



# 2023 NHL OFF-SEASON TRAINING PROGRAM

**OFF-ICE PERFORMANCE TRAINING - ON-ICE TRAINING - ATHLETIC  
RECOVERY - NUTRITION - PHYSICAL THERAPY - MASSAGE THERAPY  
CHIROPRACTIC SERVICES - YOGA - BOXING**

**GRIT.  
SCIENCE.  
FAMILY.**

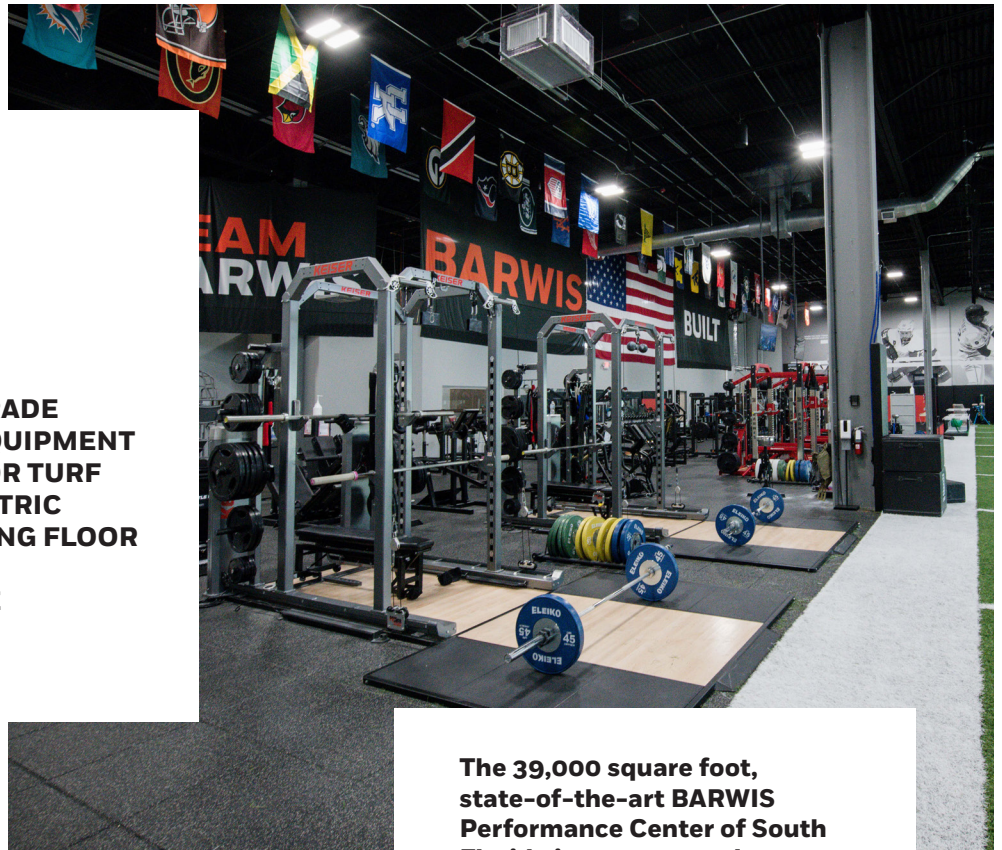


# BARWIS

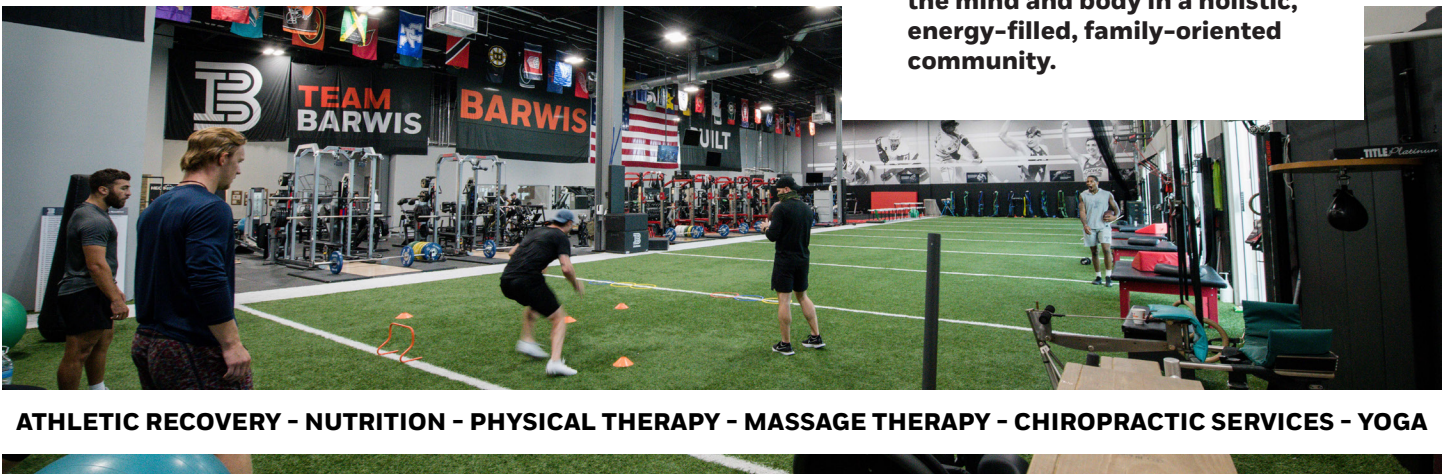
## PERFORMANCE CENTER OF DEERFIELD BEACH

