

NFL COMBINE AND PRO DAY PERFORMANCE TRAINING PROGRAMS



Marcell Dareus
#3 Overall Pick - Buffalo Bills



A.J. Green
#4 Overall Pick - Cincinnati Bengals



Julio Jones
#6 Overall Pick - Atlanta Falcons



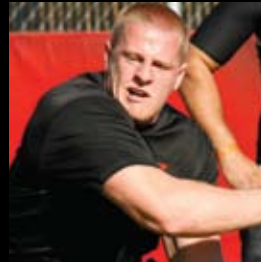
Aldon Smith
#7 Overall Pick - San Francisco 49ers



Tyron Smith
#9 Overall Pick - Dallas Cowboys



Blaine Gabbert
#10 Overall Pick - Jacksonville Jaguars



J.J. Watt
#11 Overall Pick - Houston Texans



Christian Ponder
#12 Overall Pick - Minnesota Vikings



Robert Quinn
#14 Overall Pick - St. Louis Rams



Prince Amukamara
#19 Overall Pick - New York Giants



Danny Watkins
#23 Overall Pick - Philadelphia Eagles



Cameron Jordan
#24 Overall Pick - New Orleans Saints



Jimmy Smith
#27 Overall Pick - Baltimore Ravens



Cameron Heyward
#31 Overall Pick - Pittsburgh Steelers





**2012 NFL COMBINE AND PRO DAY
PERFORMANCE TRAINING**

RESULTS HAPPEN HERE

THE ATHLETES' PERFORMANCE WAY

Each year, dedicated athletes looking to make the jump to the NFL choose Athletes' Performance. **Their goal:** Prepare for the biggest job interview of their life, the NFL Combine, and their first year as an NFL Rookie. Utilizing the integrated Athletes' Performance training systems, athletes push themselves to reach new levels of performance daily. The hard work and dedication of the athletes we've supported has allowed them to achieve great success at the Combine and during the season. Our athletes are consistently high draft picks and, in many cases, are selected higher than originally expected. Their hard work continues to pay off, as they win 'Rookie of the Year' awards and other accolades during their first NFL season.

Athletes' Performance has been honored to support the success of these athletes throughout the years as they train and prepare for the NFL Combine and season "The Athletes' Performance Way."

We look forward to you joining the family and brotherhood of 350 drafted Combine athletes, as our integrated team of specialists do everything possible to support your goals and needs throughout your journey.

Yours in performance,
Mark Verstegen
Founder and President

INDIVIDUALIZED TRAINING FOR INDIVIDUAL GOALS

To get maximum results, each athlete receives individual training and nutrition strategies to help them gain that extra inch and extra rep at the Combine. After initial performance screenings, coaches work with athletes in small groups. Utilizing the results of these tests, they customize training sessions to strengthen areas of weakness and instability, while building overall strength, speed, power, and greater movement abilities.

WE ARE A TEAM

In the same way that coaches and staff help an NFL team succeed, Athletes' Performance has a team of specialists who are experts in their fields and dedicated to working together to help our athletes reach their goals. By utilizing a team approach, our coaches, physical therapists, nutritionists, massage therapists, chiropractors, and other specialists are in constant communication to ensure that each athlete's individual plan is helping them to succeed.

SYSTEMS FOR SUCCESS

Guided by our core fundamentals of mindset, nutrition, movement, and recovery, Athletes' Performance utilizes training systems that have supported five #1 overall draft picks, 350 total draftees, as well as Super Bowl Champions and All-Pros. These systems, which continually evolve based on the most innovative and cutting-edge training techniques, are the foundation of our athletes' success at the highest levels. They allow each athlete to train with confidence, knowing that they'll have the tools to achieve their greatest results at the Combine.

YOUR GOAL IS OUR GOAL

Since 2001, Athletes' Performance has been the dominant training destination for NFL Combine and Pro Day preparation. Providing individual attention to each athlete, our specialists in movement, strength, speed, metabolics, nutrition, physical therapy, chiropractic and soft-tissue therapy help players achieve more than they thought possible.

