



exos

# 2026 COMBINE + PRO DAY

TRAINING PROGRAM

From top to bottom: Ja'Marr Chase | WR | Cincinnati Bengals, Sauce Gardner | CB | New York Jets, Deebo Samuel | WR | Washington Commanders, Brock Bowers | TE | Las Vegas Raiders, Maxx Crosby | DE | Las Vegas Raiders, TJ Watt | LB | Pittsburgh Steelers



# Now it's your turn



**1449**

drafted athletes

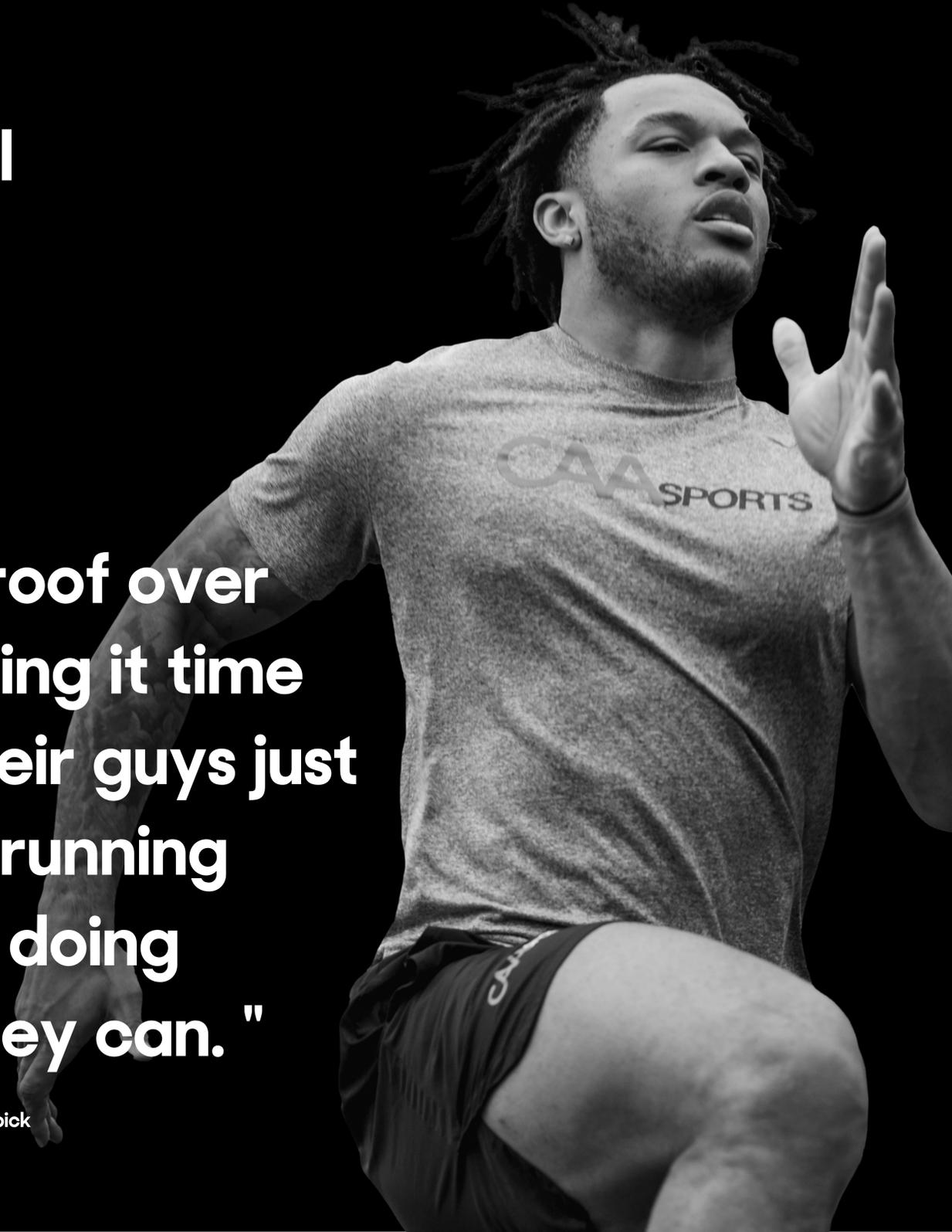
**256**

first-round picks



**"They have the best strength coaches, best speed coaches as well as nutritionists. Exos has helped me get to where I want to be."**

