



**NFL COMBINE & PRO-DAY
PREP PROGRAM**

Plex is the industry leader in offering the highest level of NFL Draft Preparation, integrated sports performance training and innovative sports medicine for the football player that is entering the NFL Draft. For over 15 years, Plex systems have helped to power the best of the best in football. Over fifty 1st round picks, Heisman Trophy winners, Super Bowl Champions, NFL All-Pros, Butkus Award winners, Outland Trophy winners, college All-Americans, and many other recognized award winners have made Plex their home away from home.

Staffed with a nationally recognized team, Danny Arnold and his team of performance specialists, physical therapists, athletic trainers, doctors, coaches, and former collegiate and professional players; Plex brings together an integrated array of NFL Draft Training, position training, sports performance training and sports medicine services to enhance and improve your over all draft status.

“

Since my days at Texas A&M to now, Plex has always been my choice for all my development. They are a solid part of my life.”

Jake Matthews
Atlanta Falcons
1st Round Pick.





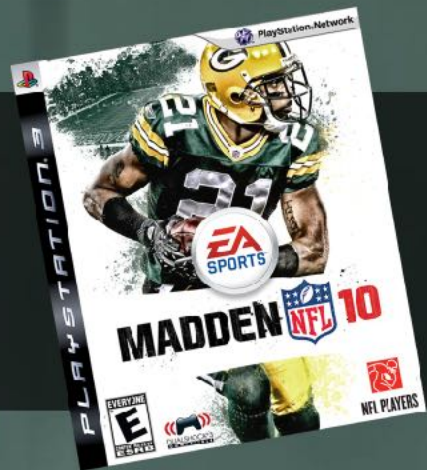
Before the 2020 NFL Combine, Jalen Reagor of TCU, trained somewhere other than Plex. His results at Combine were not to his satisfaction, he ran 4.47 in the 40 yard dash and a 4.46 in the 20-yard shuttle. Wanting to improve, he turned to Plex for the following 5 weeks. At his pro-day workout, Jalen Reagor made huge improvements in all his drills, in particularly in the 40 yard dash where he ran a 4.28 and a 4.22, and on his 20-yard shuttle, where he ran a 3.97 and a 4.04. Such great numbers bolted Jalen Reagor to go from a 2nd round pick to a sure 1st pick with the Eagles.





“From when I won the Heisman Trophy and got drafted in the 1st round, to all my All-Pro years in the NFL and winning NFL Player of the Year, Danny Arnold and Plex is who I’ve always trusted.

Charles Woodson / 18 Year NFL Vet
and now NFL Commentator



COMBINE & PRO-DAY

You've worked so hard to get ready for the day, the NFL combine or your pro-day, and so much of that can go to waste if you don't have your support cast with you. With us, we will have someone at the combine and your pro-day to help you with everything from stretching, massaging, more mental preparation, to anything you need to make you perform at your best. We will be with you every step of the way.

NUTRITIONAL PROGRAMS

To get the best performance possible you need the best fuel possible. With this in mind, our goal is to educate and guide you to develop an approach to nutrition that will create the sustainable energy that you need for peak performance. To make this process seamless, we provide the daily meals and supplements necessary for the best success.

FACILITY

Plex has spent the last 13 years building the facility around the athlete's needs. Because of this, our facility carries all the tools necessary to answer your needs to performance and overall stay. Covering over 40,000 square feet, the facility is home to indoor & outdoor field areas, an indoor basketball court, players lounge area, cafe, computer terminals, therapy rooms and much more.

