



JA'MARR CHASE

DEVIN WHITE

T.J. WATT

GEORGE KITTLE

BRADLEY CHUBB

D.K. METCALF

JAIRE ALEXANDER

YOU'LL BE READY

2022 NFL COMBINE AND
PRO DAY TRAINING PROGRAM



EXOS DRAFT HISTORY

1,085

DRAFTED ATHLETES

206

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

QB, 2017 NO. 10 PICK, KANSAS CITY CHIEFS

"I think EXOS is the best place training wise for the combine."

PATRICK SURTAIN II

CB, 2021 NO. 9 PICK, DENVER BRONCOS

"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, 2014 NO. 12 PICK, NEW YORK GIANTS
OFFENSIVE ROOKIE OF THE YEAR



EXOS IS ALL ABOUT TRAINING

“EVERYONE GETS THE INDIVIDUAL,
PERSONAL ATTENTION THEY NEED.”

DENZEL WARD

CB, 2018 NO. 4 PICK, CLEVELAND BROWNS

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.

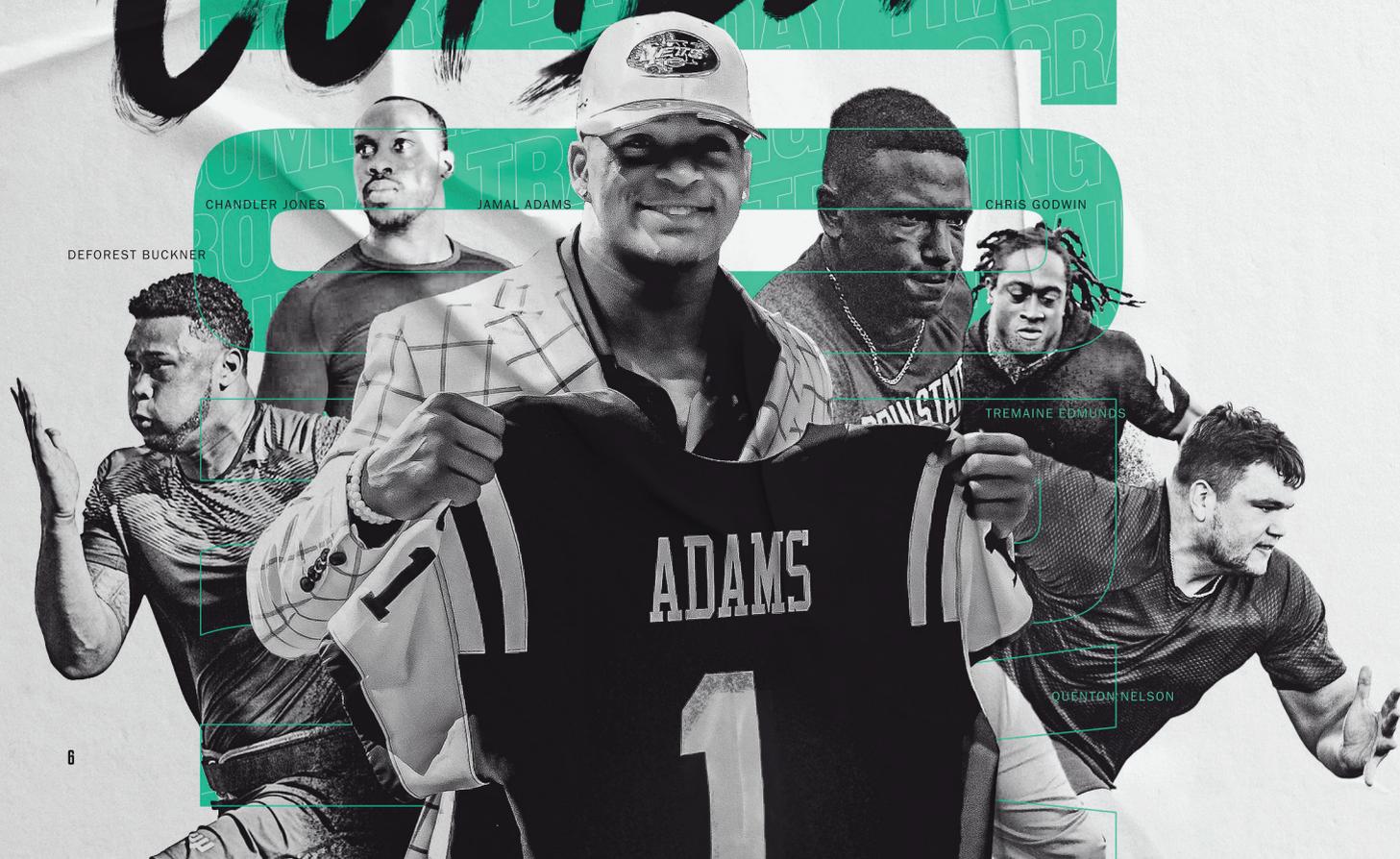
YOUR PROGRESS IS TRACKED.

