



## APEC.

## NFL TRAINING SYSTEMS

**DRAFT PREP** 

**PRO DAY** 

**DRAFT DAY** 

**CAREER PREP** 

VETERAN OFFSEASON







#### DON'T BE 1 OF 60 AT A FACILITY- BE 1 OF 1

Personal training systems engineered specifically for you. At APEC we have trained NFL MVP's, Pro Bowlers and Super Bowl champions alike. Even so, a client list should never be more important to YOU than RESULTS. This is about YOU and no one is getting the kind of RESULTS for individuals that APEC does year in and year out.

#### BE THE BEST. YOU.





# OUR COMBINE/PRO DAY Co



"APEC MADE IT POSSIBLE."

- DUKE RILEY EAGLES LB

Fastest Linebacker at 2017 Combine

#### AVERAGE IMPROVEMENT

- 40 yard Dash: **-.30**
- Pro Agility: -.31
- 3-cone Drill: **-.59**
- Bench Press: **+10 reps**
- Vertical Jump: **+6 in.**
- Broad Jump: **+14.4 in.**
- Body Fat %: **-4%**

#### BIGGEST GAINS

- 40 yard Dash: **-.51**
- Pro Agility: -.72
- 3-cone Drill: **-1.2**
- Bench Press: **+17 reps**
- Vertical Jump: +11.5 in.
- Broad Jump: **+29 in.**
- Body Fat %: **-10%**



JAMAL DAVIS Edge

Up 19 lbs. lost 4% body fat. Up 17 lbs in lean mass.



TRANSFORMATION HAPPENS HERE APEC

## 100% OF APEC NFL COMBINE ATHLETES EARNED TOP PERFORMER BADGES!

\*FASTEST LB 40 TIMES
\*TOP SHUTTLE TIMES

\*TOP CENTER VERTICAL
(37 INCHES)

**EVER!** 

OF OUR ATHLETES HAD
TOP 5 PERFORMANCES
LAST 3 YEARS AT NFL
COMBINE

OF APEC ATHLETES
JUMP 36 INCH OR
HIGHER VERTICAL

ATHLETES JUMPED FURTHER THAN 11FT BROAD JUMP IN 2019

QUINTON BELL
Defensive End
248lbs
40 - 4.36
Vertical - 41.5
Broad - 11ft 4in

2019 COMBINE RESULTS

COMBINE ATHLETES

**19** TOP 15's

**13** TOP 10's

**10** TOP 5's

TOP 5's IN COMBINE HISTORY (Vert, Bench, 40)

5 TOP PERFORMERS Field Drills - 71%

3 ELITE Relative Athletic Score (95 percentile overall) - 42%

TOP APEC PERFORMANCES:

TOP OVERALL POSITION SCORES AT NFL COMBINE 2018



4.18

40 YARD DASH

41.5"

VERTICAL JUMP

11'4"

BROAD JUMP

36

BENCH REPS

4.08

PRO AGILITY

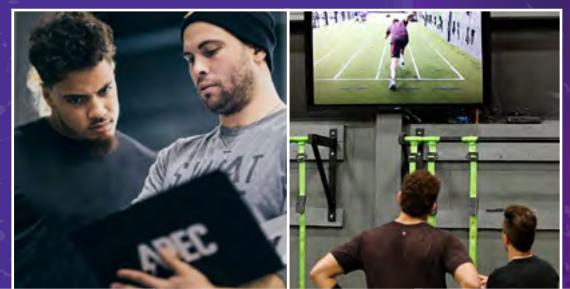
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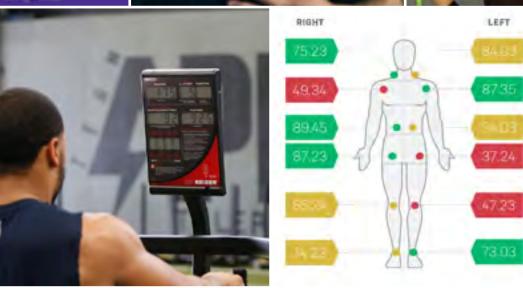
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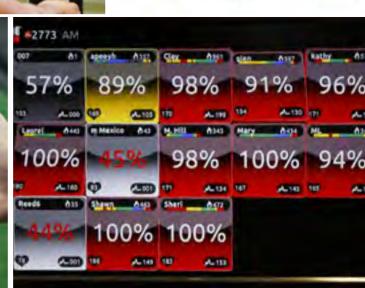
BE THE BEST. YOU



## CUTTING EDGE, RELEVANT, AND PERSONALIZED TECHNOLOGY











#### PERSONAL BRAND DEVELOPMENT

#### MINI DOCUMENTARY



#### TRAINING HIGHLIGHTS





### CUSTOM PHOTOGRAPHY



TELL YOUR STORY!

