



FITNESS & PERFORMANCE

**NFL COMBINE &
PRO DAY TRAINING
2025**

**HELPING
THE NEXT
GENERATION OF
ATHLETES
PREPARE FOR
THE BIGGEST
DAY OF THEIR
LIVES**

"Their speed and power program helped decrease my 40 and improve all my of jumping test."

DESHAWN GADDIE JR.

OLE MISS DEFENSIVE BACK

"The smaller groups helped them individulize my training so I got exactly what I needed."

CHARLES WOODS

LA RAMS DEFENSIVE BACK



**NOW
IT'S**

YOUR

TURN

**APE IS DEDICATED TO
SERVING**

YOU

**“EVERYONE GETS THE INDIVIDUAL &
PERSONAL ATTENTION THEY NEED.”**

CHARLES WOODS
LA RAMS



**A PERSONALIZED EXPERIENCE TAILORED TO
YOUR GOALS AND NEEDS .**

The results of your Initial performance screenings influence how our team individualizes your training sessions and nutrition plan to maximize performance.

YOUR PROGRESS IS TRACKED.

Our coaches and physical therapist will communicate daily to ensure each of our athletes is getting what they need to be at their best. Everything from training to nutrition and recovery will be customized based on each athlete.

COMBINE PRO DAY



AVERAGE IMPROVEMENTS FROM 2024 CLASS

40 IMPROVEMENT

-.21

3 CONE

-.24

VERTICAL

+ 3.5 IN

SHUTTLE

-.15

BROAD JUMP

+ 5.4 IN

225LB BENCH PRESS TEST

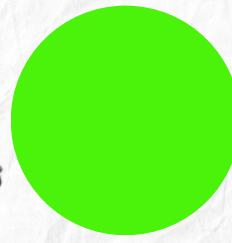
+ 3 REPS

PREP DRAY

OUR TRAINING

Science backed training that is proven to get results. We utilize the latest technology to help our team drive key decision making in designing our programs for our athletes.

We treat the individual not a #. Every athletes that comes in for our program will get the highest level of care so they can perform at their best when it matters most.



"The level of care the APE Fitness & Performance team provides is second to none. They made sure I was doing the right things at the right time and everything was taken care of for me.

DESHAWN GADDIE JR.
OLE MISS DEFENSIVE BACK

WORK WITH OUR TEAM

BE READY



FITNESS & PERFORMANCE



**EMAIL: INFO@APEFITNESSTEAM.COM
TO GET MORE INFO**

PRIMARY CONTACT: CHRIS BRAINARD (817) 800-0870

THE COMBINE & PRO DAY IS

MORE THAN

PHYSICAL

**YOUR
TRAINING
SHOULD
BE, TOO.**

FINANCIAL PREP

Learn more about what tactics you should be taking to set yourself up for success. Working with a seasoned financial advisor they will give you key do's and don'ts on what to do with your money.

INTERVIEW TRAINING.

Work with a media expert to sharpen your interview skills. We want to make sure you put your best foot forward when talking with teams.

SOCIAL MEDIA TRAINING.


Work with a professional social media expert who will help ensure you are posting the proper material. Teams keep an eye out on social media accounts and we want to make sure you are posting positive content.