MENTAL PREPARATION

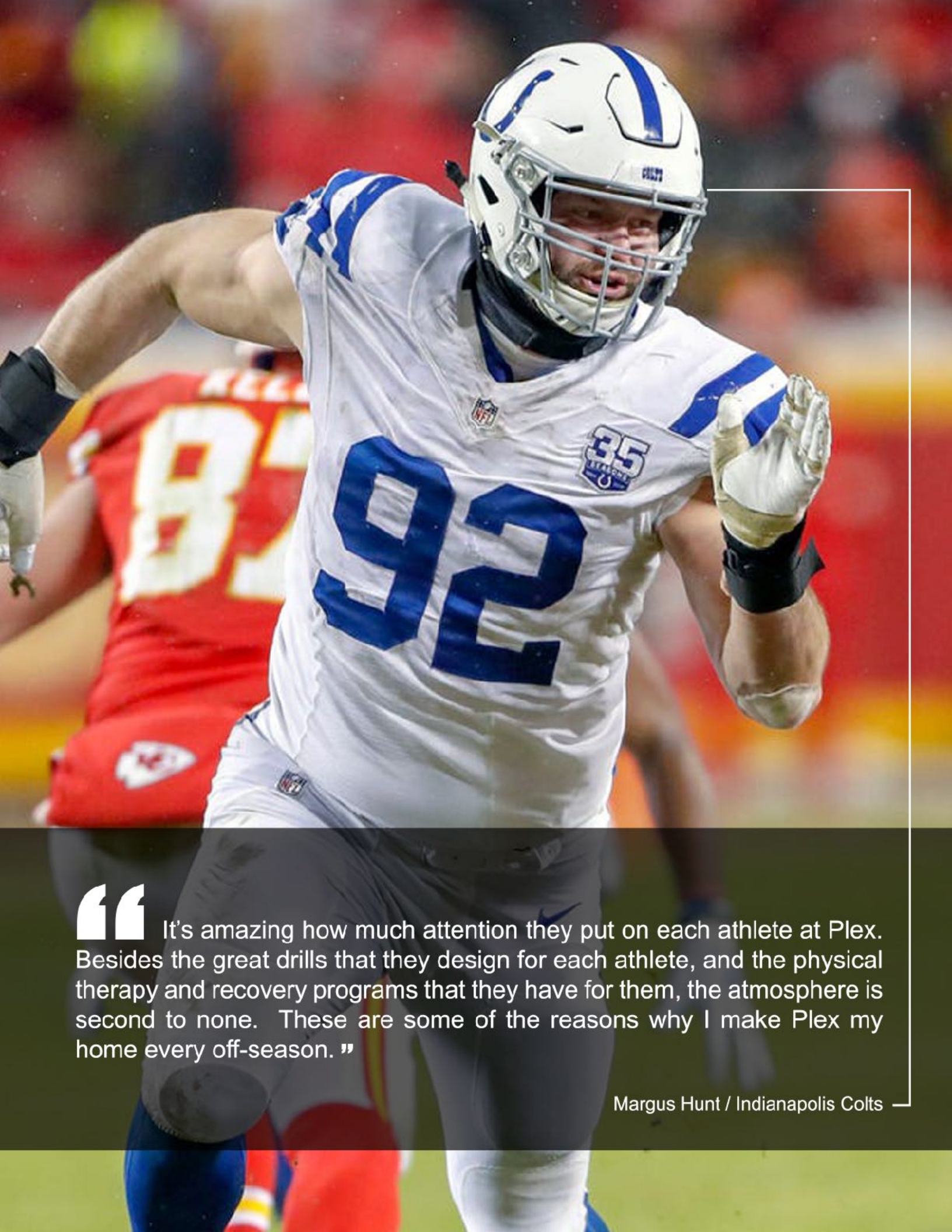
So many teams are now counting on your interviews and mental exams. For this reason, we have established a nationally recognized group of individuals to help you prepare for the interviews and written exams.

RECOVERY & SPORTS THERAPY

You push your self to your limit every day, your body will need proper recovery. We understand we have little time with you, because of this, recovery and sports therapy sessions are extremely important and are a daily ritual in our NFL Draft Preparation Program. With the combination of physical therapists, chiropractors, athletic trainers and massage personnel, we are able to help you recover in a much quicker and efficient fashion.