Our coaches, physical therapists, dietitians, 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.

DRAFT + COMBINE



CHANDLER JONES

JAMAL ADAMS

CHRIS GODWIN

DEFOREST BUCKNER

TREMAINE EDMUNDS

QUENTON NELSON

EXOS DRAFT HISTORY

1,085	206	7	82
TOTAL DRAFT PICKS	FIRST-ROUND PICKS	NO. 1 OVERALL PICKS	PICKS IN THE TOP 10

2021 DRAFT

87	15	04	44
ATHLETES DRAFTED EXOS RECORD	FIRST-ROUND PICKS	PICKS IN THE TOP 10	PICKS IN THE TOP 100 EXOS RECORD

COMBINE HISTORY

225	36	22
POSITION NO. 1 PERFORMANCES	OVERALL NO. 1 PERFORMANCES	POSITION RECORDS

COMBINE RECORDS SINCE 2006

45"	12'3"	3.81S
VERTICAL JUMP CHRIS CONLEY	BROAD JUMP BYRON JONES	3-CONE SHUTTLE BRANDIN COOKS

EXOS



WORKOUTS

With the 2021 combine in Indy canceled, EXOS ensured that its roster of more than 130 athletes had the opportunity to exhibit their talent at two-day pro day events held at two EXOS Institutes across the United

States. These events were run by former NFL scouts and general managers to ensure that our athletes had the opportunity to perform and gather stats that were trusted by NFL teams.

CARLOS BASHAM

JA'MARR CHASE

RONDALE MOORE



“Having worked in the NFL for 20 years, it’s great to see how much thought EXOS put into planning these workouts. The event is being executed safely and as close to an NFL scouting combine as possible.”

MARK DOMINIK
FORMER TAMPA BAY BUCCANEERS GENERAL MANAGER

2021 EXOS

FIRST ROUND

NFL DRAFT PICKS



TRE LANCE
NORTH DAKOTA STATE | QB
SAN FRANCISCO 49ERS

JA'MARR CHASE
LSU | WR
CINCINNATI BENGALS

JAYLEN WADDLE
ALABAMA | WR
MIAMI DOLPHINS

PATRICK SURTAIN II
ALABAMA | CB
DENVER BRONCOS



ALIJAH VERA-TUCKER
USC | OT
NEW YORK JETS



ZAVEN COLLINS
TULSA | LB
ARIZONA CARDINALS



JAELAN PHILLIPS
MIAMI | DE
MIAMI DOLPHINS



KADARIUS TONEY
FLORIDA | WR
NEW YORK GIANTS



KWITY PAYE
MICHIGAN | DE
INDIANAPOLIS COLTS



CHRISTIAN DARRISAW
VIRGINIA TECH | OL
MINNESOTA VIKINGS



NAJEE HARRIS
ALABAMA | RB
PITTSBURGH STEELERS



GREG NEWSOME II
NORTHWESTERN | CB
CLEVELAND BROWNS



RASHOD BATEMAN
MINNESOTA | WR
BALTIMORE RAVENS



PAYTON TURNER
HOUSTON | DE
NEW ORLEANS SAINTS



GREGORY ROUSSEAU
MIAMI | DE
BUFFALO BILLS

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, 2012 NO. 1 PICK, INDIANAPOLIS COLTS

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

SPEED TRAINING

USING THE LATEST VIDEO-CAPTURE TECHNOLOGY,
 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.