RECENT TOP DRAFT PICKS THAT TRAINED AT ATHLETES' PERFORMANCE:

2011 FIRST ROUND PICKS:

3. Marcell Dareus, DT, Buffalo Bills
4. A.J. Green, WR, Cincinnati Bengals
6. Julio Jones, WR, Atlanta Falcons
7. Aldon Smith, DE, San Francisco 49ers
9. Tyron Smith, OT, Dallas Cowboys
10. Blaine Gabbert, QB, Jacksonville Jaguars
11. J.J. Watt, DE, Houston Texans
12. Christian Ponder, QB, Minnesota Vikings
14. Robert Quinn, DE, St. Louis Rams
19. Prince Amukamara, CB, New York Giants
23. Danny Watkins, OG, Philadelphia Eagles
24. Cameron Jordan, DE, New Orleans Saints
27. Jimmy Smith, CB, Baltimore Ravens
31. Cameron Heyward, DE, Pittsburgh Steelers

2010 FIRST ROUND PICKS:

1. Sam Bradford, QB, St. Louis Rams
3. Gerald McCoy, DT, Tampa Bay Buccaneers
10. Tyson Alualu, DT, Jacksonville Jaguars
16. Derrick Morgan, DE, Tennessee Titans
21. Jermaine Gresham, TE, Cincinnati Bengals
22. Demaryius Thomas, WR, Denver Broncos
23. Bryan Bulaga, OT, Green Bay Packers
31. Jerry Hughes, DE, Indianapolis Colts

2009 FIRST ROUND PICKS:

1. Matthew Stafford, QB, Detroit Lions
2. Jason Smith, OL, St. Louis Rams
4. Aaron Curry, LB, Seattle Seahawks
7. Darrius Heyward-Bey, WR, Oakland Raiders
13. Brian Orakpo, DE, Washington Redskins
16. Larry English, DE, San Diego Chargers
17. Josh Freeman, QB, Tampa Bay Buccaneers
25. Vontae Davis, CB, Miami Dolphins
30. Kenny Britt, WR, Tennessee Titans

2008 FIRST ROUND PICKS:

1. Jake Long, OL, Miami Dolphins
3. Matt Ryan, QB, Atlanta Falcons
6. Vernon Gholston, LB, NY Jets
8. Derrick Harvey, DE, Jacksonville Jaguars
12. Ryan Clady, OL, Denver Broncos
13. Jonathan Stewart, RB, Carolina Panthers
20. Aqib Talib, CB, Tampa Bay Buccaneers
28. Lawrence Jackson, DE, Seattle Seahawks

2007 FIRST ROUND PICKS:

1. JaMarcus Russell, QB, Oakland Raiders
5. Levi Brown, OT, Arizona Cardinals
7. Adrian Peterson, RB, Minnesota Vikings
11. Patrick Willis, LB, San Francisco 49ers
12. Marshawn Lynch, RB, Buffalo Bills
18. Leon Hall, DB, Cincinnati Bengals
19. Michael Griffin, S, Tennessee Titans
20. Aaron Ross, CB, New York Giants
22. Brady Quinn, QB, Cleveland Browns
23. Dwayne Bowe, WR, Kansas City Chiefs
27. Robert Meachem, WR, New Orleans Saints

2006 FIRST ROUND PICKS:

1. Mario Williams, DE, Houston Texans
6. Vernon Davis, TE, San Francisco 49ers
7. Michael Huff, DB, Oakland Raiders
9. Ernie Sims, LB, Detroit Lions
15. Tye Hill, DB, St. Louis Rams
21. Laurence Maroney, RB, New England Patriots
23. Davin Joseph, OL, Tampa Bay Buccaneers
28. Mercedes Lewis, TE, Jacksonville Jaguars



**Blaine Gabbert –
2011 Combine**
40-Yard Dash: 4.62s
Vertical Jump: 33.5"
Broad Jump: 10'
3-Cone Drill: 6.84s
20-Yard Shuttle: 4.26s

"While working out at Athletes' Performance with the coaches, I have been trained and prepared like a professional. I recommend Athletes' Performance 100% to anyone and everyone who feels the need to perform at an extremely high level."

