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## HAMMERBODIES HSP ATHLETE PROFILE

### Michael Baker: Raw Strength, Raw Speed, & Pure Determination

“He was a classic case of raw strength, raw speed – and a mountain of potential.”

These were the words that came to HammerBodies **HSP** testing, evaluation, and training specialist Bart Emmett’s mind after meeting with Michael Baker for the first time. Baker, a standout linebacker from Cardinal Ritter College Prep in St. Louis, had just finished his junior season, and turned to HammerBodies for help in turning his “raw” potential into maximum performance.



“When I met with Michael for the first time, we went through a comprehensive agenda of private interviews, evaluations and specific performance tests, just like we do with every athlete we train,” says Emmett. “My goal was to get a complete ‘blueprint’ of where he stood athletically, and where he needed to improve. His size, strength and natural frame stood out immediately.”

But there was plenty of room for improvement. If Baker truly wanted to reach the next level – the opportunity to play Division I college football – speed and strength work would be mandatory. Emmett developed a customized training program for Baker, based on what he saw in the initial evaluation. “The first area we wanted to concentrate on was speed,” says Emmett. “But that didn’t mean simply going to the track and doing repetitive sprints. It meant beginning with the basics – developing the necessary core strength to support his frame and posture at higher speeds, and nurturing his flexibility and range-of-motion to support the next phase of training.”

That next phase meant working on speed mechanics. “We all want to be faster, but many of us as athletes have never been taught exactly how to run – and it hurts speed,” says Emmett. “With Michael, we trained hard on technique...where the foot is supposed to hit the ground, arm action, cycling, etc. Once he had developed the proper foundation for speed, we incorporated a customized curriculum of strength training to elevate speed and acceleration – two keys we knew Michael would need to excel in his senior season.”

But those weren’t the only keys. Baker also received a customized performance nutrition program from the HammerBodies nutrition department. “You can have the best training program in the world, but it takes nutrition and recovery to truly generate maximum results,” says Jaime Rothermich, RD, LD and director of nutrition at HammerBodies. “What we wanted to do with Michael was make him aware of the affect food had on his performance, and provide a customized plan he could implement each and every day.”

Training with HammerBodies for several months prior to his senior season, Baker was ready to excel. “I remember the first game I saw him play after working with him for so many months,” says Emmett. “His improved explosiveness and spatial awareness were immediately noticeable. And not only that, you could just tell that he felt more confident with his body, and in his ability to make plays.”

Baker went on to be named an All-State and All-Metro (1<sup>st</sup> Team) linebacker. In addition, he was the 18<sup>th</sup> rated OLB according to ESPN. On February 7, 2007, Baker signed his letter of intent to play at the University of Miami-Ohio.