“As far as speed coaches, I think EXOS has the best speed coaches in the country and that’s why I came here.”

WILL FULLER
 WR, 2016 NO. 21 PICK, HOUSTON TEXANS
 4.33S 40-YARD DASH AT THE COMBINE

2021 EXOS PRO DAY WORKOUTS HIGHLIGHTS

40-YARD DASH

RONDALE MOORE	4.31S
JA'MARR CHASE	4.34S
ELIJAH MOORE	4.34S
MARCO WILSON	4.34S
KELVIN JOSEPH	4.34S
JAELAN PHILLIPS	4.57S
KWITY PAYE	4.57S
MILTON WILLIAMS	4.63S

20-YARD SHUTTLE

JA'MARR CHASE	3.99S
ELIJAH MOORE	4.00S
BUDDY JOHNSON	4.07S
ROBERT ROCHELL	4.08S
MARCO WILSON	4.09S

3-CONE DRILL

DYAMI BROWN	6.67S
JAELON DARDEN	6.67S
RONDALE MOORE	6.68S
PAULSON ADEBO	6.69S
DICAPRIO BOOTLE	6.72S

TOP PERFORMANCES BY EXOS-SUPPORTED ATHLETES

40-YARD DASH

DENZEL WARD NO. 1 OVERALL AT 2018 COMBINE	4.32S
JOSH ROBINSON NO. 1 OVERALL AT 2012 COMBINE	4.33S
ROBERT GRIFFIN III COMBINE RECORD FOR QUARTERBACK	4.41S
MONTEZ SWEAT COMBINE RECORD FOR EDGE RUSHER	4.41S
VERNON DAVIS COMBINE RECORD FOR TIGHT END	4.38S
TERRON ARMSTEAD COMBINE RECORD FOR OFFENSIVE LINEMAN	4.71S
JONATHAN TAYLOR NO. 1 RUNNING BACK AT 2020 COMBINE	4.39S
ALBERT OKWUEGBUNAM NO. 1 TIGHT END AT 2020 COMBINE	4.49S
JAMES SMITH-WILLIAMS NO. 1 DEFENSIVE LINEMAN AT 2020 COMBINE	4.60S
JAVELIN GUIDRY NO. 1 CORNERBACK AT 2020 COMBINE	4.29S
PARRIS CAMPBELL NO. 1 WIDE RECEIVER AT 2019 COMBINE	4.31S
DEVIN WHITE NO. 1 LINEBACKER AT 2019 COMBINE	4.42S
MARCUS DAVENPORT NO. 1 DEFENSIVE LINEMAN AT 2018 COMBINE	4.58S
LEON JACOBS NO. 1 EDGE RUSHER AT 2018 COMBINE	4.48S

EVAN ENGRAM NO. 1 TIGHT END AT 2017 COMBINE	4.42S
AVIANTE COLLINS NO. 1 OFFENSIVE LINEMAN AT 2017 COMBINE	4.81S
HAASON REDDICK NO. 1 DEFENSIVE LINEMAN AT 2017 COMBINE	4.52S
JABRILL PEPPERS NO. 1 LINEBACKER AT 2017 COMBINE	4.46S
DARRON LEE NO. 1 LINEBACKER AT 2016 COMBINE	4.47S
WILL FULLER NO. 1 WIDE RECEIVER AT 2016 COMBINE	4.32S
JONATHAN JONES NO. 1 DEFENSIVE BACK AT 2016 COMBINE	4.33S
CHARLES TAPPER NO. 1 DEFENSIVE LINEMAN AT 2016 COMBINE	4.59S
T.J. GREEN NO. 1 SAFETY AT 2016 COMBINE	4.34S
JASON SPRIGGS NO. 1 OFFENSIVE LINEMAN AT 2016 COMBINE	4.94S
KWON ALEXANDER NO. 1 LINEBACKER AT 2015 COMBINE	4.55S
JAVEVEON CLOWNEY NO. 1 DEFENSIVE LINEMAN AT 2014 COMBINE	4.53S
BRANDIN COOKS NO. 1 WIDE RECEIVER AT 2014 COMBINE	4.33S
A.C. LEONARD NO. 1 TIGHT END AT 2014 COMBINE	4.50S
TERRENCE BROOKS NO. 1 SAFETY AT 2014 COMBINE	4.42S