– Blaine Gabbert, QB, Jacksonville Jaguars, 2011 #10 overall pick

TOP RBs DRAFTED

ADRIAN PETERSON
 ARIAN FOSTER
 CADILLAC WILLIAMS
 DeMARCO MURRAY
 DELONE CARTER
 GLEN COFFEE
 JACOB HESTER
 JONATHAN STEWART
 LAURENCE MARONEY
 MARSHAWN LYNCH
 RONNIE BROWN
 ROY HELU, JR.
 STEVE SLATON
 TAIWAN JONES

ADRIAN PETERSON

2007 COMBINE WORKOUT
 40-YARD DASH: 4.40s #1 RB
 VERTICAL JUMP: 38.5" #1 RB
 BROAD JUMP: 10' 7" #1 RB
 3-CONE DRILL: 7.09s
 20-YARD SHUTTLE: 4.40s
 BENCH PRESS: 20 reps

TOP WRs DRAFTED

A.J. GREEN
 DARRIUS HEYWARD-BEY
 DeSEAN JACKSON
 DEMARIUS THOMAS
 DWAYNE BOWE
 EDDIE ROYAL
 ERIC DECKER
 GOLDEN TATE
 GREG LITTLE
 KENNY BRITT
 JULIO JONES
 MIKE WILLIAMS
 RANDALL COBB
 ROBERT MEACHEM
 SIDNEY RICE

JULIO JONES

2011 COMBINE WORKOUT
 40-YARD DASH: 4.39s
 VERTICAL JUMP: 38.5"
 BROAD JUMP: 11' 3"
 3-CONE DRILL: 6.66s
 20-YARD SHUTTLE: 4.25s
 60-YARD SHUTTLE: 11.07s



SPEED TRAINING

Athletes' Performance specialists focus on developing the proper technique to maximize linear and multidirectional speed, helping you find that extra gear for the 40-yard dash, 3-cone drill, and 20-yard shuttle.

From developing strength and power in the weight room to fine-tuning every part of your running technique, our specialists will use the latest video capture technology that will help you identify all the ways to run faster, move quicker, and pick up those extra tenths and hundredths of a second at the Combine and Pro Day.

"Working with the Athletes' Performance team and getting my speed down has really helped me. They show a lot of technique, taking your ability and then applying technique to it. I feel much faster and the different techniques have really improved my speed a lot."

— A.J. Green, WR, 2011 #4 overall pick, Cincinnati Bengals

TOP 40-YARD TIMES BY POSITION

Player	Pos.	Time
Darrius Heyward-Bey	WR	4.30s
Tye Hill & Darrent Williams	DB	4.30s
Taiwan Jones	RB	4.33s
Vernon Davis	TE	4.38s
Ernie Sims & Jon Alston	LB	4.50s
Blaine Gabbert	QB	4.62s
Isaac Hilton & Will Smith	DL	4.59s
Richie Incognito	OL	4.90s

TOP 3-CONE TIMES BY POSITION

Player	Pos.	Time
Tiquan Underwood	WR	6.62s
DeAngelo Hall	DB	6.39s
Roy Helu, Jr.	RB	6.67s
Jordan Cameron	TE	6.82s
Mike Mohamed	LB	6.70s
Blaine Gabbert	QB	6.84s
J.J. Watt & Chris Carter	DL	6.88s
Max Unger	OL	7.39s

"I didn't know running was so complicated. Learning from the coaches here, the more technique I've learned, the faster I've seen I can be."

— Prince Amukamara, DB, 2011 #19 overall pick, New York Giants



Robert Quinn
 2011 #14 overall pick at AP-Florida.



A.J. Green
 2011 #4 overall pick at AP-Arizona.



Each day athletes compete against the best.

