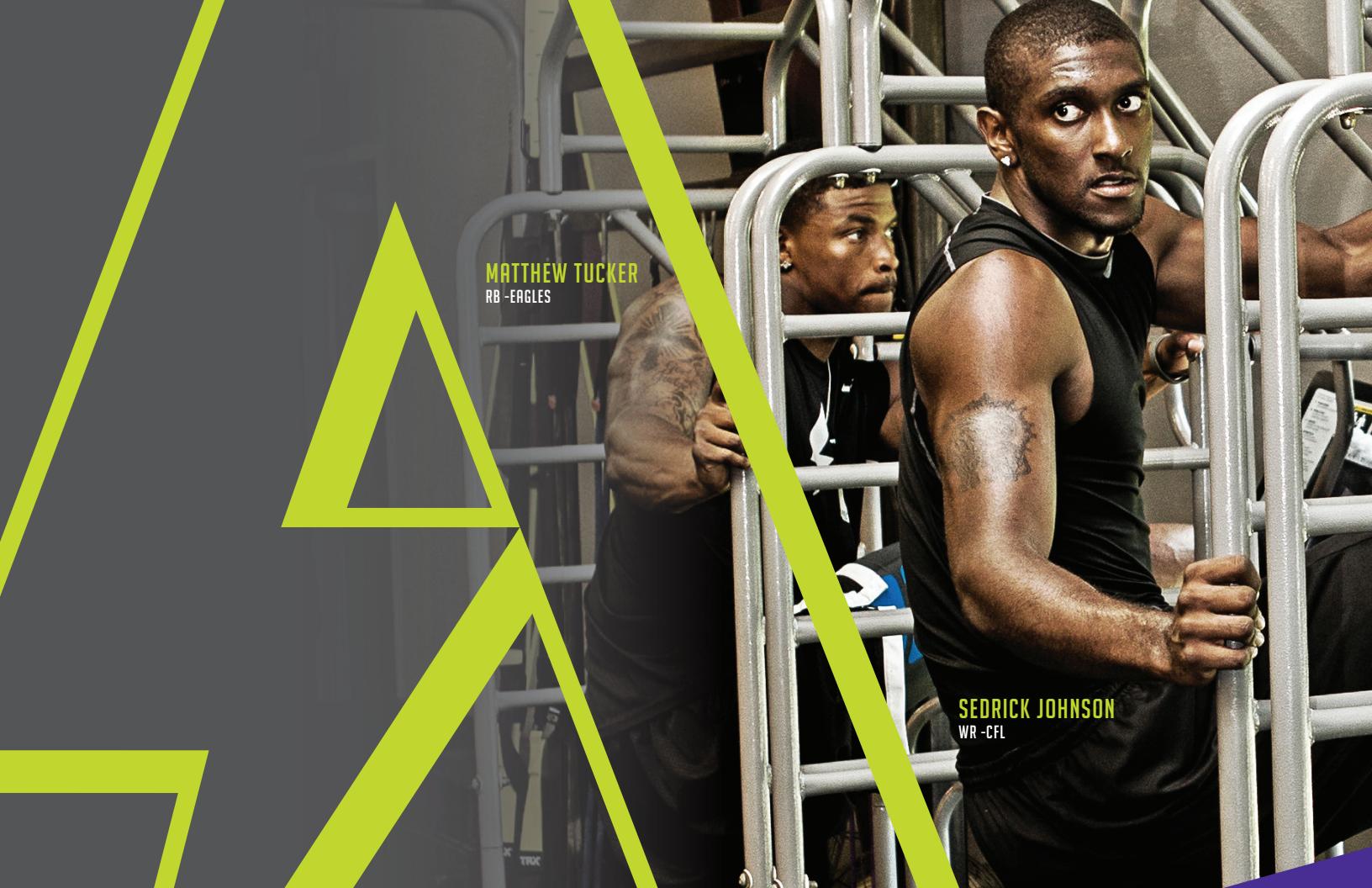




BE THE BEST. YOU.