MYCHAL KENDRICK NO. 1 LINEBACKER AT 2013 COMBINE	4.47S
ADRIAN PETERSON NO. 1 RUNNING BACK AT 2007 COMBINE	4.40S
D.K. METCALF FASTEST 40-YARD DASH FOR AN ATHLETE OVER 225 POUNDS	4.33S

20-YARD SHUTTLE

KEVIN KING NO. 1 OVERALL AT 2017 COMBINE	3.89S
BRANDIN COOKS COMBINE RECORD	3.81S
A.J. JEFFERSON NO. 1 OVERALL AT 2010 COMBINE	4.00S

3-CONE DRILL

DENZEL MIMS NO. 1 OVERALL AT 2020 COMBINE	6.66S
KEVIN KING NO. 1 OVERALL AT 2017 COMBINE	6.56S
DANIEL SORENSEN NO. 1 OVERALL AT 2014 COMBINE	6.47S
WILL DAVIS NO. 1 OVERALL AT 2013 COMBINE	6.52S



“What brought me to EXOS were the speed drills and the way they teach. It’s getting you ready for prime time.”

BRANDIN COOKS
 WR, 2014 NO. 20 PICK, NEW ORLEANS SAINTS
 4.33S 40-YARD DASH AND 3.81S 20-YARD SHUTTLE AT THE COMBINE

BRIAN BURNS



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.

2021 EXOS PRO DAY WORKOUTS HIGHLIGHTS

VERTICAL JUMP

JOSH IMATORBHEBHE	46.5"
MARCO WILSON	43.5"
ROBERT ROCHELL	43"
RONDALE MOORE	42.5"
CADEN STERNS	42"
ELERSON SMITH	41.5"

BROAD JUMP

KADARIUS TONEY	11'4"
MARCO WILSON	11'4"
JOSH IMATORBHEBHE	11'2"
ROBERT ROCHELL	11'1"
JA'MARR CHASE	11'
DARREN HALL	11'

BENCH PRESS

TOMMY TOAGIA	40 REPS
TEVEN JENKINS	36 REPS
JONATHAN MARSHALL	36 REPS
FORREST MERRILL	36 REPS
KWITY PAYE	36 REPS
ROY LOPEZ	36 REPS

TOP PERFORMANCES BY EXOS-SUPPORTED ATHLETES

VERTICAL JUMP

CHRIS CONLEY	45"
ALL-TIME RECORD FOR WIDE RECEIVERS	
JEFF OKUDAH	41"
NO. 1 DEFENSIVE BACK AT 2020 COMBINE	
BYRON JONES	44.5"
NO. 1 DEFENSIVE BACK AT 2015 COMBINE	
JOSH DOCTSON	41"
NO. 1 WIDE RECEIVER AT 2016 COMBINE	
JUAN THORNHILL	44"
NO. 1 OVERALL AT 2019 NFL COMBINE	
TERRELL EDMUNDS	41.5"
NO. 1 OVERALL AT 2018 NFL COMBINE	
DANIEL LASCO	41.5
NO. 1 OVERALL AT 2016 NFL COMBINE	
A.J. JEFFERSON	44"
NO. 1 OVERALL AT 2010 NFL COMBINE	

