



NFL DRAFT PREP

EXOS CERTIFIED | EVIDENCE BASED



ATLET NFL ALUMNI

ALFRED MORRIS, DALLAS COWBOYS
CHRIS BANJO, GREEN BAY PACKERS
BRYCE PETTY, NEW YORK JETS
DAMONTRE MOORE, NEW YORK GIANTS
MARCUS MURPHY, NEW ORLEANS SAINTS
RUSSELL HANSBROUGH, TAMPA BAY BUCS
QUINCY ADEBOYEJO, BALTIMORE RAVENS Z
ACH ORR, BALTIMORE RAVENS
ALDRICK ROBINSON, BALTIMORE RAVENS
BRIAN WATERS, DALLAS COWBOYS
RYAN MOATS, HOUSTON TEXANS
BRYAN MCCANN, ARIZONA CARDINALS
MALCOLM WILLIAMS, NE PATRIOTS
AHTYBA RUBEN, CLEVELAND BROWNS
NICK ORR, CHICAGO BEARS
CAM BATSON, TENNESSEE TITANS
TE ROBERTSON, ARIZONA CARDINALS
JAMES PROCHE, BALTIMORE RAVENS
LAVISKE SHENAULT, JACKSONVILLE JAGUARS
PEAJ GREEN, CLEVELAND BROWNS
DARRION DANIELS, SAN FRANCISCO 49ERS

LEO LEWIS, PITTSBURGH STEELERS
TERIYON GIPSON, NY JETS
VON MILLER, DENVER BRONCOS
BRENDEN SCHOOLER, NE PATRIOTS
KODY RUSSEY, NEW PATRIOTS
JOSH DRAYDEN, WASHINGTON COMMANDERS
DEE ANDERSON, NEW ORLEANS SAINTS
PATRICK LAWRENCE, ARIZONA CARDINALS
TONY JEROD-EDDIE, SF 49ERS
CYRUS GRAY, DENVER BRONCOS
RICHARD CRAWFORD, SAN DIEGO CHARGERS
TAYLOR REED, DALLAS COWBOYS
BRYAN COLLINS, DETROIT LIONS
TAYLOR MCCULLER, NE PATRIOTS
STERLING MOORE, TAMPA BAY BUCCANEERS
LORENZO WASHINGTON, NEW YORK JETS
MARCHIE MURDOCK, DALLAS COWBOYS
TERE CALLOWAY, ATLANTA FALCONS
CHRIS LACY II, NEW ENGLAND PATRIOTS
TRAVIS WILSON, HOUSTON TEXANS
LAQUVIONTE GONZALEZ, LOS ANGELES RAMS

JASON HALL, SEATTLE SEAHAWKS
JALEN TOLLIVER, TENNESSEE TITANS
CAM SIMMS, WASHINGTON REDSKINS
CHRIS ORR, CAROLINA PANTHERS
BRYAN LONDON II, LOS ANGELES RAMS
DEVAH WALEY, CINCINNATI BENGALS
JEFF COTTON, LOS ANGELES CHARGERS
HOLLYWOOD FRANKY, ARIZONA CARDINALS
SETH RUSSELL, OAKLAND RAIDERS
EMMANUEL SANDERS, NEW ORLEANS SAINTS
CHRIS OWENS, PITTSBURGH STEELERS
JAMAL PETTRIGREW, LA RAMS
MARVIN TERRY, NEW YORK JETS
JARED SCOTT, CAROLINA PANTHERS
GAVIN HOLMES, PHILADELPHIA EAGLES
GUNNAR HENDERSON, NEW ORLEANS SAINTS
AMARE JONES, NEW YORK JETS
CALEB THOMAS, KANSAS CITY CHIEFS
D'ANTHONY JONES, CHICAGO BEARS

TOP PERFORMERS

GAVIN HOLMES, WR – BAYLOR – 2023

- 40YD TIME – 4.38SEC (NFL COMBINE RANK 4TH)
- BENCH – 19 REPS (NFL COMBINE RANK 5TH)

