0.1 PREPARE FOR THE NEXT LEVEL

After years of training and playing at the highest level of competition, the NBA combine and pre-draft individual workouts are the final steps to an athlete realizing their dream of playing in the NBA. EXOS is dedicated to supporting athletes with our world-class integrated performance training, nutrition, and rehabilitation services during this critical time in their careers. In addition to performance training, athletes will have the opportunity to enhance their on-court basketball skills through individual and group skill development sessions led by skills experts. EXOS’ NBA combine and pre-draft training program offers everything an athlete needs to reach their goal of playing in the NBA.

SYSTEMS FOR SUCCESS
EXOS utilizes training systems that have supported champions across sports and around the world. These systems, which continually evolve based on the most innovative and cutting-edge training techniques, are the foundation of our athletes’ success at the highest levels. They allow each athlete to train with confidence knowing that they’ll have the tools needed to achieve their greatest results at the NBA combine and during individual workouts.

INDIVIDUALIZED TRAINING FOR INDIVIDUAL GOALS
To get maximum results and meet their specific needs and goals, each athlete receives individual skills development coaching and performance training. Working with skills experts, athletes will have dedicated on-court sessions to enhance their basketball abilities and address areas of improvement before showcasing their skills to NBA personnel. Training with EXOS performance specialists, athletes will work on improving strength, speed, and power. These sessions will focus on improving areas tested at the combine, as well as areas to make them a better overall athlete on the court.

WE ARE A TEAM
In the same way that coaches and staff work together to help an NBA team succeed, our skills coaches and performance specialists are experts in their fields. They are dedicated to working together to help our athletes reach their goals. By utilizing a team approach, our coaches, physical therapists, nutritionists, massage therapists, chiropractors, and other specialists are in constant communication to ensure that each athlete’s individual plan is helping them succeed.

YOUR GOAL IS OUR GOAL.
0.2 NBA PRE-DRAFT PREPARATION

While the short-term goal during training is to ensure the best performance at the combine and improve overall draft status, our long-term goal is to help set our athletes up for career success in the NBA. Working with EXOS performance specialists, athletes will train to become faster, stronger, and quicker while also learning key strategies for injury prevention to promote career longevity. Athletes will also work with experienced skills coaches to improve basketball and position-specific skills, preparing them for both combine and career success.

PRE-DRAFT DRILL PREPARATION

EXOS performance specialists focus on preparing athletes for the specific drills they’ll be tested on at the combine and at individual workouts.

Using proven training techniques and the latest technology, athletes will be shown how to best execute each drill for maximum performance and results.

PERFORMANCE TRAINING WILL FOCUS ON:
+ ¾ court sprint
+ Lane agility drill
+ No-step vertical
+ Maximum vertical
+ 185-pound bench press

EXOS brings in experienced skills coaches to best prepare athletes for the skills and tactics needed to excel at the NBA level.

Working with coaches and fellow top collegiate players, athletes who train at EXOS will have an advantage for position drills at the combine, individual workouts, summer league competition, and their first NBA training camp.

SKILLS TRAINING WILL FOCUS ON:
+ Offensive skill development
+ Defensive skill development
+ Basketball IQ development
+ Video analysis

*Athletes may bring in their own skills coaches.
INTEGRATED SYSTEM FOR NEXT LEVEL

SPEED TRAINING: Faster on the break and quicker to the basket.
Speed is an essential part of the combine evaluation process and a needed skill to meet the up-tempo style of the NBA. To best prepare for the combine and the NBA, athletes will train to improve their overall speed and lateral quickness as they:

• Work on first-step quickness to be faster on each play
• Develop greater top-end speed to be faster on the break and excel at the ¾ court sprint
• Enhance multidirectional agility and speed to get into better defensive positions and perform well in the lane agility drill

POWER DEVELOPMENT: Strong in the paint, powerful through the lane.
Upper- and lower-body strength and power is essential for showcasing athleticism at the combine and withstanding the daily grind of the NBA season. Our strength and power training focuses on:

• Lower-body explosiveness to increase an athlete’s overall vertical abilities and excel in the no-step and max vertical jump tests
• Upper body strength to be stronger when battling in the paint and through the lane and for the bench press