**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.



ATHLETIC RECOVERY - 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.



If any athlete is serious about training and strives to achieve their potential, BARWIS is the place to go! Best training and coaches! BARWIS is the best training an athlete can get. They get you more than ready for every season. Can't imagine training anywhere else.

**- Steve Kampfer,**  
Stanley Cup Champion, 12-year Pro, US Olympian



## BARWIS NHL - HOCKEY TRAINING



**BRANDON DUHAIME**



**ANDREW PEEKE**



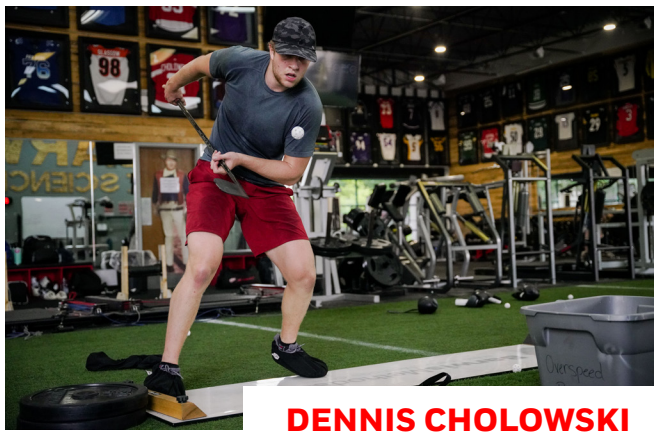
**JACK JOHNSON**



**KYLE CONNOR**



**STEVEN KAMPFER**



**DENNIS CHOLOWSKI**



**DYLAN LARKIN**



**ALEX NEDELJKOVIC**



## **PROGRAM COMPONENTS**

### **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.

### **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 specific goals. Our training is catered to any injuries or biomechanical issues the athlete may be experiencing.

### **INJURY PREVENTION**

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

### **AGILITY TRAINING**

Are you trying to develop your on-court quickness? 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.

### **CORE STRENGTH**

A strong core is 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 for all levels of training and remove any form of program stagnation.

### **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.

### **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.

### **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.



## **ADAPTED TO THE INDIVIDUAL ATHLETE ON A DAILY BASIS**

Our training cycles transcend all aspects of physiological development. Athletes are trained in the following areas: speed, agility, quickness, explosive training, Olympic weightlifting, conventional weightlifting, band training, injury prevention movements, plyometrics, core, balance, functional training, bioenergetics related to basketball, nutrition flexibility, medicine ball training, proprioception, swiss ball training, and various other practices. Through the use of these tactics, we develop speed, agility, strength, power, force, acceleration, deceleration, mobility, explosiveness, reaction, conditioning, balance, core stability, confidence, mental toughness, good nutrition habits, kinesthetic awareness, and proprioception. All these dimensions of training are adapted and phased regularly for the individual athlete's needs and the demands of his or her sport.

### **LIFTING DAYS**

#### **MONDAY | WEDNESDAY | FRIDAY**

- Warm-Up
- Battle Ropes
- Core Activation
- Speed Band Wall
- Kettle Bell
- Passive Stretch
- Olympic and Conventional Lifting Stations
- Functional Balance Training
- Injury Preventions/ReHab
- Core Transfer
- Flexibility
- Plyometrics, Explosive Impulse Training Conditioning
- PNF Stretching

### **SPEED & AGILITY DAYS**

#### **TUESDAY | THURSDAY**

- Speed Warm-Up
- Stretching
- Speed Drills
- Agility Drills
- Position Specific Drills
- Post Workout Stretch



BARWIS pushed me every day to become not only physically stronger but mentally as well. We trained at an elite level every day so when a challenge came along during the season, I knew I had the strength and experience to overcome it.

**- Kyle Connor**

Winnipeg Jets, 2015 NHL Draft First-Round Pick (No. 17)

# ON-ICE TRAINING

With over 30 years of experience training hundreds of professional hockey players, directing collegiate dynasties, and running NHL franchises, BARWIS uniquely stands alone with its knowledge and experience to prepare players for the on-ice demands of the rigorous hockey season.