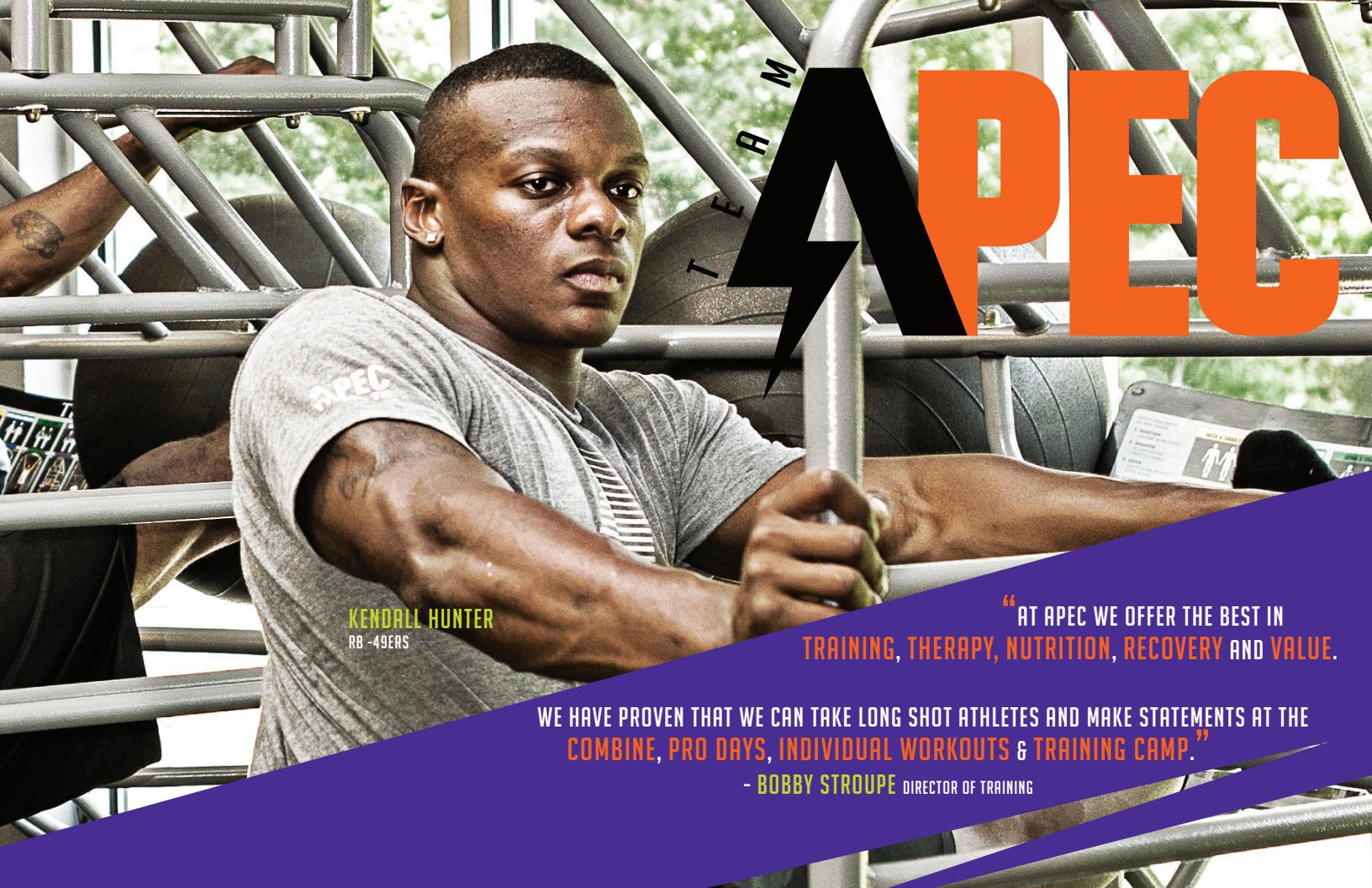
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MATTHEW TUCKER
RB - EAGLES

SEDICK JOHNSON
WR - CFL





KENDALL HUNTER
RB -49ERS

“AT APEC WE OFFER THE BEST IN
TRAINING, THERAPY, NUTRITION, RECOVERY AND VALUE.

WE HAVE PROVEN THAT WE CAN TAKE LONG SHOT ATHLETES AND MAKE STATEMENTS AT THE
COMBINE, PRO DAYS, INDIVIDUAL WORKOUTS & TRAINING CAMP.”

– BOBBY STROUPE DIRECTOR OF TRAINING



AT **APEC** WE OFFER A **DISTRACTION FREE** NFL COMBINE/PRO DAY **TRAINING** EXPERIENCE WITH UNMATCHED **VALUE** AND **RESULTS**. OUR ATHLETES **MAXIMIZE** THEIR **POTENTIAL** THROUGH CAREFULLY PLANNED AND PERSONALIZED PROGRAMMING IN A **CUTTING EDGE** PERFORMANCE SYSTEM. **APEC** PURPOSELY **LIMITS** THE NUMBER OF ATHLETES IN OUR **PROGRAM** AND WE ARE **SELECTIVE** IN THE PROCESS.