NUTRITION SUPPORT: Fuel for peak performance.
The combine and individual workouts provide one chance to showcase an athlete’s abilities to NBA personnel. To perform at its best, the body needs to be properly fueled. EXOS nutrition support includes:

• Customized meal plans created by registered dietitians to help athletes reach their ideal body composition
• On-site food services to provide daily customized meals
• Pre- and post-workout supplement strategies to properly fuel training sessions and on-court performance

PHYSICAL THERAPY SERVICES: Get back in the game, ready to compete.
Being healthy to train and compete during the combine and individual workouts is crucial for an athlete to showcase their abilities to teams. Physical therapy services include:

• Recovery sessions designed to prevent injuries and reduce muscle soreness
• Access to an integrated team of physical therapists, athletic trainers, chiropractors, and soft-tissue specialists, plus top sports medicine doctors for any rehabilitation needs
0.4 2015 NBA DRAFT RESULTS

KEVON LOONEY
GOLDEN STATE WARRIORS / 30th PICK

JORDAN MICKEY
BOSTON CELTICS / 33rd PICK

ANTHONY BROWN
LOS ANGELES LAKERS / 34th PICK

NORMAN POWELL
TORONTO RAPTORS / 46th PICK

AARON WHITE
WASHINGTON WIZARDS / 49th PICK

TYLER HARVEY
ORLANDO MAGIC / 51st PICK
0.5 TESTIMONIALS

“I couldn’t be happier with my decision to train with EXOS for my pre-draft. EXOS helped me get my body in great shape for the long workout schedule, and the skills trainers were great and will help you get your game right. They did a great job of individualizing my workouts and working on my weaknesses. They’ve coached and know what the workouts entail along with knowing what teams are looking for.”

- AARON WHITE, WASHINGTON WIZARDS | 2ND RD PICK

“Working with EXOS really helped me in my pre-draft process. They really prepared me for the combine testing, and got me stronger and faster. The basketball training really helped me improve my shooting and ball handling during the pre-draft process. The skills coaches really know and understand the game and helped me with my reads and decision making.”

- NORMAN POWELL, TORONTO RAPTORS | 2ND RD PICK

“In just a matter of a couple months, the skills coach was able to teach me tons of new information about how to play in the NBA — terminology, coverages, etc. I saw an improvement in my game play and learned something new every day. He was always willing and able to work out whenever I wanted, no matter the time in the day. I’m definitely glad he was the one to prepare me as I embarked on my NBA journey.”

- TYLER HARVEY, ORLANDO MAGIC | 2ND RD PICK

“Working with EXOS and the skills coach helped prepare me for the next level both mentally and physically. In just a few months, I was able to improve my weaknesses and master my strengths. There wasn’t a day I came into the gym that I wasn’t pushed to my limit. The performance training at EXOS really helped my mobility and strength, specifically in my hips and ankles, allowing me to move more freely on the court and be a more explosive player.”

- ANTHONY BROWN, LA LAKERS | 2ND RD PICK
0.6 LOCATIONS WITH ON-SITE FULL COURTS

LOS ANGELES, CALIFORNIA

EXOS @ STUBHUB CENTER

DALLAS, TEXAS

EXOS @ FIELDHOUSEUSA
0.7 2015 NBA COMBINE

2015 NBA COMBINE
EXOS prides itself on providing personal attention to each and every athlete. Whether a potential lottery pick or undrafted free agent, every athlete’s needs and goals are met with an equal level of passion and commitment. Space in the EXOS NBA combine & pre-draft preparation program is limited to ensure personalized attention for each athlete.

EXOS realizes the importance of executing a seamless pre-draft training experience to ensure an athlete is fully prepared to showcase their basketball skills and athletic capabilities. To simplify the experience, we’ve created a total solution to provide athletes and agents a turnkey experience to ensure a seamless pre-draft training period.

FOR MORE INFORMATION AND TO RESERVE A SPOT, CONTACT OUR TEAM TODAY.

AJ Diggs | 562.599.9691 | adiggs@TeamEXOS.com

TEAMEXOS.COM