1. JADEVEON CLOWNEY, DE
   HOUSTON TEXANS

2. GREG ROBINSON, OT
   ST. LOUIS RAMS

3. BLAKE BORTLES, QB
   JACKSONVILLE JAGUARS
EVERY DAY IS GAME DAY

2014 NFL DRAFT RESULTS

- **33%** FIRST ROUND (ELEVEN PLAYERS)
- **33%** OF THE TOP 100 DRAFTED PLAYERS
- **25%** OF THE ENTIRE NFL DRAFT

Players Selected at the Top of the Draft

- JADEVEON CLOWNEY
- GREG ROBINSON
- BLAKE BORTLES
- ERIC EBRON
- AARON DONALD
- ODELL BECKHAM, JR.

Players Picked Number 1 at Their Position

- JA’WUAN JAMES
- BRANDIN COOKS
- JASON VERRETT
- MARCUS SMITH
- JIMMIE WARD

Total First Round Picks

- SIXTY FOUR

Enough Drafted EXOS Players to Fill an Entire 53-Man NFL Game Day Roster

Exos Draft History

- **523** PLAYERS DRAFTED
- **283** PLAYERS DRAFTED BETWEEN ROUNDS 1-3
- **105** PLAYERS DRAFTED IN THE 1ST ROUND
- **7** NUMBER 1 OVERALL PICKS

EVERY DAY IS GAME DAY
Each year, dedicated athletes looking to make the jump to the NFL choose EXOS (formerly Athletes’ Performance). Their goal: Prepare for the biggest job interview of their life, the NFL Combine, and their first year as an NFL rookie.

Using EXOS’ integrated training system, athletes push themselves daily to reach new peaks in performance. This hard work pays off, starting with the draft and heading into the NFL season. Our athletes are consistently selected in the early rounds, with many picked higher than originally expected, and often win accolades, including Rookie of the Year awards, during their first year in the league.

We’re honored to have supported the success of these athletes as they trained and prepared for the NFL Combine “The EXOS Way.” Now it’s your turn. Just as we have for our 523 drafted athletes, including seven #1 overall picks, our integrated team of specialists is ready to support your goals and needs throughout your NFL draft journey. We look forward to you joining the EXOS family.

Mark Verstegen
Founder and President
Director of Performance, NFLPA
THE EXOS WAY

INDIVIDUALIZED TRAINING
EXOS training is all about you. Using the results of your initial performance screenings, your individual training and nutrition strategies are hand-crafted by our team to ensure you’re maximizing your results at the Combine. Training sessions are tailored to strengthen weakness and instability, while building overall strength, power, and movement abilities.

A TEAM MENTALITY
In the same way that coaches and staff support an NFL team’s success, EXOS’ team of experts are dedicated to working together to develop a personalized plan to help you reach your goals. Our coaches, physical therapists, nutritionists, mindset specialists, massage therapists, chiropractors, and position coaches are in constant communication to ensure your plan is driving your success.

SYSTEMS FOR SUCCESS
EXOS’ training systems are guided by our four pillars of Mindset, Nutrition, Movement, and Recovery. These systems, which continually evolve based on the most innovative and cutting-edge training techniques, will be the foundation for your success. You’ll train with confidence, knowing that you’ll have the tools to achieve your greatest results at the Combine.

“When you look at the history of athletes that came here to prepare for the NFL Combine and the success they had, it was an easy decision to train here and be a part of it. EXOS gave me a great plan to work off of, including training, recovery, nutrition, and even Wonderlic prep. I tried to put 100 percent effort into it each day, and I learned a lot.”

