“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 NO. 12 PICK
"THE COMBINE TRAINING PROGRAM AT EXOS IS SECOND TO NONE."

-J.J. WATT
DE | HOUSTON TEXANS | 2011 NO. 11 PICK
915 DRAFTED ATHLETES
177 FIRST-ROUND PICKS
NOW, IT’S YOUR TURN.
EXOS IS ABOUT TRAINING

YOUR TRAINING, NUTRITION, AND PHYSICAL THERAPY IS PERSONALIZED.
The results of your initial performance screenings influence how our team handcrafts your training sessions and nutrition plan to maximize performance at the combine and build overall strength, power, and movement ability.

YOUR PROGRESS IS TRACKED.
Our coaches, physical therapists, nutritionists, mindset specialists, massage therapists, and position coaches are in constant communication to ensure your plan is driving your success.

YOUR TRAINING IS CUTTING EDGE.
EXOS’ training system is guided by our four pillars of mindset, nutrition, movement, and recovery. Our methods continually evolve based on the most innovative and cutting-edge training techniques.

“EVERYONE GETS THE INDIVIDUAL, PERSONAL ATTENTION THEY NEED.”
- DENZEL WARD
CB | CLEVELAND BROWNS | 2018 NO. 4 OVERALL PICK
2019 COMBINE
- 310 TOP POSITION PERFORMANCES
- 22 POSITION NO. 1 PERFORMANCES
- 41 OVERALL NO. 1 PERFORMANCES
- 5 POSITION RECORDS

DRAFT HISTORY
- 915 TOTAL DRAFT PICKS
- 177 FIRST-ROUND PICKS
- 7 NO. 1 OVERALL PICKS
- 22 PICKS IN THE TOP 10

2019 DRAFT
- 77 ATHLETES DRAFTED
- 12 FIRST-ROUND PICKS
- 5 PICKS IN THE TOP 10
- 31 PICKS IN THE FIRST TWO ROUNDS

208 POSITION NO. 1 PERFORMANCES
35 OVERALL NO. 1 PERFORMANCES
22 POSITION RECORDS
2019 First-Round Picks

No. 4 Pick
CLEVIN FERPELL
DE | OAKLAND RAIDERS

FERPELL WAS A TOP PERFORMER IN THE 3-CONE SHUTTLE AND THE 20-YARD SHUTTLE, CLOSING IN AT 7.365 AND 4.605 RESPECTIVELY.

No. 8 Pick
ED OLIVER
DT | BUFFALO BILLS

OLIVER HAD THREE TOP-FIVE PERFORMANCES FOR A DEFENSIVE LINEMAN. HE WAS FIRST IN THE BROAD JUMP WITH A JUMP OF 10′, THIRD IN THE VERTICAL JUMP WITH A JUMP OF 36″, AND THIRD IN THE BENCH PRESS WITH 28 REPS.

No. 5 Pick
DEVIN WHITE
LB | TAMPA BAY BUCCANEERS

WHITE RAN A 4.625 40-YARD DASH, THE FASTEST TIME FOR A LINEBACKER. HE ALSO HAD THE SECOND HIGHEST VERTICAL JUMP OF A LINEBACKER WITH A JUMP OF 39.5″.

No. 7 Pick
JOSH ALLEN
QB | JACkSONVILLE JAGUARS

ALLEN HAD SEVERAL TOP-10 POSITION PERFORMANCES FOR AN EDGE Rusher, including a 4.635 40-YARD DASH, 29 BENCH PRESS REPS, AND A 4.305 20-YARD SHUTTLE.

No. 10 Pick
DEVIN BUSH LE
OL | PITTSBURGH STEELERS

BUSH HAD THREE TOP-FIVE PERFORMANCES FOR A LINEBACKER. HE WAS FIRST IN THE VERTICAL JUMP WITH JUMP OF 40.5″, SECOND IN THE 40-YARD DASH WITH A TIME OF 4.425, AND THIRD IN THE BROAD JUMP WITH A JUMP OF 10′.

No. 16 Pick
BRIAN BURNS
DE | CAROLINA PANTHERS

BURNS HAD TWO TOP-FIVE PERFORMANCES FOR AN EDGE Rusher. HE WAS SECOND IN THE BROAD JUMP WITH A JUMP OF 10′ AND THIRD IN THE 40-YARD DASH WITH A TIME OF 4.325.
2019 FIRST-ROUND PICKS

No. 17 Pick
Dexter Lawrence
DT | New York Giants
LAWRENCE BENCHED 30 REP, THE MOST FOR A DEFENSIVE LINEMAN AND THE SECOND MOST OVERALL AT THE COMBINE.