**APE GAVE ME THE
INDIVIDUALIZATION AND
PERSONAL ATTENTION I
NEEDED TO BE AT MY
BEST.”**

CHARLES WOODS

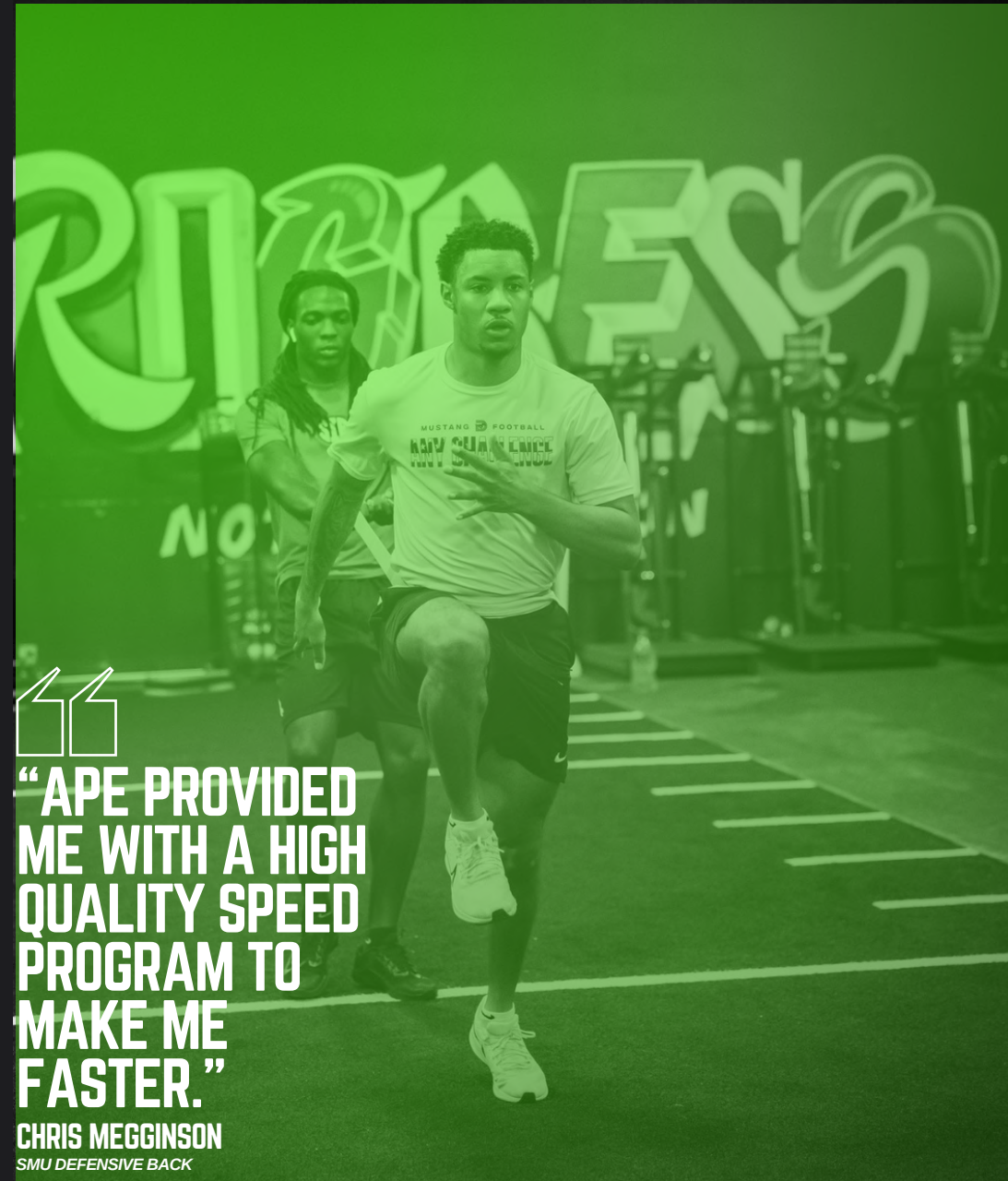
LA RAMS CORNERBACK



**DEVELOP PROPER SPEED TECHNIQUE.
INCREASE ACCELERATION & TOP END SPEED
BE ELITE.**

SPEED **TRAINING**

**WE UTILIZE THE LATEST TECHNOLOGY TO MAKE ACCURATE DECISION
MAKING IN ORDER TO HELP OUR ATHLETES BECOME FASTER, STRONGER
AND MORE POWERFUL.**



**“APE PROVIDED
ME WITH A HIGH
QUALITY SPEED
PROGRAM TO
MAKE ME
FASTER.”**

CHRIS MEGGINSON
SMU DEFENSIVE BACK



POWER

TRAINING

WE UTILIZE THE LATEST TECHNOLOGY TO MAKE ACCURATE DECISION MAKING IN ORDER TO HELP OUR ATHLETES BECOME FASTER, STRONGER AND MORE POWERFUL.

2024 PRO DAY WORKOUTS HIGHLIGHTS

VERTICAL JUMP

CHARLES WOODS 32.0"
CHRIS MEGGINSON 33.5"
DESHAWN GADDIE JR. 33.0"
CHRIS ADIMORA 32.5"

BROAD JUMP

CHARLES WOODS 9'11"
CHRIS MEGGINSON 9'9"
DESHAWN GADDIE JR. 9'8"
CHRIS ADIMORA 9'7"

AVERAGE POWER IMPROVEMENTS: VERTICAL JUMP + 3.5" | BROAD JUMP + 5.4"



"I CAME IN AND GOT FASTER AND MORE POWERFUL. I FELT EXPLOSIVE"