Andrew Luck, QB, Indianapolis Colts, 2012 #1 overall pick

ANDREW LUCK 2012 COMBINE WORKOUT

| 40 YARD DASH | 4.67 SECONDS |
| BROAD JUMP | 10'4" #1 QB |
| VERTICAL JUMP | 36.0" |
| 3-CONE DRILL | 5.80 SECONDS |
| 20 YARD SHUTTLE | 4.28 SECONDS |
JADEVEON CLOWNEY

wowed the NFL world at the 2014 NFL Combine with a 4.53s 40-yard dash, the fastest for a defensive lineman, on his way to being the #1 overall pick.
EVERY DAY IS GAME DAY

**SPEED TRAINING**

EXOS coaches 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 shuffle. From developing strength and power in the weight room to fine-tuning your running technique, our coaches use the latest video capture technology to identify ways to help you run faster, move quicker, and drop those extra tenths and hundredths at the Combine and your Pro Day.

“Working with the EXOS 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 – 4.50s 40-yard dash at 2011 Combine

“What brought me to EXOS was the speed drills and the way they teach. It’s getting you ready for primetime.”

Brandin Cooks, WR, New Orleans Saints, 2014 #20 overall pick, won $100,000 from adidas for fastest 40-yard dash (4.33s) at Combine in adidas cleats, tied 20-yard shuttle Combine record (3.81s)
Our coaches understand the importance of strength and power at the Combine, on your Pro Day, and on the playing field. Using leading strength and power training products, coaches work with you to achieve maximum results. When the time comes for you to perform the bench press, broad jump, and vertical jump, you’ll be ready.

“I did a lot of research and looking at prior players and the performances they had at the Combine, seeing the training in the video - I just wanted to come here and train with the best. I came in and got faster, got stronger, and was confident heading to the Combine.”

Aaron Donald, DT, St. Louis Rams, 2014 #13 overall pick

“Aaron Donald 2014 Combine
40-yard dash: 4.68s #1 DT
Bench press: 35 reps #1 DT
3-cone drill: 7.11s #1 DT
20-yard shuttle: 4.39s

Dontari Poe, DE, Kansas City Chiefs, 2012 #11 overall pick, 2012 Combine Strongest Man, 44 bench press reps

“This is the only place I would recommend. It’s a great environment, workouts are second to none, and they stay consistent. Not a day goes by that they let you slide on your work ethic. They make sure you’re progressing every day. You’re doing something to progress mentally, physically, or with nutrition every day.”

Dontari Poe, DE, Kansas City Chiefs, 2012 #11 overall pick, 2012 Combine Strongest Man, 44 bench press reps

TOP D-LINEMEN DRAFTED
Jadeveon Clowney
Marcell Dareus
Aaron Donald
Cameron Heyward
Chandler Jones
Cameron Jordan
Gerald McCoy
Whitney Mercilus
Barkevious Mingo
Brian Orakpo
Nick Perry
Dontari Poe
Robert Quinn
Aldon Smith
J.J. Watt
Mario Williams
Sylvester Williams
Marcus Smith

AARON DONALD 2014 COMBINE
40-yard dash: 4.68s #1 DT
Bench press: 35 reps #1 DT
3-cone drill: 7.11s #1 DT
20-yard shuttle: 4.39s

TOP LB’S DRAFTED
Arthur Brown
Bruce Carter
Jamie Collins
Jermaine Cunningham
Aaron Curry
Mason Foster
Don’t’a Hightower
Mychal Kendricks
Rey Maualuga
Alec Ogletree
Brooks Reed
Courtney Upshaw
Patrick Willis
LaMarr Woodley

JAMIE COLLINS 2013 COMBINE
40-yard dash: 4.64s
Vertical jump: 41.5” #1 LB
3-cone drill: 7.10s
Broad jump: 11’7” #1 All Time
20-yard shuttle: 4.32s
JAMIE COLLINS broke the all-time Combine record in the broad jump with a leap of 11’7” in 2013.

RUSSELL BODINE put up 42 bench press reps at the 2014 Combine, finishing #1 overall.
At EXOS, we’ll provide you with the support you need to shine at the Combine and well into your NFL career. You’ll work with former NFL players and coaches to excel in position-specific Combine drills, and build on your strength, power, and movement efficiency in preparation for Indianapolis and your first training camp.

COMBINE POSITION-SPECIFIC DRILL TRAINING

“EXOS is a competitive advantage. It focuses on physical and mental preparation, as well as proper nutrition. If you come here, you have a chance to train with the best and be coached by the best. It’s up to you to decide if you want to be the best. If you’re a top athlete, this is the place to be.”