BROAD JUMP

BYRON JONES	12'3"
ALL-TIME RECORD	
JUAN THORNHILL	11'9"
NO. 1 OVERALL AT 2019 NFL COMBINE	
DENZEL WARD	11'4"
NO. 1 OVERALL AT 2018 NFL COMBINE	
DANIEL LASCO	11'3"
NO. 1 OVERALL AT 2016 NFL COMBINE	
HAASON REDDICK	11'1"
ALL-TIME RECORD FOR DEFENSIVE LINEMAN	
JAMIE COLLINS	11'7"
NO. 1 OVERALL AT 2013 COMBINE	
JOSH ROBINSON	11'1"
NO. 1 OVERALL AT 2012 COMBINE	
JULIO JONES	11'3"
NO. 1 OVERALL AT 2011 COMBINE	

BENCH PRESS

IOSUA OPETA	39 REPS
NO. 1 OVERALL AT 2019 COMBINE	
HARRISON PHILLIPS	42 REPS
NO. 1 OVERALL AT 2018 COMBINE	
ISAAC ASIATA	35 REPS
NO. 1 OVERALL AT 2017 COMBINE	
RUSSELL BODINE	42 REPS
NO. 1 OVERALL 2014 COMBINE	
JERICK MCKINNON	32 REPS
NO. 1 RUNNING BACK AT 2014 COMBINE	
DONTARI POE	44 REPS
NO. 1 OVERALL AT 2012 COMBINE	
JAKE LONG	37 REPS
NO. 1 OVERALL AT 2008 COMBINE	
VERNON GHOLSTON	37 REPS
NO. 1 OVERALL AT 2008 COMBINE	



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

AARON DONALD

DT, 2014 NO. 13 PICK, ST. LOUIS RAMS
DEFENSIVE ROOKIE OF THE YEAR

NUTRITIONAL 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.



DANNY SHELTON | DEFENSIVE TACKLE

INITIAL WEIGHT		ENDING WEIGHT	
361 POUNDS	23.5% BODY FAT	339 POUNDS	21% BODY FAT
LOST 22 POUNDS AND DROPPED 13.7 POUNDS OF BODY FAT			

DEXTER LAWRENCE | DEFENSIVE TACKLE

INITIAL WEIGHT		ENDING WEIGHT	
369.5 POUNDS	21.1% BODY FAT	342 POUNDS	19.9% BODY FAT
LOST 27.5 POUNDS AND DROPPED 9.9 POUNDS OF BODY FAT			

MARCUS DAVENPORT | DEFENSIVE END

INITIAL WEIGHT		ENDING WEIGHT	
244 POUNDS	12.5% BODY FAT	260 POUNDS	9.4% BODY FAT
GAINED 16 POUNDS LEAN MUSCLE MASS AND DROPPED 3.1% BODY FAT			