POWER TRAINING

Strength and power. Both are essential components to succeeding both on the field and at the Combine, and at Athletes' Performance our specialists know the specific training needed to maximize each player's overall strength and explosive power capabilities.

Focusing on both upper-body and lower-body strength and power development, our specialists use proven training protocols that produce both tangible results as well as a mental edge for our athletes. When the time comes to compete at the Combine or Pro Day, our athletes go in knowing that they're prepared for success.

"This is a phenomenal training facility and staff. Everyone here knows what they're doing, they are world-class trainers, and the people on board have gotten me so much better. More durable, more flexible...everyone's numbers have improved since being here."

— Brian Orakpo, DE, Washington Redskins, 2009 NFL first-round pick

TOP BENCH PRESS REPS BY POSITION

Player	Pos.	Reps
Greg Little	WR	27
Tyrell Johnson	DB	27
Allen Bradford	RB	28
Vernon Davis	TE	33
Brooks Reed & Jon Alston	LB	30
Brady Quinn	QB	24
Isaac Sopoaga & Terrance Taylor	DL	42
Justin Blalock & Manny Ramirez	OL	40

TOP VERTICAL JUMP BY POSITION

Player	Pos.	Height
Nate Burleson	WR	42.5"
Rocky McIntosh	DB	41.5"
Taiwan Jones	RB	39.5"
Vernon Davis	TE	42"
Raonall Smith	LB	42"
Christian Ponder	QB	34"
Mario Williams	DL	40.5"
Khalif Barnes & Jake Grove	OL	35"



J.J. Watt
2011 #11 overall pick
at AP-Arizona.



Ryan Mallett
working on lower-body
strength at AP-Texas.



Da'Quan Bowers
working on power development
at AP-Los Angeles.

TOP DLs DRAFTED

ALDON SMITH
BRIAN ORAKPO
CAMERON HEYWARD
CAMERON JORDAN
DA'QUAN BOWERS
DERRICK MORGAN
GERALD MCCOY
JARVIS JENKINS
JERRY HUGHES
J.J. WATT
MARCELL DAREUS
MARIO WILLIAMS
RAY EDWARDS
ROBERT QUINN
TERRENCE CODY
TYSON ALUALU

J.J. WATT

2011 COMBINE

BENCH PRESS: 25 reps
40-YARD DASH: 4.56s
VERTICAL JUMP: 37"
BROAD JUMP: 10' 4"
3-CONE DRILL: 7.15s

TOP LBs DRAFTED

AARON CURRY
AKEEM AYERS
BROOKS REED
BRUCE CARTER
ERNIE SIMS
JASON WORILDS
JERMAINE CUNNINGHAM
KELVIN SHEPPARD
KOA MISI
LAMARR WOODLEY
LARRY ENGLISH
MASON FOSTER
PATRICK WILLIS
PAUL POSLUZNY
REY MAUALUGA

AARON CURRY

2007 COMBINE

BENCH PRESS: 25 reps
40-YARD DASH: 4.56 #1 LB
VERTICAL JUMP: 37" #1 LB
BROAD JUMP: 10' 4" #1 LB
3-CONE DRILL: 7.15s

Athletes
PERFORMANCE

TOP TEs DRAFTED

ALEX SMITH
CHASE COFFMAN
FRED DAVIS
JASON WITTEN
JERMAINE GRESHAM
JORDAN CAMERON
LEONARD POPE
MARCEDES LEWIS
VERNON DAVIS

VERNON DAVIS 2006 COMBINE

BENCH PRESS: 33 reps
40-YARD DASH: 4.38s #1 TE
VERTICAL JUMP: 42" #1 TE
BROAD JUMP: 10' 8" #1 TE
3-CONE DRILL: 7.00s

TOP OLs DRAFTED

BRYAN BULAGA
CHARLES BROWN
DANNY WATKINS
DAVIN JOSEPH
EBEN BRITTON
JAKE LONG
JAMMAL BROWN
JASON SMITH
JORDAN GROSS
PHIL LOADHOLT
RYAN CLADY
STEFEN WISNIEWSKI
MAX UNGER
TYRON SMITH
WILLIAM BEATTY