Robert Griffin III, QB, Washington Redskins, 2012 #2 overall pick and NFL Offensive Rookie of the Year.

ROBERT GRIFFIN III

RANDALL COBB
2011 2nd round pick

GIOVANI BERNARD
2013 2nd round pick

Randall Cobb
2011 2nd round pick

Giovani Bernard
2013 2nd round pick

FILM REVIEW & CHALK TALK

GAME & PRACTICE
SESSION REVIEW

PLAYERS WORK WITH FORMER
NFL COACHES & PLAYERS

DON'TA HIGHTOWER
2012 1st round pick
EVERY DAY IS GAME DAY

PHYSICAL THERAPY

As your collegiate career comes to an end, there will be injuries – small and large – that you’ll finally have the time to properly rehab. Our team of rehabilitation experts will carefully plan your recovery in collaboration with our coaching and nutrition staff. They’ll also ensure that you’re mentally prepared for the Combine medical evaluations, considered one of the most important parts of Combine, and for how to best answer questions about your injury history.

Recovery services include:
- Injury evaluation and full Combine orthopedic evaluation
- Post-season injury rehabilitation
- Post-surgical rehabilitation
- Massage therapy
- Chiropractic services
- Hot and cold tubs
- Access to top sports orthopedic doctors

“They know how to get you back, get you back faster, and get you back healthy, and I’m appreciative of what they’ve done to get me to this point. EXOS has really taken it to another level. I feel awesome, better than I did before I got hurt.”

Aaron Murray, QB, Kansas City Chiefs, 2014 fifth-round pick

“After my injury, I knew where I needed to go. My main goal was to get my knee right, and I feel like I’m better and stronger today because of my training at EXOS, my nutrition, and my faith.”

Marcus Lattimore, RB, San Francisco 49ers, 2013 fourth-round pick

EXOS MEDICAL PARTNERS
Leveraging these relationships, you’ll have access to proactive screenings and reactive medical services to address any medical red flags prior to the Combine.
Whether you want to add muscle and weight or decrease body fat while maintaining strength and muscle, EXOS’ nutrition team will create a science-based nutrition plan just for you. The nutrition team provides pre-workout supplementation, post-training protein shakes, and on-site meal options, while working with you to ensure that all programming is based around you reaching your ideal weight and passing the eyeball test for coaches and scouts.

“I picked up 15 extra pounds since my last playing game, while cutting my body fat, and got faster and a better burst of speed. It’s tremendous. You can’t ask for a better program or a better system to get you ready to perform at your best at the biggest interview you can have.”

Barkevious Mingo, DE, Cleveland Browns, 2013 #6 overall pick

NUTRITION SUPPORT

<table>
<thead>
<tr>
<th>COMBINE ATHLETE</th>
<th>INITIAL WEIGHT</th>
<th>GAIN/LOSS</th>
<th>ENDING WEIGHT</th>
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<tbody>
<tr>
<td>RUNNING BACK</td>
<td>180lbs</td>
<td>GAINED 17lbs LEAN MUSCLE, 20lbs TOTAL</td>
<td>200lbs</td>
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<tr>
<td>DEFENSIVE TACKLE</td>
<td>337lbs</td>
<td>LOST 22lbs AND 5.07% BODY FAT</td>
<td>315lbs</td>
</tr>
<tr>
<td>OFFENSIVE LINEMAN</td>
<td>320lbs</td>
<td>LOST 11lbs AND 4.07% BODY FAT</td>
<td>309lbs</td>
</tr>
<tr>
<td>LINEBACKER</td>
<td>232lbs</td>
<td>GAINED 17.6lbs LEAN MUSCLE</td>
<td>250lbs</td>
</tr>
</tbody>
</table>

BARKEVIOUS MINGO

TOP TE$ DRAFTED
Dwayne Allen
Jace Amaro
Jordan Cameron
Vernon Davis
Eric Ebron
Jermaine Gresham
Marcedes Lewis
Austin Seferian-Jenkins
Jason Witten