Patrick Mahomes II | QB | Kansas City Chiefs | 2017 No. 10 pick



**"Just seeing the proof over the years, Exos doing it time and time again, their guys just coming out there, running fast, jumping high, doing everything that they can."**

Omarion Hampton | RB | Los Angeles Chargers | 2025 No. 22 pick



**“I think Exos is the best place training wise for the combine”**

Patrick Surtain II | CB Denver Broncos | 2021 No. 9 pick

# Exos is about training you

## 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 pic

**"It's very individualized to a point where the coaches, took everybody and tested them and then see what you need because everybody's different. So they'll put that into your plan, and everybody has a different plan. So it's really nice knowing that they're looking out for each one of you, not just as a whole group."**

Christian Gonzales | CB | New England Patriots | 2023 No. 17



# Draft & Combine

## Combine history

**288**

position No. 1 performances

**45**

overall No. 1 performances

**25**

position records

## Draft history

**1449**

total draft picks

**256**

first-round picks

**8**

No. 1 overall picks

**98**

picks in the Top 10

## 2025 draft

**96**

athletes drafted

**15**

first-round picks

**41**

picks in the Top 100

## Combine records since 2006

**45"**

Chris Conley  
Vertical Jump

**12'3"**

Byron Jones  
Broad Jump

**3.81s**

Brandin Cooks  
20 Yard Shuttle

**4.21s**

Xavier Worthy  
40 yard dash



DK Metcalf | WR | Seattle Seahawks | 2019 Round 2 Pick 32



Maxwell Hairston | CB | Buffalo Bills

# 2025 Combine results

## Combine results

**107**

NFL combine invitees were Exos trained

**20**

position group leading performances (industry high)

## Top 3 40yd Dash times

**4.28s**

Maxwell Hairston

**4.29s**

Matthew Golden

**4.30s**

D'onte Thornton

## Media stats

**4B**

media impressions across combine training season

**400K**

social impressions

# 2025 First Round Picks



Abdul Carter | DE



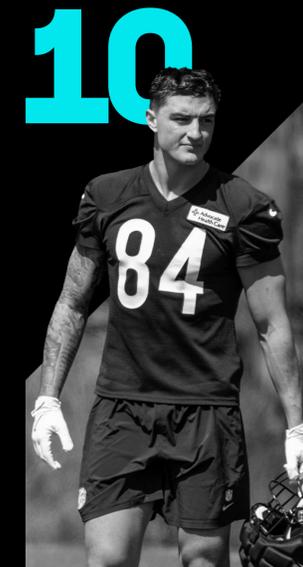
Mason Graham | DT



Ashton Jeanty | RB



Tetairoa McMillan | WR



Colston Loveland | TE



Kenneth Grant | DT



Tyler Warren | TE



Jalon Walker | OLB



Shemar Stewart | DE



Emeka Egbuka | WR



Jahdae Barron | CB



Omarion Hampton | RB



Matthew Golden | WR



Maxwell Hairston | CB



Jihaad Campbell | LB



**The combine is  
more than physical.  
Your training  
should be, too.**



**“All the interview prep, the Wonderlic things, everything that they do here to help you in every aspect of the combine, I think is really key.”**

Trey McBride | TE | Arizona Cardinals | 2022 Round 2 Pick 23

### **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**

Everyone is watching. NFL teams keep an eye on your social accounts. Learn how to build your personal brand and work with a social media expert to avoid pitfalls that could hurt your draft stock.

# Speed training

Develop proper technique. Maximize linear and multidirectional speed. Find that extra gear.

## 2025 NFL Combine highlights

### 40-Yard Dash

<b>Maxwell Hariston</b> (N°1 Overall)	<b>4.28</b>
<b>Maxwell Golden</b> (N°1 WR)	<b>4.29</b>
<b>Dont'e Thornton Jr</b> (N°2 WR)	<b>4.30</b>
<b>Jaydon Blue</b> (N°2 RB)	<b>4.38</b>
<b>Ty Robinson</b> (N°1 DT)	<b>4.83</b>
<b>Tyrion Ingram Ingram-Dawkins</b> (N°2 DT)	<b>4.86</b>

### 20 Yard Shuttle

<b>Tahj Brooks</b> (N°1 RB)	<b>4.06</b>
<b>Jaylin Noel</b> (N°5 WR)	<b>4.17</b>
<b>Thomas Fidone</b> (N°2 TE)	<b>4.29</b>
<b>Upton Stout</b> (N°4 CB)	<b>4.29</b>
<b>Bradyn Swinson</b> (N°2 DE)	<b>4.33</b>
<b>Tyrion Ingram-Dawkins</b> (N°1 DT)	<b>4.34</b>

