2015 NFL Combine Training

“Are You Ready to Make your Mark”
Contrary to popular belief and recent trends, training athletes for the NFL combine does not require eight (8) to ten (10) weeks of combine specific drills or positional specific training. Most collegiate football players arrive to their combine training host sites with a maximum of five (5) years playing the sport. With that being said, adjustment's can be made but you must pick and choose your battles in order of importance to keeping this client healthy not just for now but also the future. The combine drills go against anything the football athlete has been taught from a movement standpoint. To perform these tests with efficiency and speed you have to reprogram them for these specific motor patterns. Once these drills are engrained it will take some time to revert back to being a football player both mechanically and metabolically.
Path to the Pros

- JJ Watt - Houston Texans 1st Round Pick
  » NX Level Client (2005-present)
When I started working out at NX Level in 2006, I wasn't sure where it would take me or how far I could go. Needless to say, every minute of hard work was worth it. As I stand here today, as a 1st round draft pick, I can honestly say that I wouldn't be where I am today without Brad Arnett and NX Level.

-JJ Watt
2012 NFL Combine Top Performer

Bradie Ewing

“NX Level is a hidden gem when it comes to combine training in the Midwest. Brad and his staff will get you both mentally and physically prepared to face anything the scouts can throw at you at the combine or pro day. More importantly they will target your personal deficiencies – allowing for prolonged success and physical well being! Their program is the complete package from training to nutrition to recovery.” – Bradie Ewing

5th Round Pick Atlanta Falcons

40 Yard Dash – 4.76
Vertical Jump – 36.5”
Broad Jump – 10’0
Short Shuttle – 4.16

Badgers Ewing projects as top fullback

“Ewing is the best in class, a bruiser who excelled in the Badgers’ run-first offense. The only FB invited to the combine. Smart and has great character. Could be a core special-teams player immediately”

– Tyler Dunne
Milwaukee Journal Sentinel
Unique to many other programs, NX Level initiates the combine process with a postural assessment to determine what will limit each client in regards to efficiency of movement & strength. Efficiency of movement and strength are the precursors to performing well in both the combine drills and game of football. Developing a better understanding of where the athlete is at in relation to these two areas will allow us to tailor a specific workout program and progression for the athlete’s optimal strength and speed development. We’ve found the most recognizable and common deficiencies revolve around the shoulder, hip and ankle. These three areas will directly effect deceleration and acceleration; both components of speed and power development. Whether a client is a lineman, speed position (db, wr, rb) or combo (qb, te, lb) they have to be able to bend at the knees and extend from the hip in a horizontal and vertical plane of movement.
Many combine programs make use of catchy equipment and technology but yield little results due to lack of attention and knowledge in relation to mobility and its role in biomechanics. Often athletes just can’t hit certain body positions in specific drills. Unless you reprogram movement patterns through corrective exercises and mobility drills they will never perform drills correctly. The more you force the issue it will only be an enabler for continued inefficiency, increased risk of injury (hamstring, ankle, shoulder) and ultimately result in a subpar test result or no test at all.

With NX Level’s holistic approach, the resources are made plenty to each athlete. No stone is left unturned; results are astounding.

### NX Level’s Holistic Approach

**Athletes have access to:**
- Physical Therapy
- Massage Therapy
- Neuromuscular Therapy
- Muscle Activation Methods
- Facial Gua Sha
- Orthopedic Assessments
- Nutritional Counseling & Supplementation Programming
  - Weight loss, lean body mass gain, recovery and energy levels

### Resources for Results

- NX Level Sports Performance

![NX Level Logo](image)
Recent NX Level Alumni Pro Day Results

2010
Chris Maragos- 6'0 200
40 Yard dash- 4.47 (2.55 20 Yard dash)
Pro Agility- 3.98
3-Cone- 6.52 (Top 5 in country)
Vertical Jump- 36"
Broad Jump- 10'1
225 Bench- 15

2009
DeAndre Levy- 6'1 236
40 yard dash- 4.50 (1.57 10 yard dash)
20 Yard Shuttle -4.11
Vertical Jump- 35.5"
Broad Jump- 10'3"
225 Bench- 19

2008
Justin Beaver- 5'8 196
40 Yard Dash- 4.45
20 Yard Shuttle- 3.9
3-Cone Drill- 6.72 (Faster than any RB @ Indy)
225 Bench – 24 Reps

“Since I began to work with Brad at NX Level, I've had more success in the weight room that translated to the field, than with any other training I've done. The approach at NX Level not only made my stronger, but assessed and fixed my mechanics with running and on field movements. This has helped me become not only a better athlete but a better football player.” - DeAndre Levy 3rd Round Selection

“Brady's knowledge, passion, and ability to motivate allowed me to put up numbers that were competitive with top running back throughout the country.” – Justin Beaver Free Agent
Athlete Spotlight: Chris Maragos

“Any athlete looking to take their performance to a higher level should without a doubt consider training at NX Level. Brad and his staff at NX Level are the elite of the elite when it comes to preparing athletes for career defying events such as an NFL Pro Day or Combine. Their knowledge, experience, and commitment led me to producing some shockingly quick times in the agility drills and helped create my pre-draft buzz. Brad is someone I can trust my career in the NFL with in regards to fitness and injury prevention.”

Badgers Maragos works way into draft consideration
One of the benefits of pro day is that it allows an unheralded prospect to get on the map with an outstanding workout. That is precisely what took place at Wisconsin’s pro day on Thursday.

DB Chris Maragos (5-foot-10 1/2, 200 pounds) performed so well that he may just find himself getting drafted in the late rounds come April. He ran the 40-yard dash in 4.50 and 4.47 seconds, had a 36-inch vertical jump, a 10-foot broad jump and did 15 repetitions in the bench press at 225 pounds.

Where Maragos really made his mark was in the agility drills. Quickness is a vital attribute for defensive backs, and Maragos showed he has what it takes athletically. His 6.55-second three-cone drill and 3.98-second short shuttle would have been the best times at the NFL Scouting Combine for any position. – Gil Brandt 3/12/10
Training Week Breakdown

Monday – Max Strength Upper Body
Tuesday – Acceleration (Starts, 10-40 yards)
Wednesday – Max Lower Strength & Vertical/ Broad Jump
Thursday – Combine Change of Direction Drill (short shuttle, L drill)
Friday – Repetition Effort Upper Body, Positional Specific Work, Energy Systems Development
Saturday – Recovery (only if needed for soft tissue recovery, or isolated position specific work, this day is highly individualized per client protocol)

**Speed Development** – 3 pt start progressions, sprint mechanics (1st step, acceleration, transition, top speed), speed biomechanics

**Multi-Directional Development** – Engrained concept of mobility, eccentric strength, lateral resisted and over speed methods, body position, 20 yard/3-cone/60 yard technique

**Position Specific Movement Training** – Metabolic Conditioning with a purpose

**Strength/Power Development** – Absolute & Maximal Effort Strength Methods, Repetition Effort Strength, Horizontal and Vertical Jump Training

**Mobility/Flexibility/Soft Tissue** – Ankle, Hip, Thoracic, Glenohumeral (addressed daily)
Football Combine Training

"Learn the secrets of the freaks"