulder. A stable and effective functioning joint allows for optimum power output, which increases performance while decreasing the risk of common injuries.



CORE STRENGTH

A strong core is an extremely important characteristic of any athlete. It is the center for most body movements, allowing effective transfer of power from upper and lower extremities, and is necessary for increasing your speed, agility, overall strength, explosiveness, and coordination.



BALANCE AND FUNCTIONAL TRAINING

Improve your kinesthetic awareness (knowledge of body position in three-dimensional space). This program utilizes all of the body's proprioceptors to enhance performance on the field or during activities of daily living. The cycle includes a vast array of exercises to accommodate all levels of training and remove any form of program stagnation.



PLYOMETRIC, EXPLOSIVE, IMPULSE TRAINING

These exercises teach the body to utilize the elastic principles of the muscles and increase neural impulse speed through trained activation; this occurs all while reducing the risk of soft-tissue injury. Includes training for the upper and lower body.



FLEXIBILITY & RANGE OF MOTION

This program will help you maintain and improve your passive and active range of motion in your joints and surrounding muscles; reducing the risk of injury and promoting performance. Many times our common hamstring, back, and knee pain can be caused by inflexibility and tight structures. When following our specialized stretching program, you can eliminate these issues to further prevent any limitations in your performance. Being able to move through a full range of motion can increase power output by optimizing biomechanical leverage position.

SPEED & AGILITY TRAINING

BARWIS has produced high-impact training at the World and Olympic level in track and field over the last 30 years. Training world champions, national champions, All-Americans, and Olympic medalists during this time. BARWIS actively maintains a strong relevance with the Puma track team, preparing its athletes for the upcoming Olympics.

During the last Track & Field Championships in 2019, BARWIS trained athletes, Natalliah Whyte and Jonielle Smith earned 1 gold and 2 silver medals.

We implement the same training programs for all of our athletes as we do for our track champions, preparing our athletes for the 40-yard dash, 10-yard split, 20-yard split, and all other aspects related to speed training.



**Track 4x100
World Champions
Natalliah Whyte &
Jonielle Smith (2019)**

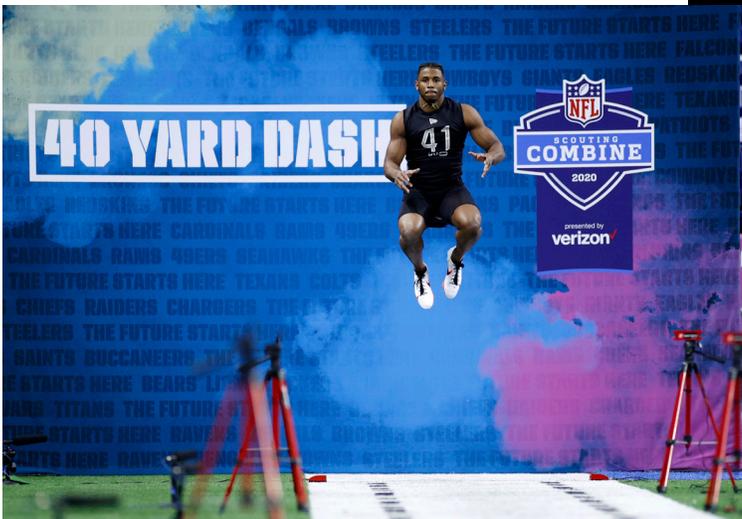
SPEED TRAINING

This program provides a proper speed training progression that consists of running mechanics and technique drills. The cycles will encompass resistive running drills, free running for acceleration and top-end speed, and over-speed drills that will focus on neural impulse speed and physiological adaptation.

AGILITY TRAINING

This cycle specifically focuses on the central nervous system to enhance change of direction, acceleration, and deceleration, while providing you with the proper progression of drills based on your sport and level of training.