VERNOR DAVIS 2006 COMBINE
Bench press: 33 reps
40-yard dash: 4.38s #1TE
Vertical jump: 42” #1 TE
3-cone drill: 7.00s

TOP O-LINEMEN DRAFTED
Terron Armstead
William Beatty
Charles Brown
Jammal Brown
Bryan Bulaga
Ryan Clady
Jonathan Cooper
David DeCastro
Ja’Wuan James
Davin Joseph
Matt Kalil
Phil Loadholt
Jake Long
Greg Robinson
Jason Smith
Tyron Smith
Xavier Su’a-Filo
Max Unger
Stefen Wisniewski
Kevin Zeitler

GREG ROBINSON 2014 COMBINE
40-yard dash: 4.92s
Broad jump: 9’5”
Bench press: 32 reps
Vertical jump: 28.5”
EVERY DAY IS GAME DAY

Our experts understand the critical success factors that allow for successful transitions into the exclusive NFL world and work with you to integrate proven strategies for success to allow you to perform your best. Led by Trevor Moawad, recognized as one of the top consultants in the performance mindset space, EXOS’ mindset training services have helped select NFL teams, Top 25 college programs, participants in the NFLPA Lifecycle program, and the elite military develop the proper mindset and approach.

As part of your Combine and Pro Day preparation, you’ll receive our mindset training manual and weekly education. Our team will also ensure that you’re committed to the right habits daily in advance of your showcase bowl game, the NFL Combine, your Pro Day, and individual workouts. The psychological growth and development during the Combine preparation sets the tone. We help you understand the following:

- **SPECIFIC DEMANDS** of the Senior Bowl, NFLPA Collegiate Bowl, and East-West Shrine Game, and how to optimize performance in these environments.
- **DAY-BY-DAY BREAKDOWN OF THE NFL COMBINE** so you know what to expect and how to execute when the moment demands it.
- **ATTENTION CONTROL AND CONCENTRATION** to show you how to manage the perceptions, opinions, outcomes, and pressures around you while focusing on the process that leads to success. Each day in Indianapolis has a history and life of its own. We’ll help you win each day.
- **REAL-LIFE EXPERIENCES OF PAST ATHLETES** are catalogued and many come back specifically to share unique insights about the process and how to perform and embrace the pressure. No performance training entity has produced more successful athletes in this space than EXOS, and we ensure that they return to help us continue to produce these results.

Whether it’s at the start of the 40-yard dash in Indianapolis or during the first snap of your NFL career, having the proper mindset is imperative to your long-term success on and off the field.
EVERY DAY IS GAME DAY

TOTAL COMBINE PREPARATION

From the minute you step in the door at EXOS, the staff is dedicated to helping you prepare for every aspect of the Combine – not just training. This attention to detail, personalized focus, and access to resources continues all the way to EXOS’ Combine Suite in Indianapolis.

WONDERLIC PREP
EXOS brings in sports psychologists to provide insight into the test and test-taking strategies to improve your score. Practice tests, taken throughout training, ensure you’re prepared.

EXOS COMBINE SUITE
EXOS brings an entire team to the Omni Hotel to provide a full training facility and nutrition suite to ensure you have access to all of the same resources you’re used to at your facility. Resources include:

Full Combine Staff
+ Your EXOS speed coach
+ Physical therapists
+ Massage therapists
+ Nutritionists
+ Sports psychologists
+ Athlete service coordinators

Full Combine Training Facility
+ 3-lane, 40-yard dash start track
+ Keiser rack and PowerBlock dumbbells
+ WOODWAY treadmills
+ Keiser bikes
+ Recovery equipment from SKLZ and NormaTec
+ Massage tables

Nutrition Suite
+ Full supplementation
+ Full hot and cold meals
+ Healthy snacks
+ Hydration stations

INTERVIEW TRAINING
You’ll work with media training expert and former ESPN analyst Allen Hopkins to prepare for all of the media and team interviews at the All-Star games and Combine.
Since 2001, EXOS has been the dominant training destination for NFL Combine and Pro Day preparation. Below are recent first-round picks who prepared with EXOS (bolded names are #1 picks).