### 3 Cone Shuttle

<b>Jaylin Noel</b> (N°5 WR)	<b>6.82</b>
<b>Tahj Brooks</b> (N°1 RB)	<b>6.91</b>
<b>Harold Fanin</b> (N°2 TE)	<b>6.97</b>
<b>Barryrn Sorrell</b> (N°2 DL)	<b>7.06</b>
<b>Tyrion Ingram-Dawkins</b> (N°1 DT)	<b>7.28</b>

## Top 40-Yard Dash performances by Exos-supported athletes

### Xavier Worthy 4.21s

overall combine record

### Chop Robinson 4.48s

N°1 defensive end at 2024 combine

### Dadrion Taylor-Demerson 4.41s

N°1 safety at 2024 combine

### Devon Achane 4.32s

N°1 running back at 2024 combine

### Trey Palmer 4.33s

N°1 wide receiver at 2024 combine

### Adetomiwa Adebawore 4.49s

N°1 defensive tackle at 2023 combine

### Brandon Hill 4.43s

N°1 safety at 2023 combine

### Pierre Strong 4.37s

N°1 running back at 2022 combine

### Amare Barno 4.36s

combine record for defensive lineman

### DeVonte Wyatt 4.77s

N°1 defensive tackle at 2022 combine

### Denzel Ward 4.32s

N°1 overall at 2018 combine

### Josh Robinson 4.33s

N°1 overall at 2012 combine

### Robert Griffin III 4.41s

combine record for quarterback

### Montez Sweat 4.41s

combine record for edge rusher

### Vernon Davis 4.38s

combine record for tight end

### Terron Armstead 4.71s

combine record for offensive lineman

### Jonathan Taylor 4.39s

N°1 running back at 2020 combine

### Albert Okwuegbunam 4.49s

N°1 tight end at 2020 combine

### James Smith-Williams 4.60s

N°1 defensive lineman at 2020 combine

### Javelin Guidry 4.29s

N°1 cornerback at 2020 combine

### Parris Campbell 4.31s

N°1 wide receiver at 2019 combine

### Devin White 4.42s

N°1 linebacker at 2019 combine

### Marcus Davenport 4.58s

N°1 defensive lineman at 2018 combine

### Leon Jacobs 4.48s

N°1 edge rusher at 2018 combine

### Evan Engram 4.42s

N°1 tight end at 2017 combine

### Aviante Collins 4.81s

N°1 offensive lineman at 2017 combine

### Haason Reddick 4.52s

N°1 defensive lineman at 2017 combine

### Jabrill Peppers 4.46s

N°1 linebacker at 2017 combine

### Will Fuller 4.32s

N°1 wide receiver at 2016 combine

### Jonathan Jones 4.33s

N°1 defensive back at 2016 combine

### Charles Tapper 4.59s

N°1 defensive lineman at 2016 combine

### T.J. Green 4.34s

N°1 safety at 2016 combine

### Jason Spriggs 4.94s

N°1 offensive lineman at 2016 combine

### Kwon Alexander 4.55s

N°1 linebacker at 2015 combine

### Jadeveon Clowney 4.53s

N°1 defensive lineman at 2014 combine

### Brandin Cooks 4.33s

N°1 wide receiver at 2014 combine

### A.C. Leonard 4.50s

N°1 tight end at 2014 combine

### Terrence Brooks 4.42s

N°1 safety at 2014 combine

### Mychal Kendrick 4.47s

N°1 linebacker at 2013 combine

### Adrian Peterson 4.40s

N°1 running back at 2007 combine

### D.K. Metcalf 4.33s

fastest 40 Yard Dash for an athlete over 225 pounds

### Kevin King 3.89s

20 Yard Shuttle

N°1 overall at 2017 combine

### Brandin Cooks 3.81s

20 Yard Shuttle combine record

### A.J. Jefferson 4.00s

20 Yard Shuttle

N°1 overall at 2010 combine

### Denzel Mims 6.66s

3 Cone Drill

N°1 overall at 2020 combine

### Kevin King 6.56s

3 Cone Drill

N°1 overall at 2017 combine

### Daniel Sorensen 6.47s

3 Cone Drill

N°1 overall at 2014 combine

### Will Davis 6.52s

3 Cone Drill

N°1 overall at 2013 combine

### Darron Lee 4.47s

N°1 linebacker at 2016 combine

# XAVIER WORTHY

"Man my training at EXOS prepped me. They told me 'Just be patient, you'd peak at the right time'. The time is now.