WE ARE **LOCATED** EAST OF DFW IN THE **BEAUTIFUL** TOWN OF **TYLER, TEXAS**. ATHLETES MAY USE DFW AIRPORT OR TYLER AIRPORT WHILE MAKING **TRAVEL** PLANS. OUR CLIENTELE INCLUDES **NFL** ATHLETES, **MAJOR LEAGUE BASEBALL** PLAYERS, **COLLEGIATE** ALL AMERICANS AND **ELITE** ATHLETES IN **TRACK**, **VOLLEYBALL**, **SOFTBALL**, **BASKETBALL**, AND **SOCCER**. OUR COACHES ARE RESPECTED WORLD WIDE HAVING PRESENTED, TRAINED, AND CONSULTED ON THE **HIGHEST LEVEL** IN OUR INDUSTRY.

WHAT'S INCLUDED:

- COMPLETE COMBINE/PRO DAY PREPARATION AND SIMULATION
- NUTRITIONAL CONSULTATIONS AND GOAL SPECIFIC MEALS/SNACKS
- INDIVIDUALIZED SUPPLEMENTATION
- INDIVIDUALIZED VIDEO ANALYSIS
- LATEST AND BEST TRAINING TECHNOLOGY, EQUIPMENT & IMPLEMENTATION
- CRYOGENIC THERAPY (-300 DEGREES)
- REGENERATION SYSTEM: STRETCH CAGES, ROLLERS, MASSAGE
- HANDS ON THERAPY AND CORRECTIVE EXERCISE PROGRAMMING
- MEDIA AND INTERVIEW TRAINING

GRAHAM HARRELL
QB -NFL

APEC

IF YOU ARE A **PROJECTED** FIRST ROUND PICK OR PRACTICE SQUAD
PLAYER, **APEC** PROVIDES THE BEST **CUTTING EDGE** TRAINING.



ARE YOU READY?



KENDALL HUNTER - NFL RUNNING BACK



“THIS IS **THE BEST** I HAVE EVER FELT **PLAYING FOOTBALL**. AT OKLAHOMA STATE AND FLORIDA I HAVE HAD TRAINING FROM ALL OVER AND **APEC** IS **BY FAR** THE **BEST**. MY COACHES AND TEAMMATES CAN TELL A DIFFERENCE EVERY YEAR IN MY **SPEED, QUICKNESS, POWER, AND DRIVE** AFTER CONTACT. EVEN AFTER MY INJURY HISTORY AND ACHILLES INJURY, THEY GOT ME BACK IN 7 MONTHS **FASTER AND BETTER** THAN EVER.”

- KENDALL HUNTER RB SAN FRANCISCO 49ERS

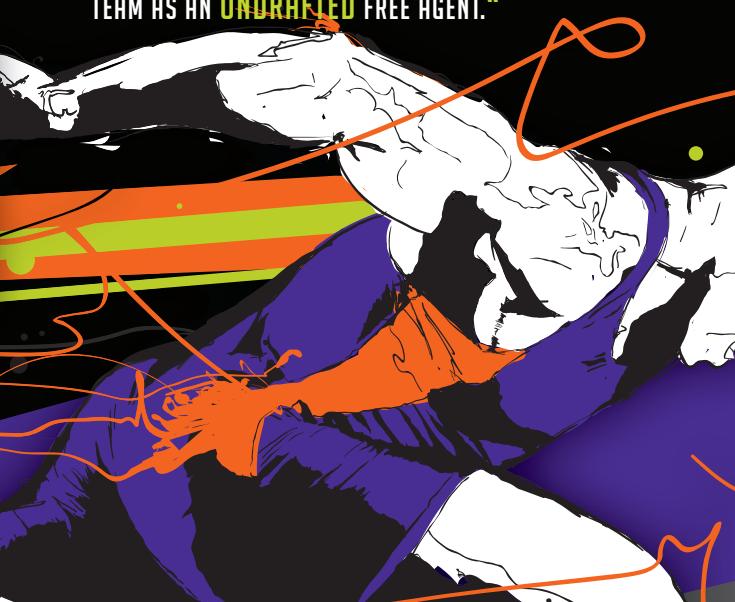


“KENDALL HUNTER IS HAVING AN EXCEPTIONAL CAMP. HE CAME IN **UNBELIEVABLE SHAPE, SO STRONG, QUICKER ON CUTS AND HITTING THE HOLE**. HE LOOKED **FASTER**, YEAH, HE IS FASTER THAN **BEFORE** HE GOT HURT.”