A vast array of drills to increase speed, agility, conditioning, and hockey-related skills are implemented 2 days a week in an intense and motivating environment.

No one in the world in hockey works harder than BARWIS. Hundreds of NHL players have reached the pinnacle in their NHL careers through the resources provided-off ice and on ice-that are virtually unattainable anywhere else.



I not only feel stronger and faster, but also just a better all-around athlete after training with BARWIS and his staff.

**- Jack Johnson**

Colorado Avalanche, 2010 Olympic Silver Medalist, 1000 NHL Games Played, 2005 CAR, 1st rd, 3rd pk (3rd overall), 16-year Pro



# 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.

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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
- Hot Tubs & Cold Tubs
- Venom Vibration & Heat Technology
- Hypervolt Massage Guns
- Hyperice Vibrating Rollers
- Cupping
- PsoRite
- Massage Therapy
- Cold Compression Therapy
- Normatec Devices
- Red Light Therapy
- Bemer Mat
- Marc Pro Muscle Stimulator
- Penta Vo Cold Laser
- Omega Wave
- Zero Gravity Massage Chairs
- Infrared Sauna
- Theraguns





## RECOVERY ROOM



### 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.



### RED LIGHT THERAPY

Phototherapy is the utilization of light to enhance the effectiveness of physical therapy techniques. Studies have shown countless benefits of phototherapy including increased strength gains, accelerated recovery, reduction in pain and inflammation, and much more.

- **REDUCE PAIN**
- **INCREASE STRENGTH GAINS**
- **ACCELERATE RECOVERY**
- **REDUCE INFLAMMATION**
- **BOOST IMMUNITY**
- **INCREASE ENERGY**

We use Kala, the world's most advanced professional red light therapy device.



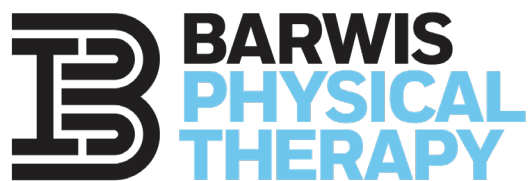
## PERFORMANCE TECHNOLOGY

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

- Rapsodo
- 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)
- Imoove
- Icoone
- Electrical Muscle Stimulation Suit







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





**BRIAN CASEY**  
DC, CCSP

**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.**

**We work with some of the world's top professional and amateur athletes and individuals looking to feel better, more complete and injury free.**



**JORDAN CLARK**  
DC

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

## **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
- Prepared 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: [deerfield@barwis.com](mailto:deerfield@barwis.com)

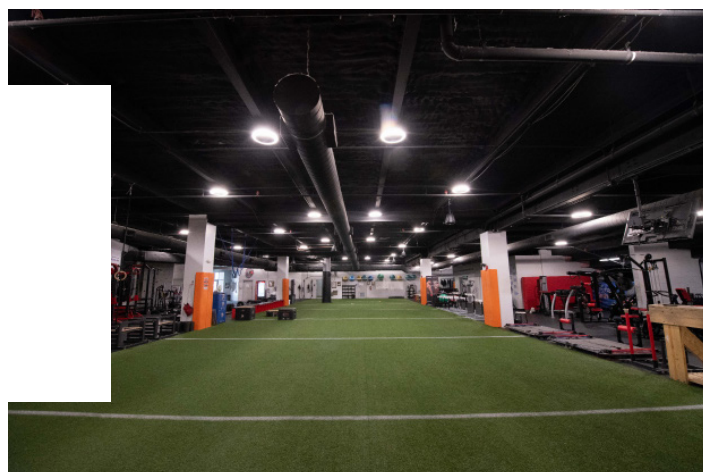


### FORT PIERCE, FLORIDA

4146 Okeechobee Blvd,  
Fort Pierce, FL 34947

Phone: (772) 871-2123

Email: [ftpierce@barwis.com](mailto:ftpierce@barwis.com)



### ENGLEWOOD, COLORADO

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

Phone: (720) 617-6151

Email: [englewood@barwis.com](mailto:englewood@barwis.com)









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If any athlete is serious about training and strives to achieve their potential, Barwis Methods is the place to go! Best training and coaches! Barwis Methods is the best training an athlete can get. They get you more than ready for every season. Can't imagine training anywhere else.

**- Steve Kampfer,**  
Stanley Cup Champion Boston Bruins

”



Mike Barwis' unique concepts and approach to strength training for basketball has been paramount to our success.

