



"Get Fit. Look Great. Change Your Life."



Image property of Topps Baseball, Inc.

TRAVIS CHAPMAN

Transformation: 12 Pounds of muscle gained, 2002 offseason.
Made Major League Debut 2003 Philadelphia Phillies
Trainer: Mike Moorman

I trained with Mike in the 2002-2003 offseason heading into my first year of AAA baseball with the Scranton-Wilkes Red Barons. Mike developed a 12 week program that was designed to add the strength and muscle that I felt was necessary to give me an advantage in my hitting power. The program was very successful, adding 12 pounds to my frame and a drastic strength increase which helped greatly in my 2003 season, leading to my Major League debut with the Phillies in September 2003.