

NFL COMBINE PREP PROGRAM

We have seen tremendous gains from our Combine Prep athletes over the past several years. Our comprehensive training program encompasses every part of athletic performance enhancement. We have developed the best techniques in the industry assisting athletes with optimal test day results. What makes us unique is the skills development progression for speed, acceleration, deceleration, explosive power, strength and sports specific movements for all Combine Events. We make the fastest athletes faster and the strongest athletes stronger.

Combine Prep Program Average Increases

40	Short Shuttle	L-Drill	Vertical Jump	Broad Jump	225 Bench	Lean Body Mass
.3	.3	.5	+5"	+8"	8 reps	8 pounds

A raw Pre-Test is taken for every event that will be tested at the NFL Scouting Combine.

Sample Week1 and Week2

	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>	<i>SUN</i>
AM	Indoor Testing Partial TM and Video	Outdoor Testing (10, 20, 40, SS, L, LS)	Plyometrics, Explosive Drills	FX Speed / 40 Technique, Video Starts	Position Specific Combine Drills	Backpedal TM Workout	Recovery
PM	Bench 225 max Squat max	40 / L Starts (technique)	Shuttle Starts	Lower Body Strength	Bench#2	Massage	
	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>	<i>SUN</i>
AM	TM Workout Speed/ Acceleration	FX Agility, Shuttle / L Technique	Plyometrics/ Jump Train	FX Speed, 40 Technique	Position Drills or Technique	Backpedal TM Workout	Recovery
PM	Bench #1	DV Analysis	Backpedal TM/ Strength	DV Analysis	Bench #2	Massage	