CHRIS MEGGINSON
SMU DEFENSIVE BACK

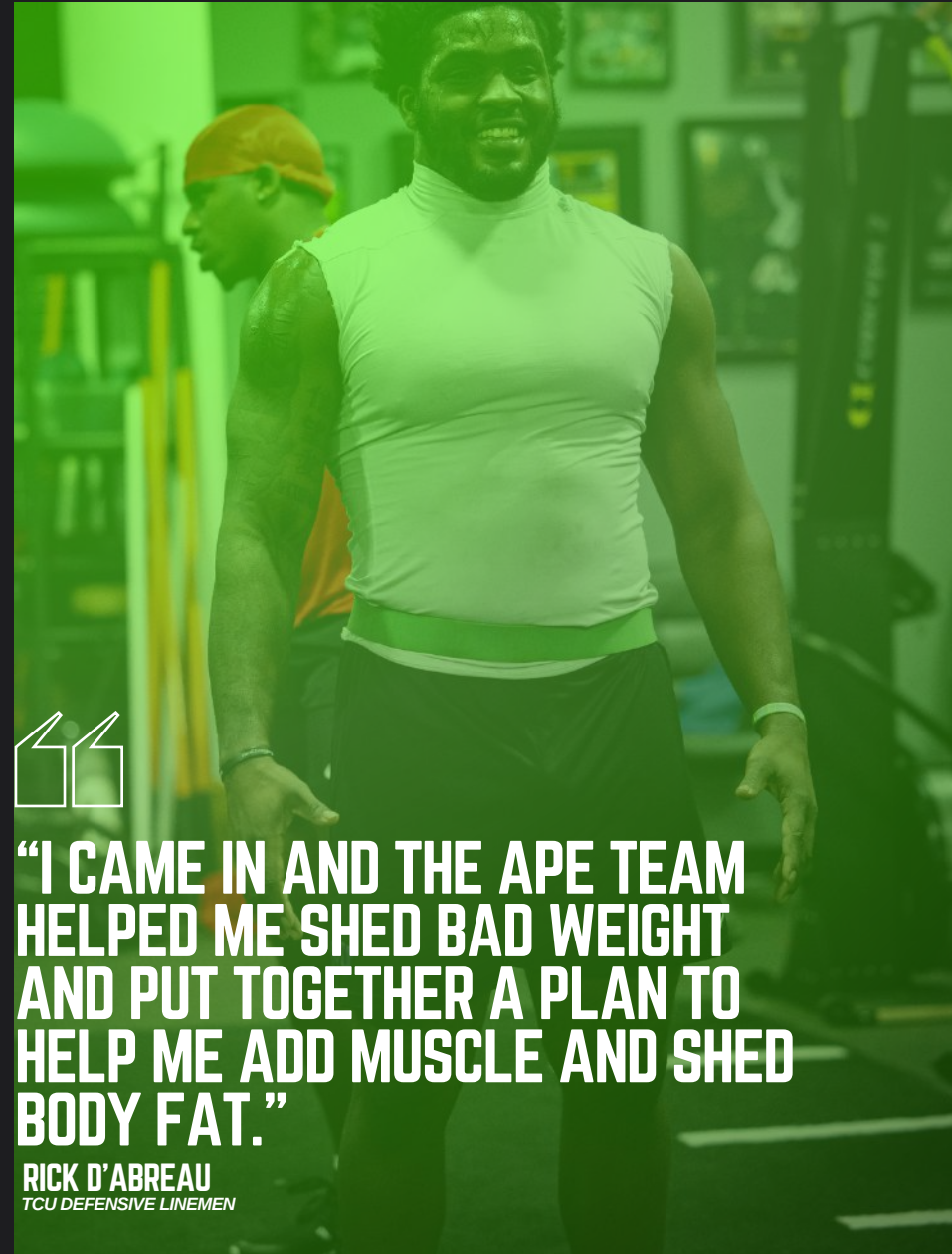




NUTRITION

WETHER YOU NEED TO INCREASE MUSCLE MASS OR LOSE BODY FAT AND MAINTAIN STRENGTH & POWER LEVELS WORKING WITH OUR NUTRITIONIST WILL PROVIDE YOU WITH A SCIENCE BACKED NUTRITION PLAN TO HELP YOU REACH YOUR GOALS.