JAKE LONG

2008 COMBINE

BENCH PRESS: 37 reps #1 OL
40-YARD DASH: 5.22s
VERTICAL JUMP: 27.5"
BROAD JUMP: 8'6"
3-CONE DRILL: 7.44s



NUTRITION SUPPORT

Creating the NFL body. As players transition out of college to the bigger, faster play of the NFL, body composition plays a major role in determining what positions athletes will play. Whether needing to add muscle and weight, or decrease body fat while maintaining strength and muscle, our integrated nutrition service fuels performance through a scientifically formulated personalized nutrition plan.

From pre-workout supplements, post-training protein shakes, and on-site meal options, our nutrition team works together with the athlete, trainers and agents to ensure that all programming is based around reaching the ideal weight for the athlete.

“When I came to Athletes’ Performance I weighed only 178lbs after never really having a weight lifting or nutritional program in college. The integrated rehabilitation, nutrition, and training programs at Athletes’ Performance changed my body completely. I weighed in at 203lbs at my Pro Day and was still clocked as fast as 4.22s.”

– Taiwan Jones, RB, Oakland Raiders, 2011 NFL fourth-round pick

RECENT BODY COMPOSITION CHANGES

Combine Athlete	Initial Weight	Gain/Loss	Ending Weight
Running Back	195lbs	Gained 13lbs lean muscle, 15lbs total	210lbs
Defensive Tackle	337lbs	Lost 22lbs & 5.07% body fat	315lbs
Offensive Lineman	320lbs	Lost 11lbs & 4.07% body fat	309lbs
Linebacker	232lbs	Gained 17.6lbs lean muscle	250lbs

TOP BROAD JUMP BY POSITION

Player	Pos.	Distance
Julio Jones	WR	11' 3"
Chris Cook	DB	11'
Jonathan Stewart	RB	10' 8"
Vernon Davis	TE	10' 8"
Jon Alston	LB	11'
Blaine Gabbert	QB	10'
Vernon Gholston	DL	10' 5"
Antoine Caldwell	OL	9' 3"



Breakfast, lunch, and dinner are available, providing a complete nutrition solution.



Nutrition support continues at the Combine to ensure proper fueling.



Customized protein shakes are provided after each training session.

PHYSICAL THERAPY

Rehabilitating old injuries, preventing new ones. As players finish up their college careers, there will be injuries both small and large that they will finally have the time to properly recover from without needing to get ready for the next upcoming game. Our staff of rehabilitation experts, including physical therapists, athletic trainers, massage therapists, chiropractors, as well as access to top medical doctors, ensures that every athlete's rehabilitation plan is carefully planned out and created in conjunction with our performance and nutrition staff.

From nagging aches and pains, to post-surgical rehabilitation plans, our team has proven to have athletes ready to perform at their best when they need to most.

"My experience at Athletes' Performance has been wonderful. I don't believe that there is another facility in the country that could have integrated my rehab and workout programs the way they have done here in Pensacola. I believe this is definitely one of the best training facilities in the country and would recommend it to anyone who is looking to improve themselves."

*— Sam Bradford, QB, St. Louis Rams,
2010 #1 overall pick and 2010 NFL
Offensive Rookie of the Year*

"Not only did Athletes' Performance help me become a more functionally balanced athlete while preparing me for the NFL pre-draft process, but they also worked with all of us to help us become better football players."

— LaMarr Woodley, LB, Pittsburgh Steelers, 2010 second-round pick



Athletes' Performance is a proud partner with the Andrews Institute, home to world-renowned sports orthopaedic surgeon Dr. James Andrews. This partnership allows us to bring a team of doctors from the Andrews Institute to do pre-Combine medical screens of our athletes at each facility to uncover any potential medical red flags, while also having access to Dr. Andrews and his team of specialists for any surgical or medical needs that arise.



One-on-one attention is given to a player's specific needs and goals.