No. 18 Pick
Garrett Bradbury
C | Minnesota Vikings

No. 26 Pick
Montez Sweat
DE | Washington Redskins

No. 29 Pick
L.J. Collier
DE | Seattle Seahawks
COLLIER HAD TWO TOP-10 PERFORMANCE FOR A DEFENSIVE LINEMAN. HE WAS THIRD IN THE BROAD JUMP WITH A JUMP OF 6'10" AND SIXTH IN THE 40-YARD DASH WITH A TIME OF 4.915.

No. 28 Pick
Jared Tiller
DT | Los Angeles Chargers
TILLERY HAD FIVE TOP-10 PERFORMANCE FOR A DEFENSIVE LINEMAN. HE WAS FOURTH IN THE 20-YARD SHUTTLE WITH A TIME 4.335 AND SEVENTH IN THE 3-CONE SHUTTLE WITH A TIME 7.450. HE ALSO PLACED EIGHTH IN THE BROAD JUMP, VERTICAL JUMP, AND 40-YARD DASH.

No. 37 Pick
N'Keal Harry
WR | New England Patriots
HARRY BENCHED 27 REPS, THE MOST FOR ANY WIDE RECEIVER AT THE COMBINE.
POSITION

SPECIFIC

TRAINING

FORMER NFL PLAYERS AND COACHES ARE READY TO HELP YOU EXCEL IN POSITION-SPECIFIC COMBINE DRILLS, AND BUILD ON YOUR STRENGTH, POWER, AND MOVEMENT EFFICIENCY.

"MY ROLE AT EXOS IS TO PREPARE MY PLAYERS FOR THE POSITION-SPECIFIC DRILLS THEY'LL GO THROUGH AT THE NFL COMBINE. IMPROVE THEIR ABILITY TO COMMUNICATE THE TERMINOLOGIES OF THEIR COLLEGE OFFENSE WITH COMPLETE CONFIDENCE, AND HELP THEM GROW IN THEIR UNDERSTANDING OF WHAT THE NFL EXPECTS OF THEM."

- MIKE KARNEY
EXOS POSITION COACH | 7-YEAR NFL VETERAN TWO-TIME PRO BOWLER

167
NFL SEASONS PLAYED

09
SUPER BOWL TITLES WON

19
PRO BOWL SELECTIONS

03
SUPER BOWL-WINNING TEAMS COACHED

122
NFL SEASONS COACHED

102
FBS SEASONS COACHED

EVERY DAY A NEW DAY | 18
The Combine is More Than Physical

Your Training Should Be, Too.

Wonderlic Test Prep
Improve your score by working with sports psychologists who provide insight into the test and test-taking strategies. Ensure you’re prepared with practice tests taken throughout training.

Interview Training
Work with a former NFL general manager and other media experts to prepare for team and media interviews at the postseason all-star games and combine.

Social Media Training
Teams keep an eye on your social accounts. Everyone is watching. Learn how to build your personal brand and work with a social media expert to avoid pitfalls that could hurt your draft stock.
"EXOS GAVE ME A GREAT PLAN TO WORK OFF OF, INCLUDING TRAINING, RECOVERY, NUTRITION, AND EVEN WONDERLIC PREP."

-ANDREW LUCK
QB | INDIANAPOLIS COLTS | 2012 NO. 1 PICK
ADD MUSCLE AND WEIGHT OR DECREASE BODY FAT WHILE MAINTAINING STRENGTH AND MUSCLE WITH A PERSONALIZED, SCIENCE-BASED NUTRITION PLAN CREATED BY EXOS’ NUTRITION TEAM. PRE-WORKOUT SUPPLEMENTATION, POST-TRAINING PROTEIN SHAKES, AND ON-SITE MEALS ARE ALL PART OF THE EXPERIENCE.

**Nutrition Support**

"I THINK THE NUTRITION HAS BEEN THE MOST INTERESTING PART. I FEEL LIKE IT’S TAKEN MY BODY TO A LEVEL WHERE I’VE NEVER FELT AS GOOD."

- MARCUS DAVENPORT
DE | NEW ORLEANS SAINTS | 2018 NO. 14 PICK
SPEED

DEVELOP PROPER TECHNIQUE. MAXIMIZE LINEAR AND MULTIDIRECTIONAL SPEED. FIND THAT EXTRA GEAR.