KENDALL CATALON, WR – ACU – 2023

- SHUTTLE – 4.15SEC (NFL COMBINE RANK 3RD)

CALEB THOMAS, DT – ULM – 2023

- VERTICAL – 33.5" (NFL COMBINE RANK 2ND)
- BENCH – 30REPS (NFL COMBINE RANK 2ND)

KODY RUSSEY, OL – HOUSTON – 2022

- BENCH – 38REPS (NFL COMBINE RANK 1ST)

CHRIS ORR, ILB – WISCONSIN - 2020

- SHUTTLE – 4.08SEC (NFL COMBINE RANK 1ST)
- 3 CONE – 6.99SEC (NFL COMBINE RANK 5TH)
- VERTICAL – 36.5IN (NFL COMBINE RANK 8TH)

BRYAN LONDON II, LB – TEXAS STATE - 2020

- BENCH – 25REPS (NFL COMBINE RANK 3RD)
- VERTICAL – 36.5IN (NFL COMBINE RANK 8TH)

CHRISTIAN SLAUGHTER, DB – MEMPHIS - 2018

- 40YD TIME - 4.25SEC (NFL COMBINE RANK 1ST)
- VERTICAL – 39.5IN (NFL COMBINE RANK 2ND)

EMMANUEL SANDERS, WR – SMU - 2010

- 40YD TIME - 4.40SEC (NFL COMBINE RANK 6TH)
- VERTICAL JUMP – 40.5IN (NFL COMBINE RANK 4TH)

CHRIS BANJO, DB – SMU – 2012

- 40YD TIME - 4.37SEC (NFL COMBINE RANK 3RD)
- VERTICAL JUMP – 40.5IN (NFL COMBINE RANK 1ST)

MICAH SIMON, WR – BRIGHAM YOUNG – 2020

- 40YD – 4.35SEC (NFL COMBINE RANK 2ND)
- SHUTTLE – 3.99SEC (NFL COMBINE RANK 1ST)
- 3 CONE – 6.67SEC (NFL COMBINE RANK 2ND)

ROBERT HAYES JR – SMU - 2020

- 3 CONE – 6.47SEC (NFL COMBINE RANK 1ST)
- SHUTTLE – 3.99SEC (NFL COMBINE RANK 2ND)

SETH RUSSELL, QB – BAYLOR - 2017

- 40YD TIME - 4.39SEC (NFL COMBINE RANK 1ST)

LAQUIVIONTE GONZALEZ, WR – SOUTHEASTERN - 2018

- 40YD TIME - 4.37SEC (NFL COMBINE RANK 3RD)

TRAVIS WILSON, LB – NEVADA - 2018

- 40YD TIME - 4.46SEC (NFL COMBINE RANK 2ND)

CHASE KENNEMER, LB – SMU - 2010

- 40YD TIME - 4.44SEC (NFL COMBINE RANK 1ST)



DRAFT PROGRAM

ATLET NFL DRAFT PREP IS THE MOST **COMPREHENSIVE INDIVIDUAL ATHLETE FOCUSED PROGRAM** IN THE COUNTRY.

DRAFT CLASSES CAPPED TO 15-20 ATHLETES. 16 YEAR PROGRAM HISTORY.

TOP 5 RANKED PRO DAY PERFORMERS BY POSITION EVERY YEAR FOR LAST 7 YEARS.