NFL COMBINE RESULTS:

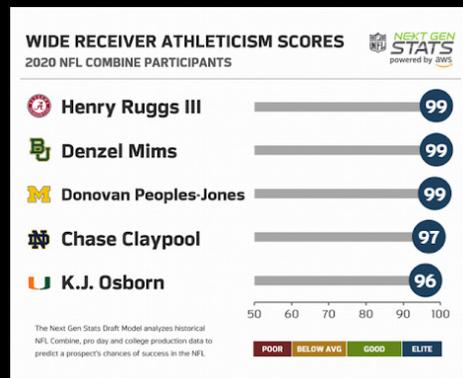
NFL ATHLETICISM PERCENTILE: 99TH

**40-YARD DASH:
4.48 SECONDS
(TIED FOR 17TH)**

**10-YARD SPLIT:
1.54 SECONDS
(TIED FOR 26TH)**

**VERTICAL LEAP:
44.5 INCHES
(FIRST IN 2020 &
7TH ALL-TIME)**

**BROAD JUMP:
11 FEET, SEVEN INCHES
(FIRST)**





COMBINE TESTING

In preparation for the Combine, we test our athletes the way scouts and teams would. Athletes are prepared to succeed at their position with position-specific training.

Pre Training

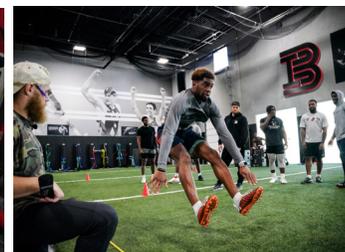
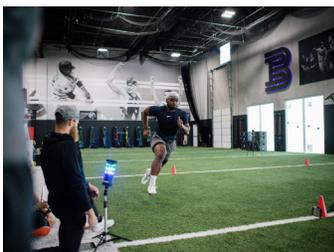
- Height
- Weight
- Wingspan
- Hand size

During Training

- Hydration Testing - Daily
- Heart Rate Monitoring - Daily
- Norboard - Weekly
- Force Plate - Weekly

Combine Drills

- 40 Yard Dash
- 5-10-5 Shuttle
- 3-Cone Drill
- Vertical Jump
- Broad Jump
- Bench Press (225 Repetition)





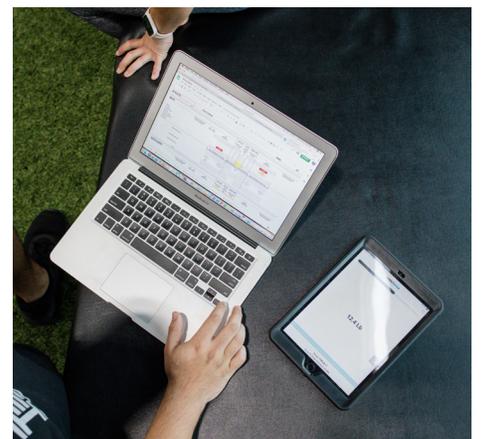
ARS SCREEN & CORRECTIVE EXERCISE PROGRAM

**MINIMIZE RISK OF INJURY.
MAXIMIZE YOUR ATHLETIC POTENTIAL.**

Athletes tend to build imbalances based on specific repetitive movements done in the sport they play. These imbalances lead to strength and range of motion deficits as well as compensatory movement patterns that increase the risk of injury.

The BARWIS ARS Screen provides a detailed assessment of the Range of Motion/Impedance, Activations/Inhibitions, and Synergistic Patterns of a client in order to develop a customized corrective program that resolves imbalances, weaknesses, and deficits. For the general population and elite athletes, these findings and the corrective exercise program are essential and invaluable to building a more resilient body, optimizing performance and manifesting personal greatness.

Balanced neurological function in a joint is essential to reduce injury and dramatically increase physiological performance.



THE ARS SCREEN INCLUDES:

1. A Full Assessment by a BARWIS trained provider
2. A summary report of findings regarding asymmetries and other neurological deficiencies
3. Corrective Exercise Program Development

THE BARWIS ARS SCREEN IS USED BY NUMEROUS PROFESSIONAL LEAGUES AROUND THE WORLD TO EVALUATE AND CORRECT NEUROMUSCULAR PATTERNS IN GLOBALLY RENOWNED ATHLETES.