AMBRY THOMAS | DEFENSIVE BACK

INITIAL WEIGHT		ENDING WEIGHT	
169.6 POUNDS	8.7% BODY FAT	192 POUNDS	9.3% BODY FAT
GAINED 22.4 POUNDS LEAN MUSCLE MASS			

BRIAN BURNS | DEFENSIVE END

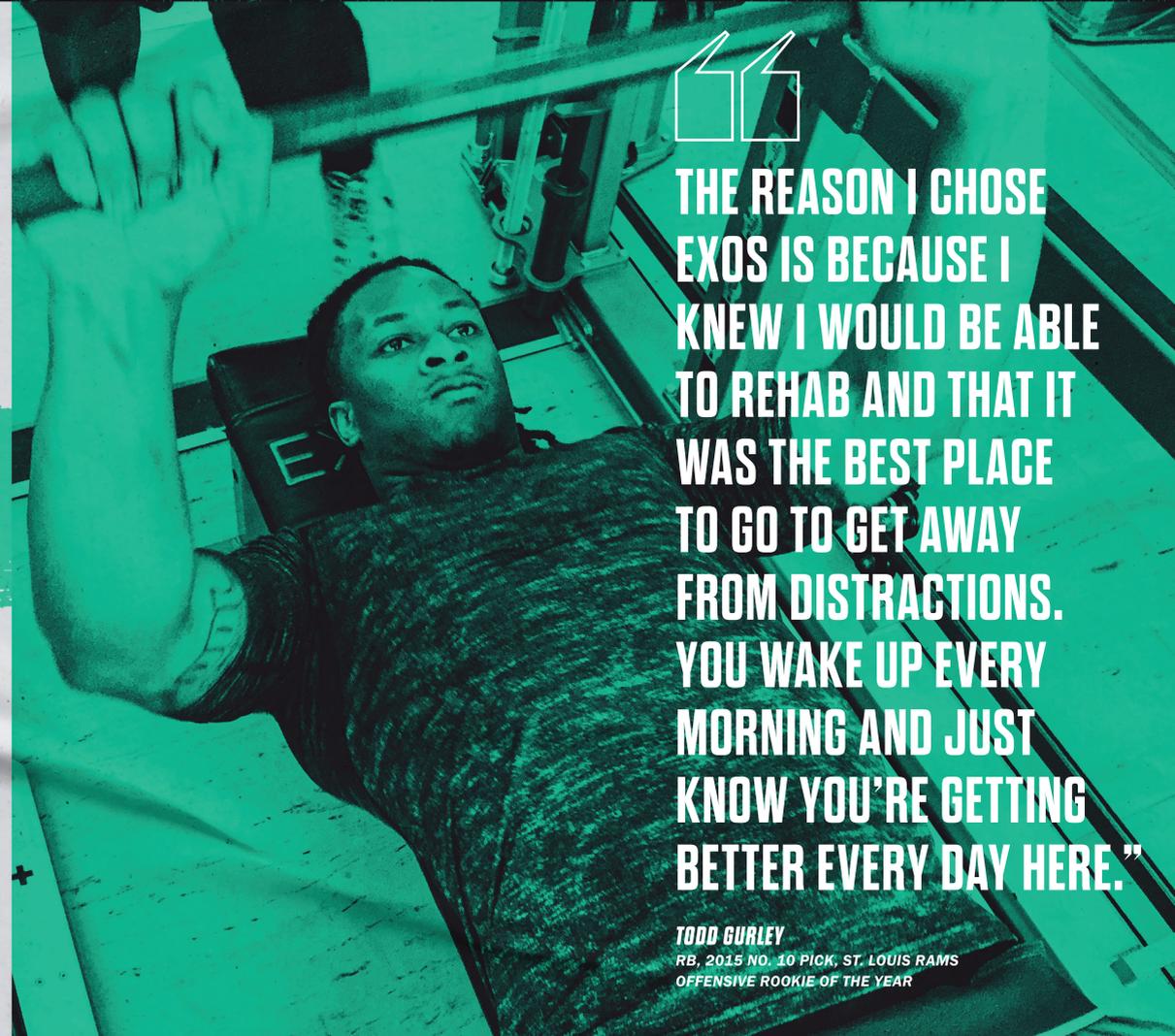
INITIAL WEIGHT		ENDING WEIGHT	
228.6 POUNDS	7.6% BODY FAT	249 POUNDS	7.2% BODY FAT
GAINED 19.8 POUNDS LEAN MUSCLE MASS			

“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, 2018 NO. 14 PICK,
NEW ORLEANS SAINTS

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.



THE REASON I CHOSE EXOS IS BECAUSE I KNEW I WOULD BE ABLE TO REHAB AND THAT IT WAS THE BEST PLACE TO GO TO GET AWAY FROM DISTRACTIONS. YOU WAKE UP EVERY MORNING AND JUST KNOW YOU'RE GETTING BETTER EVERY DAY HERE."