“I've been to many so-called top-training facilities across the United States, and no one brings it like Plex. From their training to their physical therapy, they're the best. This is why Plex is my off-season home.”

Jadeveon Clowney / Cleveland Browns



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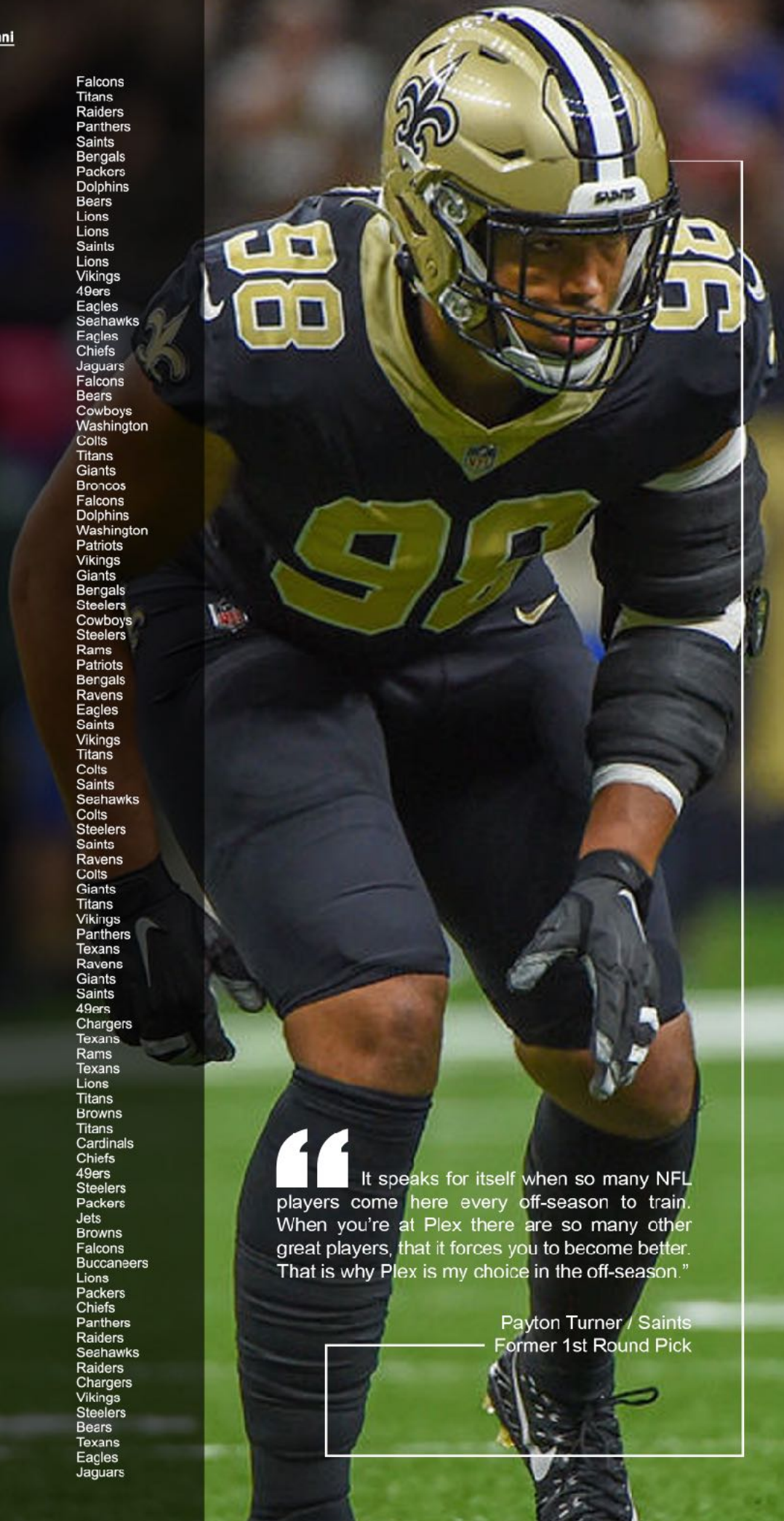
It's amazing how much attention they put on each athlete at Plex. Besides the great drills that they design for each athlete, and the physical therapy and recovery programs that they have for them, the atmosphere is second to none. These are some of the reasons why I make Plex my home every off-season. ”