MOVEMENT OPTIMIZATION

Biomechanical Movement Assessments & Training Recommendations

Identify Optimal & Deficient Movement Patterns. Train to Improve Athletic Performance.

Biomechanics encompasses the area of science concerned with the analysis of human movement and how forces create that movement. The complexity of the human body as a movement system makes it difficult to assess even with a trained eye. The BARWIS Biomechanical Movement Assessment utilizes state of the art equipment that captures 3D analysis to uncover movement imbalances that may inhibit optimization in sport or lead to injury. Additionally, we assess the ability of the athlete to produce and control force which allows us to determine what stresses are being placed on the body.

This Biomechanical Assessment includes Nordbord, Force Plate, and Humantrak.

- **Nordbord** accurately measures, monitors, and trains an individual's hamstring strength and imbalance
- **Force Plate** allows us to evaluate the postural stability, the explosive force, the power, and the reaction force from the ground and determine the best training for an athlete to optimize performance based on their deficiencies, strengths, and balance between them.
- **Humantrak** is a 3D motion tracking system to assess movement quality, range, balance, and stability and tailor training objectives according to accurate measurements.





PERFORMANCE READINESS

Biometric Testing & Data Analysis

A Data Driven Approach to Training, Injury Prevention, and Competition Readiness

Biometric Screening

Biometrics can help to identify who's at risk for injuries and when they're able to safely return, and they can gauge athlete readiness to determine when they'll be performing at an optimal level.

Wearable technology provides biometric data that indicates a player's readiness. This information allows coaches/trainers to adjust an athlete's training program accordingly and prevent injury. The data from the wearable devices will be used to create an individualized recovery and performance protocol based on each individual's biometric system.

Biometric Assessment and Wearable Devices

Biometric Charting: Omega Wave (readiness/HRV)

Sleep: Fatigue Science - Multiple devices for tracking

Hydration: Urine Specific Gravity (USG)

Acute On Chronic Workload: Polar Heart Rate Monitor

Athlete Management System (AMS) data compilation from the above assessments to optimize training and performance and reduce the risk of injury

Registration Fee (For 1-4 Devices)

Monthly Fee (For 1-4 Devices)





