



COMBINE PREP PROGRAM

Program Goal:

Gain a competitive advantage over your peers, with training specifically designed to help give you an edge on the combine course.

Program Description:

Our Combine Prep Program consists of a 10-pack of sessions that will teach you the proper technique and give you the athletic foundation to maximize your performance in combine events, such as:

- The 40-Yard Dash
- The Vertical Jump
- The 3-Cone Drill
- The Shuttle Run
- The Broad Jump



THE FASTEST WAY TO BECOME A BETTER ATHLETE®