I've been working on my start a lot. Coach Nic, he got it down for me & I just took over from there."

*-Xavier Worthy  
Texas, WR*

**4.21 - FASTEST  
40 YD DASH EVER**





**“My body’s changing – my speed is getting better, I’m getting a lot faster. The staff and equipment that Exos has really helps.”**

Travon Walker | DE | Jacksonville Jaguars | 2022 No. 1 pick | 4.51s 40-Yard Dash at the combine

# Power training

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.

## 2025 NFL Combine highlights

### Vertical Jump

<b>Sam Brown Jr.</b> (N°2 overall)	<b>41.5"</b>
<b>R.J. Mickens</b> (N°2 overall)	<b>41.5"</b>
<b>Jaylin Noel</b> (N°2 overall)	<b>41.5"</b>
<b>Landon Jackson</b> (N°1 DL)	<b>40.5"</b>
<b>Shemar Stewart</b> (N°2 DL)	<b>40"</b>

### Broad Jump

<b>Jaylon Noel</b> (N°2 overall)	<b>11'2"</b>
<b>Shemar Stewart</b> (N°1 DL)	<b>10'11"</b>
<b>DJ Giddens</b> (N°2 RB)	<b>10'10"</b>
<b>Omarion Hampton</b> (N°2 RB)	<b>10'10"</b>
<b>Maxwell Hairston</b> (N°3 CB)	<b>10'9"</b>

### Bench Press

<b>Jackson Slater</b> (N°4 overall)	<b>31 reps</b>
<b>Jordan Phillips</b> (N°1 DT)	<b>29 reps</b>
<b>Donovan Edwards</b> (N°1 RB)	<b>23 reps</b>
<b>Jaylin Noel</b> (N°1 WR)	<b>23 reps</b>
<b>Upton Stout</b> (N°1 CB)	<b>21 reps</b>

## Top performances by Exos-supported athletes

### Bench Press

<b>Beaux Limmer 39 reps</b>	N°1 overall at 2024 combine
<b>Andrew Vorhees 38 reps</b>	N°1 overall at 2023 combine
<b>Iosua Opeta 39 reps</b>	N°1 overall at 2019 combine
<b>Harrison Phillips 42 reps</b>	N°1 overall at 2018 combine
<b>Isaac Asiata 35 reps</b>	N°1 overall at 2017 combine
<b>Russell Bodine 42 reps</b>	N°1 overall at 2014 combine
<b>Jerick McKinnon 32 reps</b>	N°1 running back at 2014 combine
<b>Dontari Poe 44 reps</b>	N°1 overall at 2012 combine
<b>Jake Long 37 reps</b>	N°1 overall at 2008 combine
<b>Vernon Gholston 37 reps</b>	N°1 overall at 2008 combine

### Broad Jump

<b>Jalin Hyatt 11'3"</b>	N°1 wide receiver at 2023 NFL combine
<b>Byron Young 11'</b>	N°1 defensive lineman at 2023 NFL combine
<b>Byron Jones 12'3"</b>	all-time record
<b>Juan Thornhill 11'9"</b>	N°1 overall at 2019 NFL combine
<b>Denzel Ward 11'4"</b>	N°1 overall at 2018 NFL combine
<b>Daniel Lasco 11'3"</b>	N°1 overall at 2016 NFL combine
<b>Haason Reddick 11'1"</b>	all-time record for defensive lineman
<b>Jamie Collins 11'7"</b>	N°1 overall at 2013 combine
<b>Josh Robinson 11'1"</b>	N°1 overall at 2012 combine
<b>Julio Jones 11'3"</b>	N°1 overall at 2011 combine

### Vertical Jump

<b>Ricky Pearsall 42"</b>	N°3 wide receiver at 2024 NFL Combine
<b>Christian Gonzalez 41.5"</b>	N°2 cornerback at 2023 NFL combine
<b>Channing Tindall 42"</b>	N°1 overall at 2022 NFL combine
<b>Chris Conley 45"</b>	all-time record for wide receivers
<b>Jeff Okudah 41"</b>	N°1 defensive back at 2020 combine
<b>Byron Jones 44.5"</b>	N°1 defensive back at 2015 combine
<b>Josh Doctson 41"</b>	N°1 wide receiver at 2016 combine
<b>Juan Thornhill 44"</b>	N°1 overall at 2019 NFL combine
<b>Terrell Edmunds 41.5"</b>	N°1 overall at 2018 NFL combine
<b>Daniel Lasco 41.5"</b>	N°1 overall at 2016 NFL combine
<b>A.J. Jefferson 44"</b>	N°1 overall at 2010 NFL combine



**“I came in and got faster,  
got stronger, and was  
confident heading  
to the combine.”**

Aaron Donald | DT | Los Angeles Rams | 2014 Round 1 Pick 13



# Nutrition support

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.