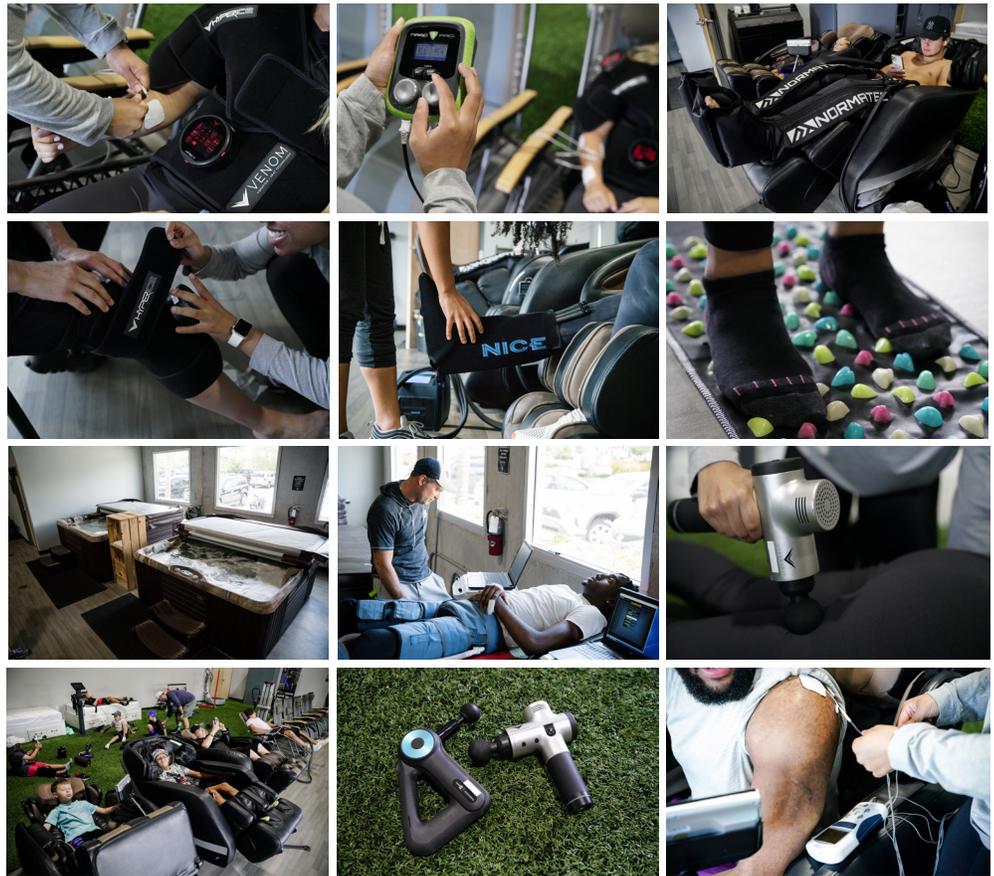
RECOVERY ROOM

Purposefully designed recovery protocols and services are essential to conditioning the human body for optimal performance.

With the world’s most scientifically proven methods, BARWIS Athletic Recovery uses equipment, devices, and techniques to stimulate relief from tight or sore muscles, prevent injury, promote healing, diminish muscle fatigue and revitalize the entire body.

AVAILABLE FOR USE:

- Renew ECP Therapy
- Venom Vibration and Heat Technology
- Omega Waves
- HyperVolt
- Theraguns
- Stem Units
- Vibrating foam rollers
- Hyperice Vibrating Rollers
- Power Plate
- Bemer Devices
- Katsuu Therapy
- NICE Cold & Compression Therapy
- Zero Gravity Massage Chairs
- Hot Tubs, Cold Tubs, and Infrared Saunas
- PsoRite



Electric Current Therapies:

- EMPI Muscle Stimulation
- Marc Pro & Marc Pro Plus Muscle Stimulator
- Normatec (Full setup: legs, thighs, arms)

RENEW ECP MACHINE

- Non-invasive, FDA-cleared, therapeutic tool for improving the degree of oxygenated blood that is pumped throughout the body.
- External counter-pulsation delivers more oxygenated blood to the extremities, therein enhancing blood flow.





PERFORMANCE TECHNOLOGY

BARWIS utilizes the World's most innovative technologies and cutting-edge equipment throughout its facilities and training protocols.

- Proteus Motion
- eFORCE eccentric Training
- Hawkin Dynamics Forceplate
- GymAware / TENDO Unit
- FusionSport Smartspeed Pro
- HR monitoring
- Kaatsu
- Vertimax
- HecoStix
- Jug Machine
- Dynavision D2
- Keiser Performance Equipment
- VALD Performance Technologies (NordBoard/ForceFrame)





Staying healthy and moving optimally is vital in order to compete at the highest level. BARWIS Physical Therapy provides one-on-one attention to athletes with the goal of minimizing injury risk by reducing muscle soreness, correcting strength and range of motion deficits, and maximizing recovery.

We work alongside elite performance coaches, chiropractors, massage therapists, nutritionists, and skill coaches to provide comprehensive care to bring you back to optimal health and function. Regardless of your athletic or functional goal, our aim is to bring world-class rehabilitation to every client who walks through our door.

Additional services include post-season injury recovery, post-operative rehab and quick access to top sports orthopedic physicians.

WHAT WE DO

- Restore mobility and range of motion
- Enhance balance and coordination
- Maximize strength and power
- Reduce pain
- Increase functional mobility
- Biotechnology screening
- Specialized discharge planning





B BARWIS CHIROPRACTIC

BARWIS Chiropractic utilize a combination of manipulation, Active Release Technique®, and rehabilitation exercises to address your specific needs.

BARWIS utilizes several types of chiropractic manipulation; all are designed to restore function to a joint that is not moving properly or to reduce tension in a muscular support structure.