Our experts are educated in many rehab protocols to best serve our athletes.



Massage specialists help athletes recover properly and avoid injury.

TOP QBs DRAFTED

BLAINE GABBERT
BRAD SMITH
BRADY QUINN
CHRISTIAN PONDER
JOSH FREEMAN
MATT RYAN
MATTHEW STAFFORD
RYAN MALLETT
SAM BRADFORD

BLAINE GABBERT 2011 COMBINE

40-YARD DASH: 4.62s
VERTICAL JUMP: 33.5"
BROAD JUMP: 10'
3-CONE DRILL: 6.84s
20-YARD SHUTTLE: 4.09s #1 QB

TOP DBs DRAFTED

AARON ROSS
AARON WILLIAMS
ALTERRAUN VERNER
AQIB TALIB
CARLOS ROGERS
CHRIS COOK
CURTIS MARSH
DASHON GOLDSON
DeANGELO HALL
DAVON HOUSE
ERIC WRIGHT
JIMMY SMITH
LEON HALL
MARLIN JACKSON
MICHAEL GRIFFIN
MICHAEL HUFF
NATE ALLEN
PATRICK CHUNG
PRINCE AMUKAMARA
TERRELL THOMAS
TERRENCE WHEATLEY
TYRELL JOHNSON
VONTAE DAVIS

PRINCE AMUKAMARA 2011 COMBINE

40-YARD DASH: 4.43s
VERTICAL JUMP: 38"
BROAD JUMP: 10'8"
20-YARD SHUTTLE: 4.08s

Athletes
PERFORMANCE

**2011 DRAFT
RECORD 14
FIRST ROUNDERS**

**RECORD 54
TOTAL ATHLETES
DRAFTED**

**ATHLETES'
PERFORMANCE
DRAFT HISTORY**

**350
TOTAL PLAYERS
DRAFTED**

**75
FIRST ROUND
SELECTIONS**

**5
#1 OVERALL PICKS**

**193
ATHLETES
DRAFTED ROUNDS
1 - 3**



POSITION-SPECIFIC TRAINING

Prepare for the Combine, prepare for the season. While the short-term goal during training is to ensure your best performance at the Combine, our long-term goal is to help set our athletes up for long-term success in the NFL. Working with former NFL players, athletes are exposed to position-specific training to help them excel in their Combine drills while learning valuable tips for success in the NFL. By working with both Athletes' Performance specialists for strength, power, and movement efficiency, and with skills coaches, athletes receive the best in preparation for Indianapolis and their first training camps.

"There is no better place to train for the NFL Combine than Athletes' Performance. You are around the best of the best in terms of draft prospects, the services they provide, and the staff they have on board. It is the most comprehensive pre-draft training program around."

- Leon Hall, DB, Cincinnati Bengals, 2007 NFL first-round pick

COMBINE DRILL PREP

Athletes' Performance specialists focus on preparing athletes for the specific drills they'll be tested on at the Combine and Pro Day.

Using proven training techniques and the latest technology, athletes will be shown how to best execute each drill for maximum performance and results.



Julio Jones working on his route running with 1st round QBs and DBs.

POSITION WORK

Athletes' Performance brings in past NFL players and coaches to best prepare athletes for the skills and tactics needed to excel at the NFL level.

Working with coaches and fellow top collegiate players, athletes will have an advantage for position drills at the Combine and Pro Day and in their first NFL camp.



Cameron Heyward working on drills similar to the Combine and NFL practices.



Christian Ponder working on his throwing tree with WRs and DBs.

TESTIMONIALS

“Definitely I would recommend it. It was a great experience, I was well coached, and you can sharpen up some things you can easily overlook. You get the work done and you’ll come out with improvement and sharper then when you came in.”

– Adrian Peterson, RB, Minnesota Vikings, 2007 NFL first-round pick

“You can’t get this type of atmosphere anywhere else. You can come in as a top notch athlete but you can always get better. Athletes’ Performance will find those things to critique to make you faster and stronger.”