Combine athlete	Initial weight	Body fat	Ending weight	Body fat	End result
<b>Amare Barno</b> (edge)	228.6 lb	7.6%	246 lb	6.9%	Gained 17.4 lb lean muscle mass
<b>Danny Shelton</b> (defensive tackle)	361 lb	23.5%	339 lb	21%	Lost 22 lb and dropped 13.7 lb of body fat
<b>Dexter Lawrence</b> (defensive tackle)	369.8 lb	21.1%	342 lb	9.9%	Lost 27.5 lb and dropped 9.9 lb of body fat
<b>Marcus Davenport</b> (defensive end)	244 lb	12.5%	260 lb	9.4%	Gained 16 lb lean muscle mass and dropped 3.1% body fat
<b>Ambry Thomas</b> (defensive back)	169.6 lb	8.7%	192 lb	9.3%	Gained 22.4 lb lean muscle mass
<b>Brian Burns</b> (defensive end)	228.6 lb	7.6%	249 lb	7.2%	Gained 19.8 lb lean muscle mass



Ladd McConkey | WR | Los Angeles Chargers

A black and white photograph of Mason Graham, a young man with curly hair and a goatee, wearing a dark t-shirt with a Nike logo and an RSR logo. He is looking slightly to the right with a serious expression.

**"The most eye-opening thing for me was the nutrition—seeing the before-and-after pictures is crazy, but it's also about how you really feel."**

Mason Graham | DT | Cleveland Browns | 2025 No. 5 pick

A black and white photograph of Breece Hall, a man wearing a headband and a patterned long-sleeve shirt, looking down with a focused expression.

**"From my first day in week here I felt my body changed. I've gotten bigger, stronger and faster. I've felt my body progress and feel really good while doing it."**

Breece Hall | RB | New York Jets | 2022 Rd 2 No. 4



# 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. You'll also benefit from preventative care to avoid future injury risk.

## 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 orthopedists
- > Media training on how to talk about your injury



**“Being able to get the best rehab and the best training was the biggest part in picking a decision on where to train. This is the most important job interview of your life, you want to be most prepared for it.”**

John Metchie III | WR | 2022 Rnd. 2 No. 12 | Houston Texans





# Position-specific training

Former NFL players and coaches are ready to help you excel in position-specific combine drills and prepare you for your interviews.

Combined experience of position coaches:

**166**

NFL seasons played

**8**

Super Bowl titles won

**15**

Pro Bowl selections

**102**

NFL seasons coached

**111**

FBS seasons coached



AJ Brown | WR | Philadelphia Eagles | 2022 Round 2 Pick 51



**“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 | seven-year NFL veteran | two-time Pro Bowler



# 2025 contracts

2025:

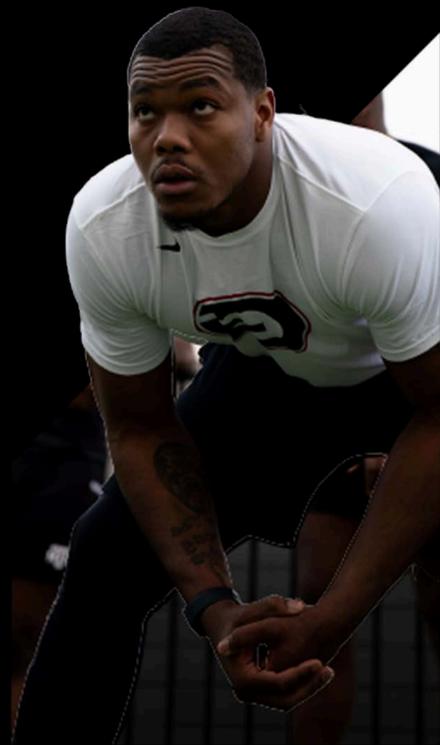
Over  
**\$780M**  
in total contracts

Over  
**\$425M**  
in guaranteed contract money

Since 2016:

Over  
**\$4.7B**  
in total contracts

Over  
**\$2.6B**  
in guaranteed contract money



Travon Walker



Derek Stingley



Malek Nabers

Top contracts:

**\$45.2M**  
Abdul Carter

**\$40.8M**  
Mason Graham

**\$37.3M**  
Travon Walker

**\$35.9M**  
Ashton Jeanty

**\$35.2M**  
Will Anderson

**\$34.6M**  
Derek Stingley

**\$34.1M**  
Trey Lance

**\$33.3M**  
Sauce Gardner

**\$32.1M**  
Devon Witherspoon

**\$30.8M**  
Ja'Marr Chase

**\$33.5M**  
Jeff Okudah

**\$32.3M**  
Andrew Thomas

# Top Exos-supported athletes drafted since 2001

## Quarterbacks

Blake Bortles  
Sam Bradford  
Josh Freeman  
Blaine Gabbert  
Jimmy Garoppolo  
Robert Griffin III  
Trey Lance  
Patrick Mahomes II  
Aaron Murray  
Aidab O'Connell  
Christian Ponder  
Matt Ryan  
Tyler Shough  
Matthew Stafford

## Running backs

De'Von Achane  
Giovani Bernard  
Devontae Booker  
Jonathan Brooks  
Clyde Edwards-Helaire  
Leonard Fournette  
Melvin Gordon  
Todd Gurley  
Breece Hall  
Omarion Hampton  
Najee Harris  
Ashton Jeanty  
David Johnson  
Marshawn Lynch  
Alex Mattison  
Jerick McKinnon  
Demarco Murray  
Adrian Peterson  
Trent Richardson  
Tyjae Spears  
Jonathan Stewart  
Jonathan Taylor  
Kenneth Walker

## Wide receivers

Rashod Bateman  
Odell Beckham Jr.  
A.J. Brown  
Treyton Burks  
Parris Campbell  
Ja'Marr Chase  
Randall Cobb  
Nico Collins  
Brandin Cooks  
Corey Davis  
Jahan Dotson  
Emeka Egbuka  
Matthew Golden  
Tetairoa McMillan  
Will Fuller  
Chris Goodwin  
A.J. Green  
Desean Jackson  
Quentin Johnston  
Julio Jones  
Christian Kirk  
Xavier Leggette  
D.K. Metcalf  
D.J. Moore  
Malik Nabers  
Jaxon Smith-Njigba  
Ricky Pearsall  
Curtis Samuel  
Deebo Samuel  
Kadarius Toney  
Jaylen Waddle  
Jameson Williams  
Mike Williams  
Garrett Wilson  
Xavier Worthy

## Offensive linemen

Terron Armstead  
William Beatty  
Garrett Bradbury  
Bryan Bulaga  
Ryan Clady  
Jonathan Cooper  
Jack Conklin  
Christian Darrisaw  
Dion Dawkins  
David DeCastro  
Cameron Erving  
Josh Garnett  
D.J. Humphries  
Germain Ifedi  
Austin Jackson  
Ja'Wuan James  
Parris Johnson  
Zion Johnson  
Braxton Jones  
Matt Kalil  
Ryan Kelly  
Jake Long  
Mike McGlinchey  
Quinn Meinerz  
Kolton Miller  
Quenton Nelson  
Frank Ragnow  
Greg Robinson  
Cesar Ruiz  
Braden Smith  
Tyron Smith  
Cole Strange  
Andrew Thomas  
Zach Tom  
Laremy Tunsil  
Alijah Vera-Tucker  
Isaiah Wilson  
Darnell Wright  
Kevin Zeitler

## Tight ends

Dwayne Allen  
Brock Bowers  
Jordan Cameron  
Tyler Conklin  
Vernon Davis  
Tyler Higbee  
Eric Ebron  
Evan Engram  
Mike Gesicki  
Jermaine Gresham  
Hunter Henry  
George Kittle  
O.J. Howard  
Marcedes Lewis  
Austin Seferian-Jenkins  
Trey McBride  
Tyler Warren  
Jason Witten