**BRIAN CASEY
DC, CCSP**

Dr. Casey is a graduate of Logan College of Chiropractic in St. Louis, MO and holds a Bachelors of Science in Biology from the University of Dayton. He is a board Certified Chiropractic Sports Physician (CCSP) by the American Chiropractic Board of Sports Physicians and Active Release Technique® Certified Provider and is a Level 3 Titliest Performance Institute Medical Professional.

ACTIVE RELEASE TECHNIQUE

ART is a state-of-the-art soft-tissue / movement based massage technique that treats problems with muscles, tendons, fascia, and nerves. Headaches, back pain, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART.

PERFORMANCE & WELLNESS CARE

Performance and wellness care is a combination of manual therapy and corrective exercises that target muscle imbalances. The goal of performance and wellness care is to allow individuals to perform at their best in their sport or in everyday life. Many patients utilize this on an ongoing basis to increase/ maintain flexibility, increase stability, and as a method of injury prevention.





BARWIS MENTAL PERFORMANCE

MINDSET TRAINING

Identify mindset barriers to achieving optimal performance in training and on game day.

Optimal physical performance can only be achieved with a resilient mindset. The mind-body connection is one of the most overlooked factors in performance but can be the difference between success and failure. BARWIS Mental Performance utilizes assessment results to identify key areas to focus on with the goal of maximizing each athlete's potential.



LAURA GREELEY, M.S.
DIRECTOR OF MENTAL PERFORMANCE



BARWIS Mental Performance focuses on establishing a winning mindset through grit, determination, and overcoming adversity. None of this is possible unless you know who you are and what you stand for. This foundational component of the mental skills program will encourage each athlete to train with intentionality and purpose. We combine the importance of physical skills with the mental aspects of performance to enhance each athlete's ability to obtain optimal levels in sport.

Laura offers one-on-one mental skills coaching, team workshops, and training for coaches, each with an individualized approach to address specific needs. Her ability to understand the mental and physical demands of sport allows her to support each athlete holistically to ensure optimal performance is achieved.

It's mental conditioning just as much as it is physical conditioning. If we are not committed 100% to everything we do in our lives we start to fall short of our dreams.

- Mike Barwis



Through over 25 years of unparalleled experience training Olympic and professional athletes, Mike and his team learned that elite sports performance begins and ends with rigorous attention to nutrition. Decades of researching the best and worst products on the market pushed Mike to develop an effective, cohesive line for his athletes. He's now made this available to everyone who takes their training seriously.

BARWIS Nutrition offers comprehensive nutrition protocols not only for the athlete population but also for those at home who may want to follow their lead. These protocols individual consultations on a healthy diet and eating habits, proper protocols for supplementation, and recommended supermarket shopping and budgeting, and easy to follow recipes.

We offer a complete line of professional-grade supplemental nutrition designed to optimize the performance of the world's top athletes.

MAUREEN STOECKLEIN

Firefighter/Paramedic and Team Dietitian Detroit Tigers

Maureen has served as a registered dietitian for over 20 years and as a full-time firefighter/paramedic for 19 years. While serving as a firefighter, she is a private practice dietitian for BARWIS. She is starting her first season as Team Dietitian with the Detroit Tigers, after spending four seasons with the New York Mets organization.





GRIT FIT

— CAFE —



Grit Fit Cafe is an upcoming Café that is located inside of Barwis Performance Center. Grit Fit Cafe is a fresh, modern, fitness, sophisticated on the go food café that will prepare and sell nutritious healthy food. Our menu includes coffee, teas, smoothies, açai bowls, and pre-packaged meals.

Our mission is to bring nutritious and healthy fuel to the community that optimizes total human health. Our remarkable food and drinks meet the highest standards of quality, freshness, and seasonality that combine modern creative and traditional styles of food prep. Our meals are prepared fresh daily using the freshest and highest of quality ingredients to help our athletes perform at the highest level.



SPECIALIZING IN

- **Acai Bowls**
- **Smoothies**
- **Preprepared Meals**
- **Grab & Go Goods**
- **Coffee & Teas**



SUPPLEMENTS

IGNITE - Pre Workout

Designed for individuals in need of a nutritional source of energy. A safe and effective dose of caffeine provides an initial boost of energy. Amino acids provide enhanced mental focus.