– Mario Williams, DE, Houston Texans, 2006 NFL Draft #1 overall pick

“Athletes’ Performance is the best place in America to train before the combine. I reached all of my goals and, more importantly, had a great time doing it.”

– Matthew Stafford, QB, Detroit Lions, 2009 NFL #1 overall pick

“I enjoyed my time at Athletes’ Performance. I’ve never experienced personal gains in strength and speed in such a short time period. They more than fully prepared me for the Combine and my NFL career.”

- Christian Ponder, QB, Minnesota Vikings, 2011 NFL first-round pick

“Athletes’ Performance is the premier training institute in the United States for athletes who are trying to succeed at the highest level. The Combine training program at Athletes’ Performance is second to none.”

- J.J. Watt, DE, Houston Texans, 2011 NFL first-round pick

“When I first saw the DVD before I came here, the first thing I thought was, ‘OK that might not be as true as it seems.’ But I was completely wrong, it’s better than what the DVD says, and they do even more than what it says. If you need extra work, they’ll spend time on it. If you have an injury, they’ll spend extra time on it – and they absolutely love what they do. They just want you to get better.”

- Austin Collie, WR, Indianapolis Colts, 2009 NFL fourth-round pick

“It’s amazing that we have all these elite players here, we’re all battling for the same draft spots, but we’re just pushing each other to be the best. We’ve formed a brotherhood here, we’re going to go out there as a family, and we’ll be supporting each other like a family. When we get to Indy, we’re going to stand out as a group. They’re going to see who’s been training together and who’s willing to push the next man to the fullest.”

- Aaron Curry, LB, Seattle Seahawks, 2009 NFL first-round pick

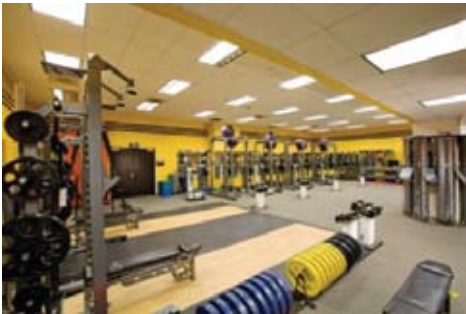


ATHLETES' PERFORMANCE LOCATIONS

PHOENIX, AZ



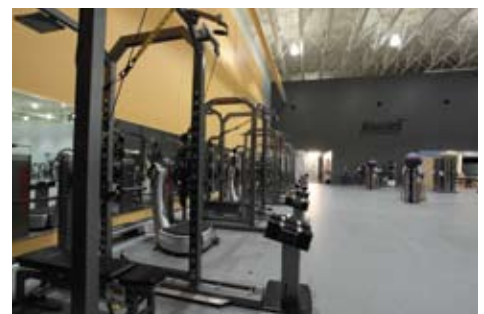
LOS ANGELES, CA, AT THE HOME DEPOT CENTER



GULF BREEZE, FL, AT THE ANDREWS INSTITUTE



FRISCO, TX, AT FIELDHOUSE USA







Athletes[®] **PERFORMANCE**

Space in the Athletes' Performance NFL Combine/Pro Day Preparation Program is limited to ensure personalized attention for each athlete. Each year, hundreds of players prepare for the Combine and their Pro Day for a chance to hear their name called at the NFL Draft. Of these, only a handful will have had the opportunity to prepare for the biggest tests of their lives at Athletes' Performance.

Athletes' Performance works exclusively with a select group of NFL agents who have reserved spots in the program for the next generation of NFL stars.

TRAIN FOR THE COMBINE. TRAIN FOR RESULTS. TRAIN FOR YOUR FUTURE.

For more information on the Combine/Pro Day Preparation Program and a list of agents that have reserved spots, contact us today and reserve your spot to achieve your best performance when it matters most!

214.618.3246 | FOOTBALL@ATHLETESPERFORMANCE.COM

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EVERY DAY IS GAME DAY.

PREPARE FOR IT.

FUEL FOR IT.

TRAIN FOR IT.

REST FOR IT.