## Defensive backs

Jaire Alexander  
Jamal Adams  
Prince Amukamara  
Eli Apple  
Damon Arnette  
Jahdae Barron  
Brian Branch  
Vontae Davis  
Terrell Edmunds  
Minkah Fitzpatrick  
Sauce Gardner  
Jeff Gladney  
Christian Gonzalez  
Kyler Gordon  
Maxwell Hairston  
Vernon Hargreaves  
C.J. Henderson  
Marlon Humphrey  
Eddie Jackson  
Jabrill Peppers  
Marcus Peters  
Asante Samuel Jr.  
Jimmy Smith  
Patrick Surtain II  
Aqib Talib  
Desmond Trufant  
Jason Verrett  
Denzel Ward  
Jimmie Ward  
Tre'Davious White  
Devon Witherspoon  
Marcus Williams  
Rock Ya-Sin  
Byron Jones  
Desmond King  
Marshon Lattimore  
Roger McCreary  
Bryon Murphy  
Greg Newsome II  
Jeff Okudah

## Defensive linemen

Will Anderson  
Arik Armstead  
Derrick Brown  
DeForest Buckner  
Brian Burns  
Abdul Carter  
Jalen Carter  
Bradley Chubb  
L.J. Collier  
Jadeveon Clowney  
Max Crosby  
Marcus Davenport  
Jordan Davis  
Aaron Donald  
Clelin Ferrell  
Dante Fowler Jr.  
Kenneth Grant  
Kenneth Grant  
Mason Graham  
Jonathan Greenard  
Javon Hargrave  
Cameron Heyward  
Alex Highsmith  
George Karlaftis  
Javon Kinlaw  
Laiatu Latu  
Dexter Lawrence  
Shaq Lawson  
Justin Madubuike  
Will McDonald IV  
Byron Murphy II  
Myles Murphy  
Ed Oliver  
Kwity Paye  
Da'Ron Payne  
Jaelan Phillips  
Robert Quinn  
Sheldon Rankins  
Haason Reddick  
Chop Robinson  
Gregory Rousseau  
Mazi Smith  
Shemar Stewart  
Montez Sweat  
Jerry Tillery  
Travon Walker  
T.J. Watt  
J.J. Watt  
Leonard Williams  
Mario Williams  
Tyree Wilson  
DeVonte Wyatt  
Danielle Hunter  
Jermaine Johnson  
Chandler Jones  
Cameron Jordan  
Matthew Judon  
Solomon Thomas  
Kobie Turner  
Payton Turner  
Vita Vea  
Jalon Walker

## Linebackers

Josh Allen  
Nick Bolton  
Devin Bush  
Jihaad Campbell  
Jamie Collins  
Zaven Collins  
Jordyn Brooks  
Tremaine Edmunds  
Leighton Vander Esch  
Willie Gay  
Dont'a Hightower  
Eric Kendricks  
Mychal Kendricks  
Darron Lee  
Frankie Luvu  
Rey Mauluga  
Alec Ogletree  
Lamarr Woodley  
Jeremiah Owusu-Koramoah  
Carson Schwaninger  
Roquan Smith  
Shaq Thompson  
Drue Tranquill  
Courtney Upshaw  
Bobby Wagner  
Devin White  
Patrick Willis