Tyson Alualu, DT, Jacksonville Jaguars
Prince Amukamara, CB, New York Giants
Mark Barron, S, Tampa Bay Buccaneers
Odell Beckham, Jr., WR, New York Giants
Blake Bortles, QB, Jacksonville Jaguars
Dwayne Bowe, WR, Kansas City Chiefs
**Sam Bradford, QB, St. Louis Rams**
Kenny Britt, WR, Tennessee Titans
Levi Brown, OT, Arizona Cardinals
Bryan Bulaga, OT, Green Bay Packers
Ryan Clady, OT, Denver Broncos
**Jadeveon Clowney, DE, Houston Texans**
Brandin Cooks, WR, New Orleans Saints
Jonathan Cooper, OT, Arizona Cardinals
Aaron Curry, LB, Seattle Seahawks
Marcell Dareus, DT, Buffalo Bills
Vernon Davis, TE, San Francisco 49ers
Vontae Davis, CB, Miami Dolphins
David DeCastro, G, Pittsburgh Steelers
Aaron Donald, DT, St. Louis Rams
Eric Ebron, TE, Detroit Lions
Larry English, DE, San Diego Chargers
Josh Freeman, QB, Tampa Bay Buccaneers
Blaine Gabbert, QB, Jacksonville Jaguars
Vernon Gholston, LB, New York Jets
A.J. Green, WR, Cincinnati Bengals
Jermaine Gresham, TE, Cincinnati Bengals
Robert Griffin III, QB, Washington Redskins
Michael Griffin, S, Tennessee Titans
Leon Hall, DB, Cincinnati Bengals
Derrick Harvey, DE, Jacksonville Jaguars
Cameron Heyward, DE, Pittsburgh Steelers
Darrius Heyward-Bey, WR, Oakland Raiders
Don’ta Hightower, LB, New England Patriots
Tye Hill, DB, St. Louis Rams
Michael Huff, DB, Oakland Raiders
Jerry Hughes, DE, Indianapolis Colts
Lawrence Jackson, DE, Seattle Seahawks
Ja’Wuan James, OT, Miami Dolphins
Chandler Jones, DE, New England Patriots
Julio Jones, WR, Atlanta Falcons
Cameron Jordan, DE, New Orleans Saints
Davin Joseph, OL, Tampa Bay Buccaneers
Matt Kalil, OT, Minnesota Vikings
Marcedes Lewis, TE, Jacksonville Jaguars
**Jake Long, OT, Miami Dolphins**
Andrew Luck, QB, Indianapolis Colts
Marshawn Lynch, RB, Buffalo Bills
Laurence Maroney, RB, New England Patriots
Gerald McCoy, DT, Tampa Bay Buccaneers
Robert Meachem, WR, New Orleans Saints
Whitney Mercilus, DE, Houston Texans
Barkevious Mingo, DE, Cleveland Browns
Derrick Morgan, DE, Tennessee Titans
Alec Ogletree, LB, St. Louis Rams
Brian Orakpo, DE, Washington Redskins
Nick Perry, DE, Green Bay Packers
Adrian Peterson, RB, Minnesota Vikings
Donatri Poe, DT, Kansas City Chiefs
Christian Ponder, QB, Minnesota Vikings
Brady Quinn, QB, Cleveland Browns
Robert Quinn, DE, St. Louis Rams
Trent Richardson, RB, Cleveland Browns
Greg Robinson, OT, St. Louis Rams
Aaron Ross, CB, New York Giants
**JaMarcus Russell, QB, Oakland Raiders**
Matt Ryan, QB, Atlanta Falcons
Ernie Sims, LB, Detroit Lions
Aldon Smith, DE, San Francisco 49ers
Jason Smith, OT, St. Louis Rams
Jimmy Smith, CB, Baltimore Ravens
Marcus Smith, OLB, Philadelphia Eagles
Tyron Smith, OT, Dallas Cowboys
**Matthew Stafford, QB, Detroit Lions**
Jonathan Stewart, RB, Carolina Panthers
Aqib Talib, CB, Tampa Bay Buccaneers
Demaryius Thomas, WR, Denver Broncos
Desmond Trufant, DB, Atlanta Falcons
Jason Verrett, CB, San Diego Chargers
Jimmie Ward, S, San Francisco 49ers
Danny Watkins, G, Philadelphia Eagles
J.J. Watt, DE, Houston Texans
Brandon Weeden, QB, Cleveland Browns
**Mario Williams, DE, Houston Texans**
Sylvester Williams, DT, Denver Broncos
Patrick Willis, LB, San Francisco 49ers
Kendall Wright, WR, Tennessee Titans
**EXOS COMBINE RESULTS**