- JIM HARBAUGH 49ERS HEAD COACH

JOSH AUBREY - NFL DEFENSIVE BACK

“THE SCOUTS **QUESTIONED** MY SPEED COMING OUT AT THE D1AA LEVEL AND TO MAKE THINGS WORSE I HAD **KNEE SURGERY** RIGHT AFTER MY SENIOR SEASON. AT **APEC** THEY GOT ME **BIGGER, STRONGER, FASTER** THAN EVER IN JUST A FEW **WEEKS**. I IMPRESSED THE SCOUTS BY RUNNING A **4.39 40** IN **37 DEGREE** WEATHER FOR MY PRO DAY. I CONTINUED MY TRAINING AT **APEC** FOR TRAINING CAMP AND **MADE** THE TEAM AS AN **UNDRAFTED** FREE AGENT.”



CK

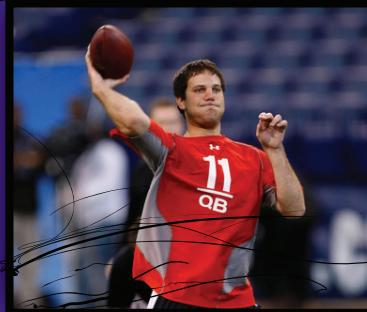


GRAHAM HARRELL - NFL QUARTERBACK



“AFTER A BAD **COMBINE** PREPARATION EXPERIENCE, GOING **UNDRAFTED**, AND BEING **OUT** OF THE LEAGUE FOR A YEAR- I CAME TO **APEC**. THEIR UNIQUE APPROACH DRAMATICALLY **IMPROVED** MY **ARM STRENGTH** AND **ATHLETICISM**. I WAS ABLE TO SHOW MY IMPROVED FOOTWORK AND QUICKNESS EVEN AFTER **GAINING** 17LBS OF **MUSCLE**. BOBBY, KYE, AND **TEAMAPEC** ARE THE BEST IN THE BUSINESS..... **PERIOD.**”

- GRAHAM HARRELL 3 YEAR NFL QB & COLLEGE ALL AMERICAN



“HE TREATED THIS **OFF-SEASON** LIKE THE **VIDEO-GAME**, MADDEN, ADDING TO HIS **“ARM STRENGTH”** ATTRIBUTE. HE’S LOOKING **BIG**, THAT BALL HAS SOME JUICE ON IT NOW. I’VE BEEN SEEING THE WORK IN HIS STEPS. HE **HAS** THE **TIMING DOWN**.”