REVERE Pre-Workout Energy

Increases stamina and focus. No jitters or crash. 4 flavors, 2 caffeine levels.

PRO Post Recovery Optimizer - Protein Powder

Designed explicitly to supply the body with the most important nutrients to support rapid and complete recovery after your workout.

PM Sleep Recovery

Supplying a combination of amino acids, enzymes, and minerals to support an optimal healthy sleep pattern for complete rest and recuperation.



ACCOMMODATIONS

FAIRFIELD INN & SUITES

(1 Min Walking Distance)

301 Hillsboro Technology Dr,
Deerfield Beach, FL 33441
Phone: (954) 671-5300





BARWIS FACILITIES

DEERFIELD BEACH, FLORIDA

378 Hillsboro Technology Drive,
Deerfield Beach, FL 33441

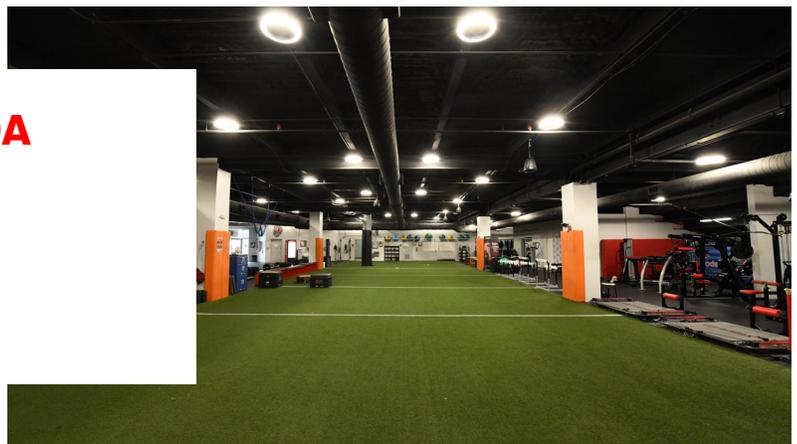
Phone: (954) 449-0850
Email: frontdesk@barwis.com



PORT ST. LUCIE, FLORIDA

31 Piazza Drive,
Port St. Lucie, FL 34986

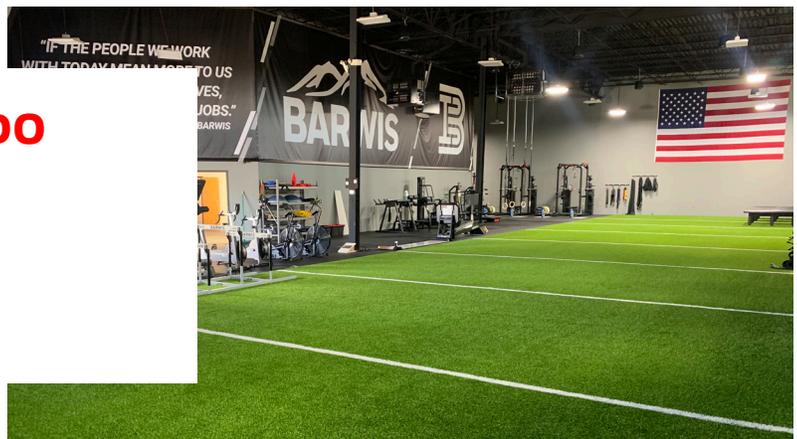
Phone: (772) 871-2123
Email: jwright@barwis.com



ENGLEWOOD, COLORADO

4731 S Santa Fe Cir Unit 3-4,
Englewood, CO 80110

Phone: (720) 617-6151
Email: nlucius@barwis.com



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(In 2011), I tore my ACL in the ninth game of the season. I had two surgeries since and wasn't able to jog in a year and a half. Now, after four weeks (with BARWIS), I'm able to run faster than I have before; power clean more than I ever did -- in four weeks! With Mike, it was like a miracle.

- James Carpenter,
10-year NFL Veteran, XLVIII Super Bowl Champion, Guard for the Atlanta Falcons

”



If you want to be put to the test, Mike Barwis will make you the best. Come ready to work every day, because Mike doesn't settle for less.