ATLET DRAFT PREP PROCESS

PERFORMANCE TRAINING



ON FIELD SKILLS WORK



MOCK PRO DAYS



TECHNICAL ANALYSIS



FRC, PT, MASSAGE RECOVERY



MEAL PREP, DNA PROFILE, JOURNAL



NSF SUPPLEMENT STACKS & PROTEIN



BEST IN CLASS TRAINING GEAR





***TRAINING
PROGRAM SCHEDULE***

LIFT PREP / FUNCTIONAL CORRECTIVES

MON. - FRI. 9:15AM - 10:00AM

PERFORMANCE TRAINING / ISO DRILL FOCUS

MON. - FRI. 10:00AM - 12:00PM

ON FIELD SKILLS WORK

MON. / WED. 2:00PM

PT / FRC / RECOVERY

TUE. / THU. 2:00PM AND WED. 5:00PM

ACTIVE RECOVERY / MOCK PRO DAY

SAT. 9:30AM

TRAINING STAFF



RYAN MENTZEL

CO-OWNER ATLET SPORTS
PERFORMANCE TRAINER
NFL - COWBOYS, COLLEGE - SMU
EXOS, USA, TPI CERTIFIED



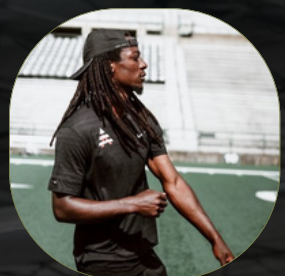
TRAVIS WILSON

PERFORMANCE TRAINER
NFL - TEXANS, CFL - STAMPEDE
COLLEGE - NEVADA
EXOS CERTIFIED



STAN OKEKE

HEAD PHYSICAL THERAPIST
SPORTS THERAPY CERTIFIED
DRY NEEDLING / CUPPING
MYOFASCIAL MANIPULATION



DAMEON GAMBLIN

NFL WR SKILLS COACH
TRAINER TO:
EMMANUEL SANDERS, TREY QUINN,
TERRACE MARSHALL, JAMES PROCHE &
RASHARD HIGGINS



CHRISTIAN WHITE

NFL DB SKILLS COACH
TRAINER TO:
CHAVARIUS WARD, KAM CURL,
& JASON PINNOCK



JEROMY CLARY

NFL LINEMAN SKILLS COACH
9YR NFL VETERANN - CHARGERS
TRAINER TO:
KODY RUSSEY & CHRIS OWENS



TRAINING OPTIONS

	DRAFT PREP PREMIUM	DRAFT PREP ELITE (RECOMMENDED)	DRAFT PREP STANDARD
8 WEEK DRAFT PREP PROGRAM	X	X	X
PERFORMANCE TRAINING MOCK PRO DAY TRAINING	X	X	X
FRC / YOGA TRAINING	X	X	X
RECOVERY PACKAGE: CUPPING, DRY NEEDLING, MANUAL THERAPY, COLD COMPRESSION, SAUNA, SCRAPING, ICE BATH, NORMATECH, THERAPY GUN	X	X	X
NSF SUPPLEMENT STACK: BIOSTEEL PROTEIN, PROVEN 4 SPORT PREWORKOUT, THORNE SUPER EPA, THORNE COLLAGEN FIT, THORNE CREATINE, THORNE BASIC DAILY VITAMIN	X	X	X
ATLET NUTRITIONAL PROGRAM: 10 MEALS PER WEEK DAILY SNACKS @ ATLET RECOVERY BAR WEEKLY FOOD JOURNAL / WEIGH-INS	X	X	X
BLOOD TEST - CUSTOM NUTRITIONAL PROFILE	X	X	
FREE PERFORMANCE TRAINING UNTIL MINI-CAMP / OTAs	X	X	X
ATLET TRAINING GEAR PACKAGE: PERFORMANCE T-SHIRTS, TRAINING HOODIE ALL-PURPOSE TURFS, 40YD DASH CLEATS	X	X	X
POSITION SPECIFIC FIELD SKILLS WORK	X	X	
MEAL PLAN EXPANSION: 15 MEALS PER WEEK	X		
TOTAL PRICE	\$8,100	\$7,650	\$4,885

SOCIAL MEDIA NIL DISCOUNT - 5% OFF | AGENT REFERRAL DISCOUNT (3+ CLIENTS) - 5% OFF

**HOUSING OPTIONS: SINGLE, ROOMMATE, OR 3+ PERSON HOUSING OPTIONS
AVAILABLE W/ CUSTOM PRICING UPON REQUEST**