TRAINING

USING THE LATEST VIDEO CAPTURE TECHNOLOGY, EXOS COACHES IDENTIFY WAYS TO HELP YOU RUN FASTER, MOVE QUICKER, AND DROP THOSE EXTRA TENTHS AND HUNDREDTHS FOR THE 40-YARD DASH, 3-CONE DRILL, AND 20-YARD SHUTTLE.
TOP 40-YARD-DASH PERFORMANCES BY EXOS-SUPPORTED ATHLETES

JADEVEON CLOWNEY / 4.53s
NO. 1 DEFENSIVE LINEMAN AT 2014 COMBINE

WILL FULLER / 4.32s
NO. 1 WIDE RECEIVER AT 2016 COMBINE

EVAN ENGRAM / 4.42s
NO. 1 TIGHT END AT 2017 COMBINE

DEVIN WHITE / 4.42s
NO. 1 LINEBACKER AT 2019 COMBINE

MONTZeS SWEAT / 4.41s
SUMMING OFFENSE LINEBACKER

JULIO JONES / 4.39s
NO. 1 WIDE RECEIVER AT 2015 COMBINE

ADRIAN PETERSON / 4.40s
NO. 1 RUNNING BACK AT 2009 COMBINE

MARCUS DAVENTPORT / 4.58s
NO. 1 DEFENSIVE LINEMAN AT 2018 COMBINE

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 | CINCINNATI BENGALS
2011 NO. 4 PICK
4.596 40-YARD DASH AT THE NFL COMBINE

WHAT BROUGHT ME TO EXOS WAS THE SPEED DRILLS AND THE WAY THEY TEACH. IT’S GETTING YOU READY FOR PRIME TIME.

-BRANDIN COOKS
WR | NEW ORLEANS SAINTS
2014 NO. 20 PICK
4.335 40-YARD DASH AND
3.815 20-YARD SHUTTLE AT THE NFL COMBINE

EVERY DAY IS GAME DAY | 20
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.
TOP PERFORMANCES BY EXOS-SUPPORTED ATHLETES

“I CAME IN AND GOT FASTER, GOT STRONGER, AND WAS CONFIDENT HEADING TO THE COMBINE.”

-AARON DONALD
DT | ST. LOUIS RAMS
2014 NO. 13 PICK | DEFENSIVE ROOKIE OF THE YEAR
PHYSICAL THERAPY

As your collegiate career comes to an end, there will be injuries — minor and serious — that you’ll finally have the time to properly rehab.

RECOVERY SERVICES INCLUDE:

- Injury evaluation and full combine orthopedic evaluation
- Postseason injury rehabilitation
- Post-surgical rehabilitation
- Massage therapy
- Hot and cold tubs
- Access to top sports orthopedic doctors
- Media training on how to talk about your injury

“I CHOSE TO COME TO EXOS BECAUSE I KNEW IT WAS THE BEST TRAINING FACILITY FOR ME. I KNEW I WOULD BE ABLE TO REHAB AND THAT IT WAS THE BEST PLACE TO GO GET AWAY FROM DISTRACTIONS.”

- TODD GURLEY
  RB | ST. LOUIS RAMS
  2015 NO. 10 PICK AND OFFENSIVE ROOKIE OF THE YEAR
OVER $450M IN TOTAL CONTRACTS
OVER $290M IN GUARANTEED CONTRACT MONEY

CLELIN FERRELL $31.3M
DEVIN WHITE $29.3M
JOSH ALLEN $22.7M
ED OLIVER $19.6M
DEVIN BUSH $18.8M
BRIAN BURNS $13.5M
ONLY THE STRONG WILL SURVIVE
SUPPORT AT
THE EXOS TEAM TAKES OVER A BALLROOM AND SUITE AT THE OMNI SEVERIN HOTEL, A TWO-MINUTE WALK FROM THE PLAYERS’ HOTEL, TO PROVIDE FULL TRAINING, NUTRITION, MASSAGE, AND PHYSICAL THERAPY SUPPORT DURING THE COMBINE.

EXOS SUPPORT IN INDIANAPOLIS INCLUDES:

**FULL COMBINE STAFF**
- Your EXOS Speed Coach
- Physical Therapists
- Massage Therapists
- Nutritionists
- Athlete Service Coordinators

**FULL COMBINE TRAINING FACILITY**
- 6 lane, 40-yard dash start track
- Reiser Functional Trainer and PowerBlock Dumbbells
- Woodway Treadmills
- Reiser Bikes
- Recovery equipment from SKLZ and Normatec
- Massage tables

**NUTRITION SUITE**
- ONNIT Supplements, including NSF Certified for Sport products
- Fuel, hot and cold meals
- Healthy snacks
- Hydration station
Prepare for it. Fuel for it. Train for it. Rest for it.

EXOS

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 RESERVED SPOTS IN OUR PROGRAM, CONTACT US. WE’RE READY, WAITING, AND EXCITED TO HELP YOU ACHIEVE YOUR BEST PERFORMANCE WHEN IT MATTERS MOST.

214.687.3246 | FOOTBALL@TEAMEXOS.COM | @EXOSSPORTS

EXOS LOCATIONS

PHOENIX, ARIZONA | EXOS HEADQUARTERS
LOS ANGELES, CALIFORNIA | DIGNITY HEALTH SPORTS PARK
SAN DIEGO, CALIFORNIA | EXOS SAN DIEGO
PENSACOLA, FLORIDA | ANDREWS INSTITUTE
DALLAS, TEXAS | FIELDHOUSE USA