

NFL Combine System	NFL Pro Day System	
8 week Package w/ NFL combine and Pro Day support	8 week Package w/ NFL combine and Pro Day support	
Included:	Included:	
<u>DISTRACTION FREE TRAINING ENVIRONMENT FOR THE SERIOUS ATHLETE</u>	<u>DISTRACTION FREE TRAINING ENVIRONMENT FOR THE SERIOUS ATHLETE</u>	
Luxury Corporate Housing and living accommodations	Custom Nutrition plan with meals provided	
Custom Nutrition plan with meals provided (Ion Nutrition)	Complete pro day preparation and simulation	
Complete combine/pro day preparation and simulation	Medical Screen for past injuries and rehab protocol	Featuring Clay Mack Skills
DEXA scan screen to find pre-existing injuries or red flags	High Performance Evaluation (Testing Numbers)	
Medical Screen for past injuries and rehab protocol	Goal specific nutrition consultations & full body composition analysis	
High Performance Evaluation (Testing Numbers)	Individualized supplementation – NSF certified	
Goal specific nutrition consultations & full body composition analysis	Movement Screen and Movement Analysis – Fusionetics customized App	
Individualized supplementation – NSF certified	Individualized video analysis via Dartfish Technology	
Movement Screen and Movement Analysis – Fusionetics customized App	Cutting edge facility and coaching (Keiser, PowerVibe, Woodway etc)	
Individualized video analysis via Dartfish Technology	Wonderlic Test Training and Vision Training	
Elite coaching (addition of 10x Olympic sprint/jump Coach Dan Pfaff)	Regeneration System: stretch cages, rollers, daily pneumatic compression via NormaTec Compression Systems	
Wonderlic Test Training and Vision Training	Hands on therapy and programming as needed	
Cutting edge training facility with industry best technology		
24hour Monitoring device for individualized Recovery / Training		
Genetic Testing for performance, nutrition, injury, & psychological DNA		
Weekly Massage		
Regeneration System: stretch cages, rollers, daily pneumatic Compression massage via NormaTec Compression Systems		
Hands on therapy and programming – Active Spine and Sport, Rally time Wellness, PRISM PT.		
Position Specific Skills Training and Pro Day/Combine Drills training		
Media and Interview training, Sports Psychology Course		
Free Training post NFL Combine for Pro Day		
Free Training for Mini-camp/OTAs (post pro day – Minicamp/OTA)		
Training for NFL Season (post minicamps/OTAs –report training camp)		
\$11,500 / 8 weeks + Combine/Pro Day support	\$7,500 / 8 weeks	
Payment in full upfront	Minimum 4 weeks up front, weekly charges after that	
AGENTS: 5% off for 4 players. 10% off for 6 or more players.	AGENTS: 5% off for 4 players. 10% off for 6 or more players.	





Featuring Clay Mack Skills

APEC 2018 NFL Combine/Pro Day sample Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30AM	<i>Wake Up</i>	<i>Wake Up</i>	<i>Wake Up</i>	<i>Wake Up</i>	<i>Wake Up</i>	<i>Wake Up</i>	<i>Sleep In</i>
9:00AM	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Sleep In</i>
10:00AM	Fusionetics Prescription / SMR / Body Prep / Therapy / Mobility	Fusionetics Prescription / SMR / Body Prep / Therapy / Mobility	Fusionetics Prescription / SMR / Body Prep / Therapy / Mobility	Fusionetics Prescription / SMR / Body Prep / Therapy / Mobility	Fusionetics Prescription / SMR / Body Prep / Therapy / Mobility	Training TBD / treatment TBD	Off
12:00PM	Lunch	Lunch	Lunch	Lunch	Lunch	Off	Off
1:30PM	Potentialion; plyos, Starts	Speed; 40 work, UB Power	Reactive / Multidirectional speed / both agilities / Game speed application	Potentialion; Plyos, starts, lower body Power, upper body strength	Speed; 40 work, LB strength Strength / Power		
2:30PM	Lower Body Vertical Power	Post workout nutrition / Flexibility / Skill prep	Regeneration / Stability / balance / coordination	Post workout nutrition / Flexibility / Skill prep	LB strength Strength / Power		
3:30PM	Skill Work	Skill Work	Skill Film	Skill Work	Skill Work		
4:00PM	Post workout nutrition / Flexibility / Cooldown	Skill Work	Skill FILM	Skill Work	Post workout nutrition / Flexibility / Cooldown		
4:30PM	Recovery modalities as needed	Post workout nutrition / Flexibility / Cooldown	Post workout nutrition / Flexibility / Cooldown / Recovery	Post workout nutrition / Flexibility / Cooldown	Recovery modalities as needed		
6:00PM	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>		