IMPROVE BODY COMPOSITION

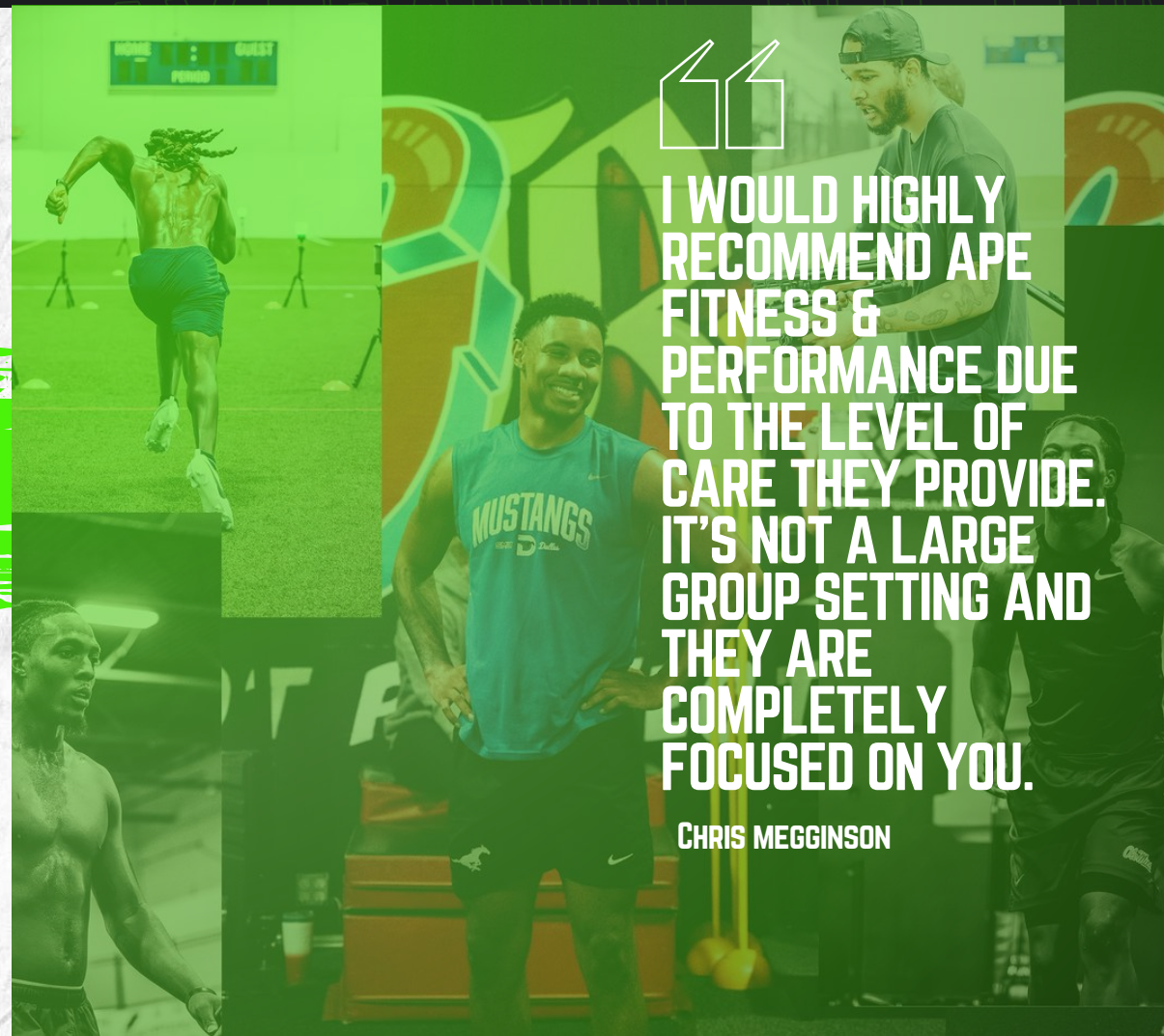


“I CAME IN AND THE APE TEAM HELPED ME SHED BAD WEIGHT AND PUT TOGETHER A PLAN TO HELP ME ADD MUSCLE AND SHED BODY FAT.”

RICK D'ABREAU
TCU DEFENSIVE LINEMEN

PHYSICAL THERAPY

WETHER YOU HAVE NAGGING INJURIES FROM COLLEGE OR ARE COMING OFF A SERIOUS INJURY, OUR TEAM WILL HELP YOU COME BACK STRONGER THAN BEFORE.



I WOULD HIGHLY RECOMMEND APE FITNESS & PERFORMANCE DUE TO THE LEVEL OF CARE THEY PROVIDE. IT'S NOT A LARGE GROUP SETTING AND THEY ARE COMPLETELY FOCUSED ON YOU.

CHRIS MEGGINSON

RECOVERY SERVICES INCLUDE:

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

PRICING SHEET

PRICING BELOW IS FOR 8 & 12 WEEK PROGRAMS. OUR TRAINING ONLY OPTIONS INCLUDES SUPPLEMENTS FOR DURATION OF PROGRAM.

	8 WEEKS	12 WEEKS
TRAINING	\$4,000	\$6,000

ADDITIONAL ADD ONS:

- MEALS \$250 PER WEEK (3 MEALS PER DAY M-F)
- RECOVERY \$175 PER MONTH

RECOVERY SERVICES INCLUDE:

- MEMBERSHIP TO RESTORE
- CRYO, VITAMIN IV THERAPY, RED LIGHT THERAPY
- DRY NEEDLING / CUPPING
- CHIROPRACTIC

***ASK US ABOUT FULL YEAR PAY OPTION**



FITNESS & PERFORMANCE

LOCK IN YOUR SPOT

EMAIL: INFO@APEFITNESSTEAM.COM
TO GET MORE INFO

PRIMARY CONTACT: CHRIS BRAINARD (817) 800-0870

AGENT & AGENCY DISCOUNTS:

2-4 PLAYERS: 15% OFF EACH PLAYER
5+ PLAYERS: 20% OFF EACH PLAYER