**2014 COMBINE**

3 All-Time Combine Records:
- Brandin Cooks (10.72s 60-yard shuttle, #1 overall)
- Aaron Donald (4.68s 40-yard dash, #1 DT)
- Daniel Sorensen (6.47s 3-cone drill, #1 Safety)

4 Best Overall Performances:
- Brandin Cooks (3.81s 20-yard shuttle, 10.72s 60-yard shuttle)
- Daniel Sorensen (6.47s 3-cone drill)
- Russell Bodine (42 reps bench press)

17 Top Position Group Performances
149 Total 10 Position Group Finishes

**EXOS COMBINE RECORDS**

<table>
<thead>
<tr>
<th><strong>40-YARD DASH</strong></th>
<th><strong>BROAD JUMP</strong></th>
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</thead>
<tbody>
<tr>
<td>QB Robert Griffin III</td>
<td>QB Andrew Luck</td>
</tr>
<tr>
<td>RB Adrian Peterson</td>
<td>10’4”</td>
</tr>
<tr>
<td>WR Darrius Heyward-Bey</td>
<td>RB Jerick McKinnon</td>
</tr>
<tr>
<td>TE Vernon Davis</td>
<td>11’</td>
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<tr>
<td>OL Terron Armstead <strong>(Combine Position Record)</strong></td>
<td>TE Michael Egnew</td>
</tr>
<tr>
<td>DE Jadeveon Clowney</td>
<td>10’11”</td>
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<tr>
<td>LB Mychal Kendricks</td>
<td>OL Greg Robinson</td>
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<tr>
<td>DB Tye Hill &amp; Darrent Williams</td>
<td>9’5”</td>
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<tr>
<td></td>
<td>DL Barkevious Mingo</td>
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<tr>
<td></td>
<td>10’8”</td>
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<tr>
<td></td>
<td>LB Jamie Collins <strong>(Overall Combine Record)</strong></td>
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<td></td>
<td>DB Josh Robinson</td>
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<tr>
<th><strong>BENCH PRESS</strong></th>
<th><strong>3-CONE DRILL</strong></th>
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<tbody>
<tr>
<td>QB Brady Quinn</td>
<td>QB Andrew Luck</td>
</tr>
<tr>
<td>RB Jerick McKinnon</td>
<td>6.80s</td>
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<tr>
<td>RB Roy Helu, Jr.</td>
<td>RB Bishop Sankey</td>
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<tr>
<td>WR Greg Little</td>
<td>6.67s</td>
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<td>TE Vernon Davis</td>
<td>WR Tiquan Underwood</td>
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<td>OL Russell Bodine</td>
<td>6.62s</td>
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<td>DL Dontari Poe</td>
<td>TE Jordan Cameron</td>
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<td>LB Cornelius Washington</td>
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<td>DB Tyrell Johnson</td>
<td>OL David DeCastro</td>
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<td>LB Mike Mohamed</td>
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<tr>
<td></td>
<td>6.70s</td>
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<td>Daniel Sorensen</td>
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<tr>
<th><strong>VERTICAL JUMP</strong></th>
<th><strong>20-YARD SHUTTLE</strong></th>
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<tr>
<td>QB Robert Griffin III</td>
<td>QB Christian Ponder</td>
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<tr>
<td>RB Jerick McKinnon</td>
<td>4.09s</td>
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<tr>
<td>WR Nate Burleson</td>
<td>RB Bishop Sankey</td>
</tr>
<tr>
<td>TE Vernon Davis</td>
<td>4.00s</td>
</tr>
<tr>
<td>OL Khalif Barnes &amp; Jake Grove</td>
<td>WR Brandin Cooks</td>
</tr>
<tr>
<td>DL Mario Williams</td>
<td>3.81s</td>
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<tr>
<td>LB Raonall Smith</td>
<td>TE Jordan Cameron</td>
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<tr>
<td>DB Rocky McIntosh</td>
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<td></td>
<td>LB Niko Koutouvides</td>
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<td></td>
<td>Desmond Trufant</td>
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</table>
WHAT THE PROS ARE SAYING ABOUT EXOS