- Brandon Graham,
Philadelphia Eagles Defensive End, Super Bowl LII Champion,
2016 All-Pro, Big Ten Most Valuable Player

”



Mike was the most influential person I have had in my athletic life next to my father.

I had never lifted before meeting (Barwis). When I was in high school, I was 215-220, but it was all legs. I played soccer. I'd kick the soccer ball against the side of my house for like hours at a time. That was what I did for fun. I had ADD, like too much energy to do anything else. So I had these massive legs and my upper body was just an embarrassment.

Once he started putting me through some lifting, and putting me through some programs to make me a much more well-rounded athlete, all those things that I always thought I could be, like the WWE wrestling and potentially making it to the NFL, became possible. None of it would have been possible without Mike Barwis.

- Pat McAfee,
8-year NFL Punter, PFF Punter of the Decade, 2x Pro Bowl, 2014 All-Pro, Sports Analyst, Host *The Pat McAfee Show*

”



After training at the same spot for four years, I felt like I needed a change of scenery. I needed a place to take me to the next level. BARWIS Methods was the clear choice for me. Working out with elite athletes day-in and day-out brings out the true competitor in me and the atmosphere is the best around.

- TJ Lang,
9-year NFL Veteran, XLV Super Bowl Champion, 2016-17 Pro Bowl

”



Perfection, detail, and work ethic is what the staff at BARWIS Methods is all about!!!

- Ndamukong Suh,
Tampa Bay Buccaneers
Five-Time Pro Bowl, NFL Defensive Rookie of the Year

”



I love the competitive environment he creates! All of the men have the same goal and he brings an intensity and fire that allows every man to make the most of what they have. No way to quantify his impact on these men's careers.

- Richard Sherman,
Super Bowl XLVII Champion, Five-Time Pro Bowl

”



Mike is a high energy, high-spirited type of guy. He is very intelligent and very knowledgeable. Everything is geared toward maximum performance. I haven't worked like this since -- well, ever.

- Braylon Edwards,
University of Michigan, Biletnikoff Award winner, U-M's all-time Leading Receiver, All-Pro Cleveland Brown, New York Jets

”



As a professional athlete, you sleep better when you know you took it to the max and Mike Barwis' program offers that. His program took my hitting to a whole new level.

- Larry Foote,
Team Captain, 2-time Super Bowl Champion with the Pittsburgh Steelers, All-American at University of Michigan

”



Had a great time training at the BARWIS Methods facility. I learned a lot that can help me advance my game.

- Pierre Garçon,
2009 AFC Champion, 2013 NFL Receptions Leader

”



Mike is the best trainer I have ever worked with. From flexibility to strength and speed; you name it, he can do it! s Dick LeBeau says. 'If you play in the North Atlantic, You must train in the North Atlantic.' If you want to be the best you have to train like it!

- Lamar Woodley,
2009 Pro-Bowler and 2nd team All-Pro, XLIII Super Bowl Champion with the Pittsburgh Steelers

”



The thing I love about training with Mike is the intensity of the workout...During the workout I always felt like he pushed me hard because he wanted the best out of me at all times, because he wants the best for the teams that he is training.

- Aaron Beasley,
New York Jets, Atlanta Falcons, Jacksonville Jaguars, West Virginia University, All-Big East, All-American, WVU Hall of Fame

”



The combine training here helped me a lot in all the areas of my game. The most gains I saw were in my size, strength, and speed. Definitely was in great shape for my pro day and combines after the combine training here.

- Mike Cox,
Former New York Giants Running Back

”



With Mike Barwis what you see is what you get...Your ass kicked for three hours by one of the finest strength and conditioning coach in sports.

- James Hall,
Former Defensive End, St. Louis Rams, Detroit Lions (12 year NFL Veteran)

”



Barwis Methods will push your athletic abilities to a level beyond what you think is attainable. In this process, your attitude is reshaped and forged with a toughness most will never understand. There can only be one. Too bad for the other teams...Barwis is it!