TODD GURLEY
RB, 2015 NO. 10 PICK, ST. LOUIS RAMS
OFFENSIVE ROOKIE OF THE YEAR

RECOVERY SERVICES INCLUDE:

- 1 INJURY EVALUATION AND FULL COMBINE ORTHOPEDIC EVALUATION
- 2 POSTSEASON INJURY REHABILITATION
- 3 POST-SURGICAL REHABILITATION
- 4 MASSAGE THERAPY
- 5 HOT AND COLD TUBS
- 6 ACCESS TO TOP SPORTS ORTHOPEDISTS
- 7 MEDIA TRAINING ON HOW TO TALK ABOUT YOUR INJURY



JULIO JONES

J.J. WATT

A.J. BROWN

AARON JONES

WHERE THE FAST GETS THE MOST

POSITION-SPECIFIC

T R A I N I N G

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



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, 2-TIME PRO BOWLER



ROUNDTABLES

2021

SINCE 2016

TOP CONTRACTS SINCE 2016

OVER \$607M

\$2.7B

\$34.1M

\$31.3M

\$29.1M

IN TOTAL CONTRACT MONEY

IN TOTAL CONTRACT MONEY

TREY LANCE

CLELIN FERRELL

DENZEL WARD

OVER \$335M

\$1.6B

\$33.5M

\$30.8M

\$27.2M

IN GUARANTEED CONTRACT MONEY

IN GUARANTEED CONTRACT MONEY

JEFF OKUDAH

JA'MARR CHASE

BRADLEY CHUBB

\$32.3M

\$29.3M

\$18.1M

ANDREW THOMAS

DEVIN WHITE

DEFOREST BUCKNER

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	CHRISTIAN PONDER	MATT RYAN	MATTHEW STAFFORD

RUNNING BACKS

GIOVANI BERNARD	DEVONTAE BOOKER	LEONARD FOURNETTE	MELVIN GORDON
TODD GURLEY	NAJEE HARRIS	MARSHAWN LYNCH	JERICK MCKINNON
DEMARCO MURRAY	ADRIAN PETERSON	TRENT RICHARDSON	JONATHAN STEWART
JONATHAN TAYLOR	DAVID JOHNSON	JAY AJAYI	ROYCE FREEMAN
RONALD JONES II	KERRYON JOHNSON	AARON JONES	

WIDE RECEIVERS

RASHOD BATEMAN	ODELL BECKHAM JR.	A.J. BROWN	PARRIS CAMPBELL
JA'MARR CHASE	RANDALL COBB	BRANDIN COOKS	COREY DAVIS
ERIC DECKER	JOSH DOCTSON	ANTHONY MILLER	WILL FULLER
A.J. GREEN	N'KEAL HARRY	DESEAN JACKSON	JULIO JONES
JORDAN MATTHEWS	JALEN REAGOR	DEMARYIUS THOMAS	KEVIN WHITE
KENDALL WRIGHT	MIKE WILLIAMS	D.J. MOORE	CHRISTIAN KIRK
GOLDEN TATE	CHRIS GODWIN	CURTIS SAMUEL	D.K. METCALF
DEEBO SAMUEL	KADARIUS TONEY	JAYLEN WADDLE	

OFFENSIVE LINEMEN

GARRETT BRADBURY	QUENTON NELSON	MIKE MCGLINCHEY	KOLTON MILLER
TERRON ARMSTEAD	WILLIAM BEATTY	BRYAN BULAGA	RYAN CLADY
JONATHAN COOPER	JACK CONKLIN	CHRISTIAN DARRISAW	DAVID DECASTRO
CAMERON ERVING	JOSH GARNETT	D.J. HUMPHRIES	GERMAIN IFEDI
JA'WUAN JAMES	MATT KALIL	RYAN KELLY	PHIL LOADHOLT
JAKE LONG	GREG ROBINSON	BRADEN SMITH	TYRON SMITH
ANDREW THOMAS	AUSTIN JACKSON	ISAIAH WILSON	CESAR RUIZ
XAVIER SU'A-FILO	LAREMY TUNSIL	MAX UNGER	ALIJAH VERA-TUCKER
STEFEN WISNIEWSKI	KEVIN ZEITLER	BEN JONES	BRANDON BROOKS