## APEC NFL TRAINING SYSTEM

- Full Pro Day / Combine Speed test prep & simulation 40 & Agilities
- Speed film analysis by 10x Olympic sprint coach Dan Pfaff
- Industry-Leading Mobility, Stability, & Flexibility Training
- Reactive & Game-like Speed & Agility Systems
- 8-Dimensional Plyometric Progressions
- Position-Specific Applied Strength Training
- 6-Tier Core Development

- Position-Specific Energy Systems Development
- Integrated Medical TEAM; Doctors, Physical Therapists, & Chiropractors
- Medical team movement screen Assessment, & personal therapy plan
- Wonderlic Test Training & Vision Training 8 point average increase
- Interaction with the Media & Professional Interview Training
- Goal Specific Nutrition Meals, Consultation & Supplementation advised by nutritionist, chef and dietician
- Personalized Skill Training & Combine/Pro Day Drill Preparation by the top skill coaches in the country
- Sport Stretch™ Sessions up to 2x a day
- Custom Deep Tissue Massage up to 2x week







#### **MEALS PREPARED by:**

Dallas Mavericks and Dallas Stars nutritional support team -HG supply/HERO

**NSF** certified supplementation

## NFL COMBINE SUPPORT SYSTEM





TRAINING SYSTEM THAT BRINGS:



- PERSONAL CHEF
- MEDICAL TEAM
- SPORT STRETCH MASSAGE
- COACHES



ALL TO SUPPORT OUR ATHLETES AT THE NFL COMBINE!



## DON'T BE 1 OF 60 or 150















# 5 STAR \*\*\*\*\* ACCOMODATIONS







## APEC. ACTIVE NFL PLAYERS

**QB:** Patrick Mahomes, Chiefs

RB: Xavier Turner, Seahawks; Bo Scarbarough, Lions

WR: Chris Godwin, Buccaneers; Dede Westbrook, Jags; Keke Coutee, Texans; Richie James, 49ers; Jakobi Meyers, Patriots; Trinity Benson, Broncos; Fred Brown, Broncos; Damion Ratley, Browns; Cam Batson, Titans; Greg Ward, Eagles; Dylan Cantrell, Chargers; Daurice Fountain, Colts; Jester Weah, Redskins

TE: OJ Howard, Buccaneers; Jace Sternburger, Packers

OL: Lane Johnson, Eagles; Dennis Daley, Panthers; Will Richardson, Jags; Evan Brown, Giants; Demetrius Knox, Seahawks; Marshall Newhouse, Patriots; Marcus Cannon, Patriots

**DL:** Tyus Bowser, Ravens; Solomon Thomas, 49ers; Poona Ford, Seahawks; Justin Lawler, Rams; Greg Roberts, Packers; Quinton Bell, Buccaneers; Jamal Davis, Titans; Chris Odom, Redskins; Adam Butler, Patriots;

**LB:** Travin Howard, Rams; Duke Riley, Eagles; Gary Johnson, Redskins; Jamal Davis, Texans; D'Andre Walker, Titans; Corey Thompson, Bills; Malik Jefferson, Chargers

**DB:** Kris Boyd, Vikings; Kam Kelly, Steelers; Jeremy Reaves, Redskins; Davontae Harris, Broncos; D'Montre Wade, Chiefs; Jonathan Owens, Texans; Deshon Elliott, Ravens

BE THE BEST. YOU.



"I chose APEC because they offered the results, love, and brotherhood that other programs lacked. Choose APEC and give yourself the best chance with the best possible people."

#### **DEDE WESTBROOK**

Jacksonville Jaguars, WR, 4.27 40



For Reservations:

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### LIMITED SPOTS AVAILABLE!