- Greg Hopkins,
4-time All-Ironman Team (Arena Football League), Slippery Rock University, 3-time All-American

”



What can I say about Mike's training; I practically owe him my salary. He's the reason I'm where I am today, it takes you to the level above elite, makes you find out who you are as a man, and turns you into a beast! No one trains this hard, that's why Mike is THE DRAGON.

- Owen Schmitt,
West Virginia University, Seattle Seahawks, Philadelphia Eagles

”



After working with a different strength coach for years after working with Mike Barwis back in 2006 and 2007, I knew I had to reunite with him again. He gets you in the best physical shape possible with his rigorous workouts, which prepare you mentally for things you thought you couldn't do.

- Chris Neild,
Retired NFL Nose Tackle

”



That's why they say the strength coach might be one of the most important people in a football program, because that's where we spend most of our time all summer. And Barwis makes every day count. He is full of energy. I have yet to see him one day that he's not amped up. The man has an arm that's rock-solid. Every muscle on his body looks like it's solid wood. Even though he gets after us and is a strict disciplinarian, he treats every single player with respect. That's why he has our respect right back.

- Pat White,
Former Quarterback, West Virginia University All-American, NCAA All-Time leading rusher for QB, Heisman Trophy finalist, Miami Dolphins QB, Miami Marlins Outfielder

”



I came to Barwis Methods with a pinched nerve and a boot on my foot. Mike promised he would get me in an NFL camp. Now I am here!!! That's because Barwis can make the impossible happen!

- Ryan Van Bergen,
Retired NFL Defensive End, Carolina Panthers

”



Mike Barwis and the staff at Barwis Methods can provide you top-notch training, whether it be physical training or for your position. There is no one like them; they are simply the best!

- Mike Martin,
NFL Defensive End, Tennessee Titans, Philadelphia Eagles, 2010 & 2011 Second-team All-Big Ten

”



The facilities combined with the experience of Mike and his staff provides Michigan with the best training facility in the country.

- Ryan Mundy,
8-year NFL Veteran Safety, Super Bowl XLIII champion with the Pittsburgh Steelers

”



I have been an NFL agent for over 25 years. Barwis Methods does things for players no one else can do. They are beyond special.

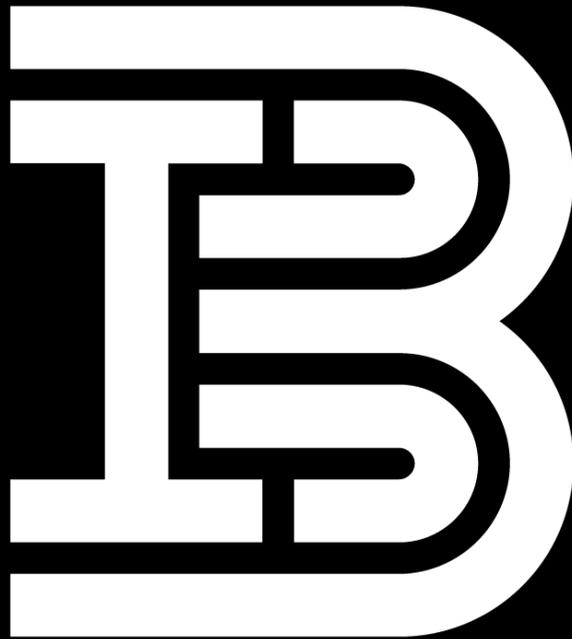
- Rick Smith,
American Football Executive

”



Being here at Barwis Methods has been a tremendous experience to workout with marquee athletes. They really developed me into a complete athlete.

- Jerel Worthy,
7-year NFL veteran, Defensive End, 2011 Consensus All-American, 2011 First-team All-Big Ten, 2010 Big Ten Champion



TRAINING LOCATION:

**BARWIS PERFORMANCE CENTER
378 HILLSBORO TECHNOLOGY DR
DEERFIELD BEACH, FL 33441**

**PHONE | (954) 449-0850 EXT. 102
EMAIL | HPRESBERG@BARWIS.COM**

WWW.BARWIS.COM