

OBJECTIVE

To provide our athletes with the necessary training to maximize their draft potential. Five Star Sports Performance offers the best position-specific specialists, strength coaches, nutritionists, and physical therapists in the industry.

with the essential skills needed for you to perform at your highest potential at your combine and pro day.

THE PROGRAM

OUR NFL COMBINE & PRO DAY TRAINING PROGRAM INCLUDES:

- ☐ Position-Specific Football Skills Training
- ☐ Speed & Agility Training
- ☐ Strength & Power Training
- ☐ Full Access To UFC Performance Institute
- ☐ Physical Therapy
- ☐ Massage Therapy
- ☐ Yoga
- ☐ Nutritional Guidance & Cook-To-Order Meals
- ☐ Pre- & Post-Workout Supplementations (NFL Approved)
- ☐ Media Training &Interview Prep
- ☐ Mock Combines

Brand New Sports Performance Facility



FIFA Certified Artificial Turf Outfitted With Pro Plate Protection (Withstands Impact From 4 Feet)



Quality Performance Training Equipment By Rogers Athletics



Elite Grade Strength Equipment By Fitness Industry Leader Rogue



Film Analysis Room Where We Breakdown Athlete Game Film & Training Progress

World's Premiere Training Facility Exclusively For Defensive Linemen

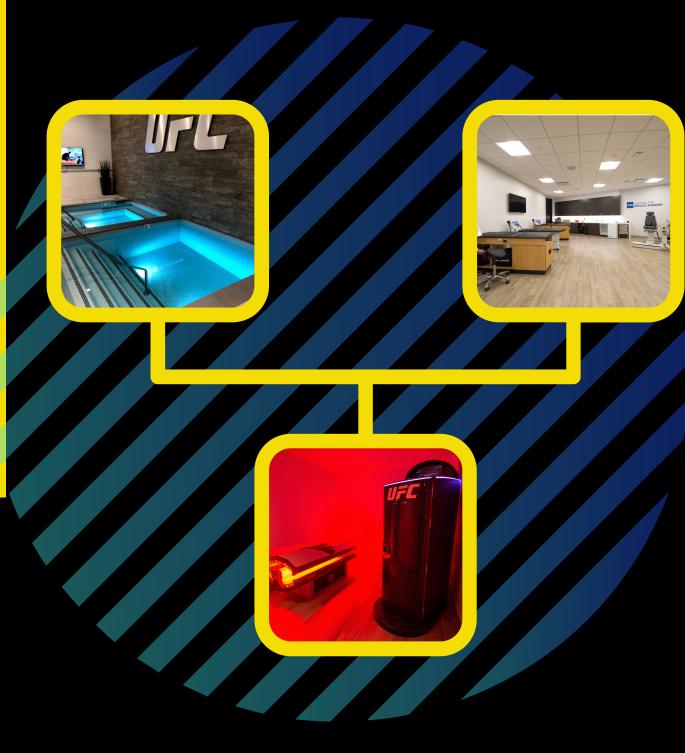
UFC PERFORMANCE INSTITUTE

Recovery and physical therapy services will be provided at the UFC Performance Institute, a \$14 million world class holistic integrated performance facility exclusively for professional athletes. Through our partnership with the UFC Performance Institute, athletes will recieve table treatments by certified physical therapists. They will also have access to facilities, such as hot and cold plunges, to decrease aches and pains.

We are currently the only sports performance training facility that is partnered with the UFC Performance Institute.

RECOVERY PROGRAM INCLUDES

- Exclusive Access To The UFC Performance Institute Facilities
- Table Treatments Such As Cupping & Dry Needling
- Massage Therapy
- Hot & Cold Plunge Tanks
- Cryotherapy & Whole-Body Laser Light Therapy
- Post-Season Injury Rehabilitation
- Post-Surgical Rehabilitation



UFC PERFORMANCE INSTITUTE

The UFC Performance Institute utilizes cutting-edge technologies, including integrated force plate systems, real-time velocity tracking, electromyography of muscle activity, and 3D motion capture.

A fully integrated performance analysis suite provides 3D-motion capture capabilities for real-time analysis and instantaneous feedback. Cutting edge touch-screen technology on wide screen display gives coaches the ultimate tool to play-back and review their athletes training activities.



With hot and cold plunge tanks, an underwater treadmill, and sauna and steam rooms, the UFC Performance Institute provides a full portfolio of methodologies so athletes can embrace the analgesic effects of hydrotherapy. In addition, a state-of-the-art cryotherapy chamber exposes the body to -240F temperatures, promoting the natural filtration system of the body to remove toxins and inflammatory properties, while a whole-body laser light therapy pod can deliver penetrating near-infrared wavelengths that improve injury, promote tissue repair, and reduce inflammation and pain.

NUTRITIONAL SUPPORT

NUTRITIONAL SUPPORT INCLUDES

- Individual Consultations
- Customized Meals Plans
- Cooked-To-Order Meals
- Body Weight/Leam Mass Monitoring

Performance nutrition is critical to maximizing the body's ability to reach optimal performance levels, to refuel, and to recover following training. Individual dietary assessment, evaluation, and recommendations support coaches and athletes to build structured schedules for weight making, optimizing performance, and promoting recovery.





The World's Premier **Training Facility** Exclusively **Defensive** Linemen