“The attention to detail here is more than anywhere else, and that’s the reason why EXOS produces the athletes that it does for the NFL Combine.”
Blake Bortles, QB, Jacksonville, Jaguars, 2014 #3 overall pick

“I want to be the best, so I had to go see the best coaches to help me perform at my best, and that was EXOS.”
Odell Beckham, Jr., WR, New York Giants, 2014 #12 overall pick

“What I heard about EXOS before attending was that it was a great training facility, and it really lived up to that. They really catered to all my needs — nutrition, training, position work, the mental preparation. My nutrition program definitely helped me see gains physically and in my times and workouts for the Combine.”
Jonathan Cooper, OG, Arizona Cardinals, 2013 #7 overall pick

“EXOS 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 EXOS is second to none.”
J.J. Watt, DE, Houston Texans, 2011 #11 overall pick

“EXOS 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 #1 overall 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. EXOS will find those things to critique to make you faster and stronger.”
Mario Williams, DE, Houston Texans, 2006 #1 overall pick
EXOS API LOCATIONS

PHOENIX ARIZONA

LOS ANGELES CALIFORNIA | STUBHUB CENTER

SAN DIEGO CALIFORNIA | SKLZ HEADQUARTERS
PRO DAY TRAINING ALSO AVAILABLE AT THESE EXOS FACILITIES AT OUR PARTNER LOCATIONS.
ONLY THE STRONG WILL SURVIVE
EVERY DAY IS GAME DAY™

PREPARE FOR IT. FUEL FOR IT. TRAIN FOR IT. REST FOR IT.

Space in the EXOS NFL Combine and Pro Day Preparation program is limited to ensure you're getting the one-on-one attention you deserve. For more information and a list of agents with exclusive reserved spots in our program, contact us today. We're ready, waiting, and excited to help you achieve your best performance when it matters most!

312.618.3246 | football@TeamEXOS.com | @EXOSfootball

TeamEXOS.com  Arizona | California | Florida | Texas
TWENTY 15 NFL COMBINE & PRO DAY PERFORMANCE TRAINING CAMP

EVERY DAY IS GAME DAY

THREE TOP OVERALL PICKS
1. JADEVEON CLOWNEY DE | HOUSTON TEXANS
2. GREG ROBINSON OT | ST. LOUIS RAMS
3. BLAKE BORTLES QB | JACKSONVILLE JAGUARS

33% OF FIRST ROUND (11 PLAYERS)
33% ENOUGH DRAFTED PLAYERS TO FILL AN ENTIRE 53-MAN NFL GAME DAY ROSTER
33% OF THE TOP 100 DRAFTED PLAYERS
25% OF THE ENTIRE NFL DRAFT

EXOS 105 TOTAL FIRST ROUND PICKS
HISTORY 523 TOTAL DRAFT PICKS

PERCENTAGES
33% 1ST ROUND / 33% TOP 100 / 25% TOTAL DRAFT

SIXTY FOUR PLAYERS DRAFTED

PHYSICAL THERAPY • NUTRITION POSITION-SPECIFIC TOTAL COMBINE PREPARATION

EXOS
EVERY DAY IS GAME DAY

EVERY DAY IS GAME DAY