DANIELLE HUNTER

CAM JORDAN

C.J. HENDERSON

ERIC KENDRICKS

JEFF OKUDAH

ANDREW THOMAS

TIGHT ENDS

DWAYNE ALLEN	MIKE GESICKI	JORDAN CAMERON	VERNON DAVIS
TYLER HIGBEE	ERIC EBRON	EVAN ENGRAM	JERMAINE GRESHAM
HUNTER HENRY	O.J. HOWARD	JASON WITTEN	MARCEDES LEWIS
AUSTIN SEFERIAN-JENKINS			

DEFENSIVE LINEMEN

JAVON HARGRAVE	BRIAN BURNS	BRADLEY CHUBB	MARCUS DAVENPORT
VITA VEA	DA'RON PAYNE	ARIK ARMSTEAD	DERRICK BROWN
DEFOREST BUCKNER	TACO CHARLTON	L.J. COLLIER	JADEVEON CLOWNEY
AARON DONALD	CLELIN FERRELL	DANTE FOWLER JR.	CAMERON HEYWARD
CHANDLER JONES	CAMERON JORDAN	JAVON KINLAW	SHAQ LAWSON
GERALD MCGOY	TAKKARIST MCKINLEY	WHITNEY MERCILUS	ROBERT NKEMDICHE
ED OLIVER	KWITY PAYE	JAELAN PHILLIPS	ROBERT QUINN
SHELDON RANKINS	HAASON REDDICK	GREGORY ROUSSEAU	MONTEZ SWEAT
JERRY TILLERY	SOLOMON THOMAS	PAYTON TURNER	T.J. WATT
J.J. WATT	LEONARD WILLIAMS	MARIO WILLIAMS	

LINEBACKERS

JOSH ALLEN	DEVIN BUSH	JAMIE COLLINS	ZAVEN COLLINS
JORDYN BROOKS	KAMALEI CORREA	TREMAINE EDMUNDS	LEIGHTON VANDER ESCH
DONT'A HIGHTOWER	ERIC KENDRICKS	MYCHAL KENDRICKS	DARRON LEE
REY MAUALUGA	ALEC OGLETREE	BROOKS REED	ROQUAN SMITH
SHAQ THOMPSON	COURTNEY UPSHAW	BOBBY WAGNER	DEVIN WHITE
PATRICK WILLIS	LAMARR WOODLEY		

DEFENSIVE BACKS

JAIRE ALEXANDER	JAMAL ADAMS	PRINCE AMUKAMARA	ELI APPLE
DAMON ARNETTE	VONTAE DAVIS	TERRELL EDMUNDS	MINKAH FITZPATRICK
JEFF GLADNEY	VERNON HARGREAVES	C.J. HENDERSON	MARLON HUMPHREY
EDDIE JACKSON	KARL JOSEPH	BYRON JONES	DESMOND KING
MARSHON LATTIMORE	BRYON MURPHY	GREG NEWSOME II	JEFF OKUDAH
JABRILL PEPPERS	MARCUS PETERS	DAMARIOUS RANDALL	AARON ROSS
JIMMY SMITH	PATRICK SURTAIN II	AQIB TALIB	DESMOND TRUFANT
JASON VERRETT	DENZEL WARD	JIMMIE WARD	TRE'DAVIOUS WHITE
JOEJUAN WILLIAMS	MARCUS WILLIAMS	ROCK YA-SIN	

SUPPORT

IN

INDY

DID YOU KNOW?

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

PREPARE

FOR IT

TRAIN

FOR IT

FUEL

FOR IT

REST

FOR IT

EXOSTM

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 | @EXOSSPORTS

EXOS LOCATIONS

PHOENIX, ARIZONA | EXOS HEADQUARTERS

SAN DIEGO, CALIFORNIA | EXOS SAN DIEGO

PENSACOLA, FLORIDA | ANDREWS INSTITUTE

DALLAS, TEXAS | FIELDHOUSE USA