**- John Beilein,**  
Former Cleveland Cavaliers, Michigan, and West Virginia Head Basketball Coach

”



Last summer I had my first look at the Barwis facility! I was so impressed that I left there feeling I had to get my staff down to see it. As I watched one of my former players Draymond Green rehab his hip I was pleasantly surprised on what I saw. I watch NFL players, NBA players, boxers, MLB players and NHL players! But watching all those incredible athletes work so individually with Mike was special! Then seeing those same people working with a young woman who was paralyzed from the waist down and the interest and togetherness they all showed moved me like no other experience I've had. Mike's hands on approach was what many talk about but few due. I am a big fan of this program and would recommend anyone close to me to get healthy here. Mike Barwis is a special man and what they are doing is incredible!

**- Tom Izzo,**  
Michigan State University Head Basketball Coach, Naismith Basketball Hall of Fame, NCAA Division I Tournament (2000), 8x NCAA Regional - Final Four, 2x NABC Coach 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

”



BARWIS Methods is a great training facility. It's a tight group that has fun while working out. I enjoy waking up and going to it. It's like being at the rink with teammates during the summer. The trainers motivate and push you to get the best out of you.

**- Jeff Petry,**  
8-year NHL Veteran  
World Championships Medalist

”



Mike Barwis and the BARWIS Methods team have been an impactful addition to my physical conditioning. The science they use in training is world class, and the caring environment they provide is unmatched.

**- Pavel Datsyuk,**  
2x Stanley Cup Champion  
Olympic Gold Medalist, 4x Worlds Medalist

”



(In 2011), I tore my ACL in the ninth game of the season. I've had two surgeries since and wasn't able to jog for 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

”



Barwis has so much insight, so much knowledge, and for me it's so important to be able to spend that time with him where he's able to pass on that knowledge onto me.

**- Yoenis Cespedes,**  
7-Year MLB Veteran  
Two-Time All-Star, Gold Glove Winner, Silver Slugger Winner

”



I came to Mike Barwis on someone's word that this guy can change your life. Not to be here all day...he's not only made me a stronger, more athletic hockey player, but a better man. He's simply the best. Period. I love him!

**- Dan Cleary,**  
2008 Stanley Cup Champion

”



BARWIS pushed me every day to become not only physically stronger but mentally as well. We trained at an elite level every day so when a challenge came along during the season, I knew I had the strength and experience to overcome it.

**- Kyle Connor,**  
Winnipeg Jets First-Round pick, IIHF World Championships Gold Medalist (U18)

”



I had to get a new wardrobe after working out with Barwis.

**- Patrick Eaves,**  
Anaheim Ducks

”



BARWIS has been a tremendous experience in which I've learned a lot and it has helped me prepare physically. I am more than grateful for the treatment and dedication the staff at BARWIS provides.

**- Amed Rosario,**  
New York Mets, 2018 MLB Fastest Shortstop, 2017 PCL Rookie of the Year

”



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

”



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*

”



I've been training with BARWIS since college and to me, there's no place better. Great trainers, great atmosphere, and they prepare you for the season and move with every session.

The training and encouragement we receive at the center is the best I've been around. I couldn't ask to be around better athletes and trainers on a daily basis.

**- Luke Glendening,**  
Detroit Red Wings

”



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

”



The knowledge and enthusiasm of the strength and conditioning staff is unparalleled to any I have ever worked with. Every workout is filled with challenges that motivate and prepare me to excel in my sport.

**- Megan Metcalfe,**  
NCAA National Champion 5000m, 2005 Pan Am Games Gold Medalist, Olympic Competitor

”



Mike has been a great resource in helping the Mets redesign our athletic development program. What sets the Barwis method apart from all the others is the science behind the program. There's scientific reasoning behind every aspect of his workout. The individual exercises are all part of a well-thought-out program designed to help each individual reach his full potential.

**- Jeff Wilpon**  
New York Mets, COO

”



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

”



Mike puts his heart into helping others. He goes above and beyond to instruct and love each individual he comes in contact with. He lit a fire and inspired me the first time I talked with him. Great environment that's surrounded with special people. Great environment surrounded by special people.

**- Mike Fiers,**  
Oakland Athletics Pitcher

”



I completely tore my ACL in December 2017 and began working with Nick Lucius in May 2018. The physical therapy care I received was top-notch. Nick was thorough and knowledgeable -- teaching me throughout the whole process so I developed a greater understanding of my body's biomechanics. In addition to the physical therapy services I received, the strength and conditioning provided by Nick and the staff at Barwis was outstanding. I was pushed to the limits -- in a smart and scientific way -- allowing me to transform my body.

**- Robbie Lawler,**  
Former UFC Welterweight & EliteXC Middleweight Champion

”



This is what I've been looking for. Training with Mike is the best preparation for the season.

**- David Peralta,**  
Arizona Diamondbacks, 2018 Silver Slugger, 2019 Gold Glove





**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**