Josh Allen | LB | Jacksonville Jaguars | 2019 Round 1 Pick 7



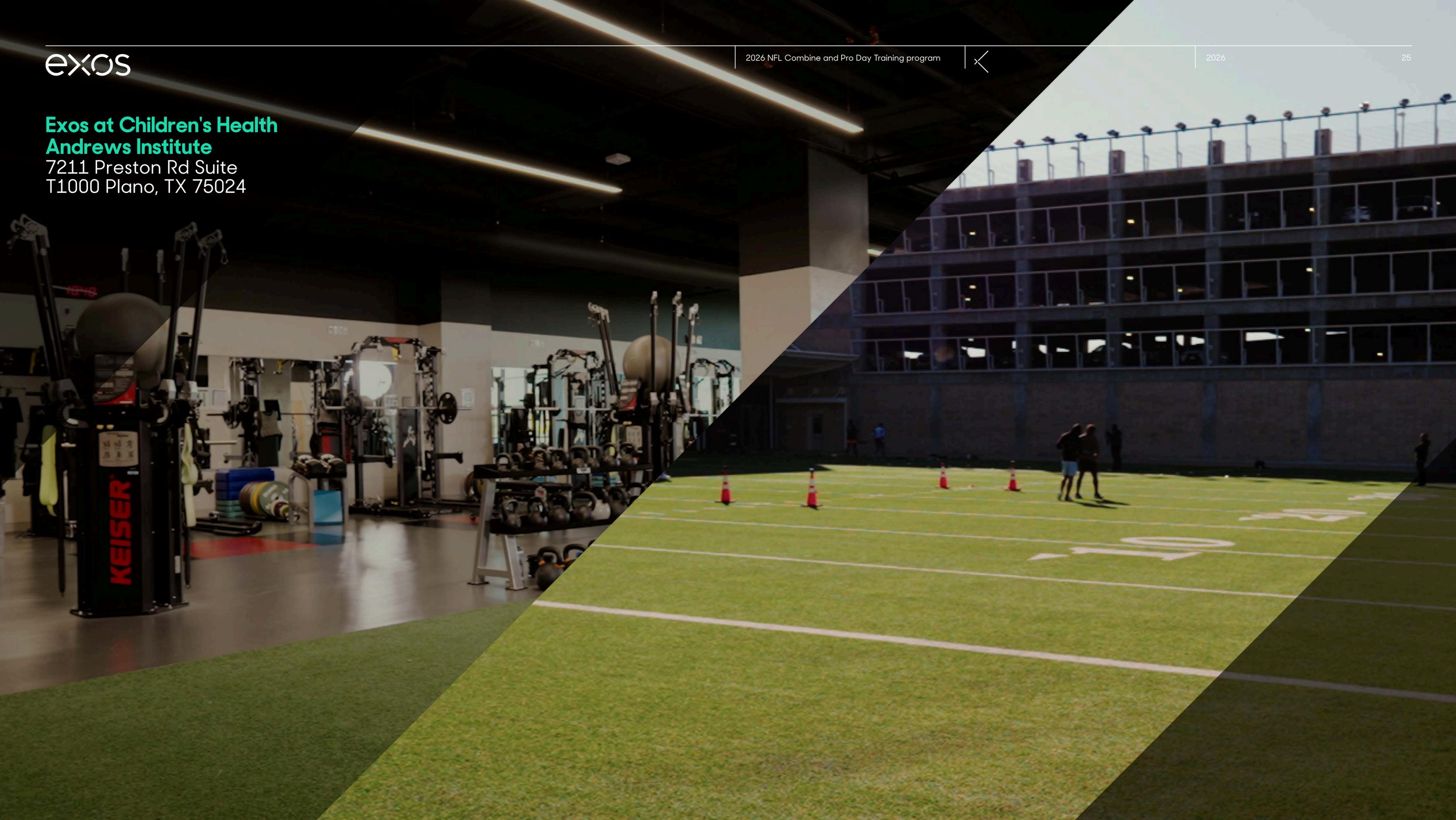
**Exos Headquarters**  
2629 E Rose Garden Ln  
Phoenix, AZ 85050





**Exos at Children's Health  
Andrews Institute**

7211 Preston Rd Suite  
T1000 Plano, TX 75024



**Exos Sports Performance  
Training - Canton**  
190 Etowah Industrial Ct  
Canton, GA 30114



**Exos Performance  
Training Gulf Breeze**

1020 Gulf Breeze Parkway  
Gulf Breeze, FL 32561

exos

FUEL BAR

NOURISH PERFORM FUEL RECOVER E  
PERFORM FUEL RECOVER ENERGIZE  
FUEL RECOVER ENERGIZE HYDRATE  
RECOVER ENERGIZE HYDRATE PREPARE  
ENERGIZE HYDRATE PREPARE FOCUS

FUEL

YOUR SUPPLEMENTS  
GLUTAMINE  
Essentially  
amino acid  
3 times of  
USDA  
USA program  
enhances  
restless/  
health

exos





# Your Exos support continues at Indy

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
- > Dietitians
- > Athlete service coordinators

### Full combine training facility

- > 3 Lane, 40-Yard Dash start track
- > Keiser Functional Trainer and PowerBlock dumbbells
- > Woodway treadmills
- > Keiser bikes
- > Recovery equipment from Hyperice and NormaTec
- > Massage tables

### Nutrition suite

- > Onnit supplements, including NSF Certified for Sport products
- > Full hot and cold meals
- > Healthy snacks
- > Hydration station



**Space in the Exos NFL Combine and Pro Day Training 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.

480.449.9000 | [football@teamexos.com](mailto:football@teamexos.com) | [@exosports](https://www.instagram.com/exosports)

**Exos locations**

Phoenix, Arizona | Exos headquarters  
Gulf Breeze, Florida | Andrews Institute  
Frisco, Texas | Fieldhouse USA  
Canton, Georgia | PLAE Headquarters



**Prepare** for it.  
**Fuel** for it.  
**Train** for it.  
**Rest** for it.

EXPOS