Margus Hunt / Indianapolis Colts

Plex Alumni

Jake Matthews
Jadeveon Clowney
Charles Woodson
Julius Peppers
Margus Hunt
Christian Covington
Ty Summers
Robert Hunt
Germain Ifedi
Nick Fairley
Glover Quinn
Payton Turner
Haloti Ngata
Antoine Windfield
Prince Charles Iworah
Jalen Reagor
Cullent Gllaspian
Jason Peters
Derrick Johnson
DJ Hayden
Charles Godfrey
Charles Tillman
Michael Bennett
Steven Sims
Lavar Edwards
David King
Shaun Rogers
Corey Nelson
Sean Weatherspoon
Karlous Dansby
Adam Carriker
Wes Welker
Case Keenum
Ahmad Bradshaw
Dre Kirkpatrick
Al Woods
Andy Dalton
Casey Hampton
Ben Leber
Caleb Benenoch
Brandon LaFell
Brandon McKinney
Jason Babin
Emmanuel Sanders
Brian Robison
Brice McCain
Brody Eldridge
Carl Nicks
Duane Brown
Cassius Vaughn
BJ Finney
Chase Daniel
Mike Wallace
Andrew Luck
Valentino Blake
Donnie Avery
E.J. Henderson
Chris Gamble
Chester Pitts
Cory Redding
Daniel Fells
David Thomas
Joe Staley
Travis Johnson
Earl Mitchell
Jabara Williams
James Casey
DeAndre Levy
Delanie Walker
Josh Gordon
James Kirkendoll
Jeff King
Jon McGraw
Jonathan Goodwin
Jonathan Scott
A.J. Hawk
Jeremy Kerley
Juqua Parker
Kerry Meier
Larry Asante
Patrick Edwards
Mason Crosby
Donnie Avery
Paul Soliai
Roc Cartwright
Russell Okung
Samson Satele
Tommie Harris
Tyrell Johnson
Will Allen
Zackary Bowman
Derek Newton
DeMaco Ryans
Reggie Williams

Falcons
Titans
Raiders
Panthers
Saints
Bergals
Packers
Dolphins
Bears
Lions
Lions
Saints
Lions
Vikings
49ers
Eagles
Seahawks
Eagles
Chiefs
Jaguars
Falcons
Bears
Cowboys
Washington
Colts
Titans
Giants
Broncos
Falcons
Dolphins
Washington
Patriots
Vikings
Giants
Bergals
Steelers
Cowboys
Steelers
Rams
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Cardinals
Chiefs
49ers
Steelers
Packers
Jets
Browns
Falcons
Buccaners
Lions
Packers
Chiefs
Panthers
Raiders
Seahawks
Raiders
Chargers
Vikings
Steelers
Bears
Texans
Eagles
Jaguars



“ It speaks for itself when so many NFL players come here every off-season to train. When you're at Plex there are so many other great players, that it forces you to become better. That is why Plex is my choice in the off-season.”

Payton Turner / Saints
Former 1st Round Pick

HOW ARE **YOU** GOING TO RATE?



For the past fifteen years we've created the most innovative and comprehensive program for the individual getting ready for the NFL Draft or NFL season. In those same years, so many others in the industry have tried, but season after season they've fallen short and not lived up to the hype. This is simple to prove because players don't return to them. At Plex, it's the other way around because players come back season after season. That is why there is no surprise why we have one of the highest attendance in the country when it comes to NFL off-season training. So do your research and don't get caught up on fancy brochures, presentations or promises. Decide on someone with a proven track record and experience to back up what they say, Plex."

Danny Arnold / Director of Plex

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