- JERMICHAEL FINLEY PACKERS TIGHT END

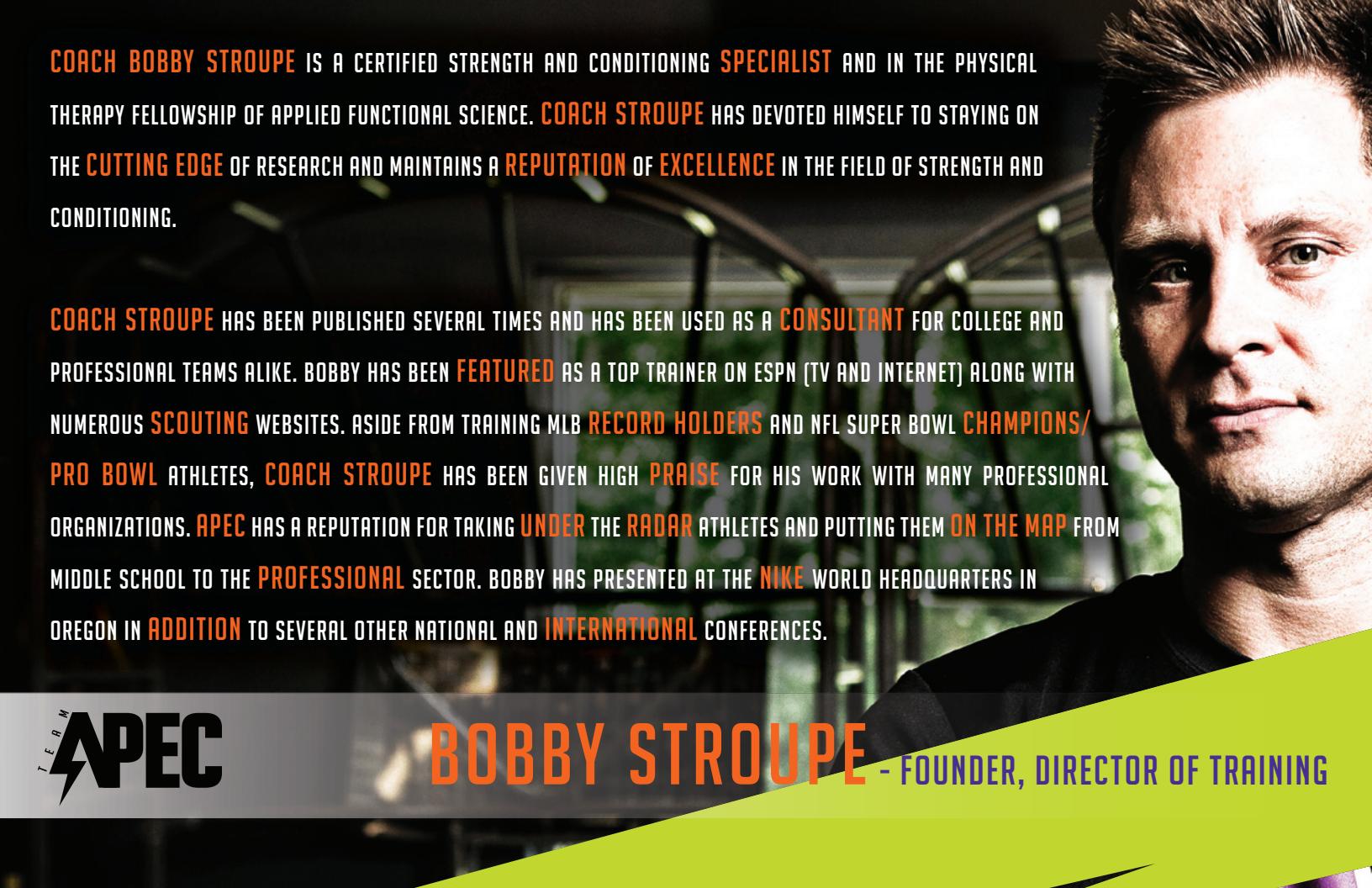


APEC COACHES PLAYED COLLEGE AND PROFESSIONAL FOOTBALL SO THEY **UNDERSTAND** THE GAME AS WELL AS THE EVALUATION PROCESS. WITH TWO COACHES ON **STAFF** THAT HAVE **RAN** A **4.3 40**, WE KNOW FAST. WE KNOW THAT **RUNNING** A GOOD 40 IS NOT THE TOTAL **GOAL** OF COMBINE PREPARATION. AT **APEC** WE ARE ABLE TO **CORRECT** AN ATHLETES PERCEIVED **WEAKNESS** AND **CREATE** MORE **VALUE** FOR THEM AS A PLAYER. OUR ATHLETES HIT A **HOME RUN** FROM MEDIA/TEAM INTERVIEWS TO ALL THE PHYSICAL **TESTING** THAT IS DONE AT THE **COMBINE** AND **PRO DAY** WORKOUTS.





ARE YOU READY?



COACH BOBBY STROUPE IS A CERTIFIED STRENGTH AND CONDITIONING **SPECIALIST** AND IN THE PHYSICAL THERAPY FELLOWSHIP OF APPLIED FUNCTIONAL SCIENCE. COACH STROUPE HAS DEVOTED HIMSELF TO STAYING ON THE **CUTTING EDGE** OF RESEARCH AND MAINTAINS A **REPUTATION OF EXCELLENCE** IN THE FIELD OF STRENGTH AND CONDITIONING.

COACH STROUPE HAS BEEN PUBLISHED SEVERAL TIMES AND HAS BEEN USED AS A **CONSULTANT** FOR COLLEGE AND PROFESSIONAL TEAMS ALIKE. BOBBY HAS BEEN **FEATURED** AS A TOP TRAINER ON ESPN (TV AND INTERNET) ALONG WITH NUMEROUS **SCOUTING** WEBSITES. ASIDE FROM TRAINING MLB **RECORD HOLDERS** AND NFL SUPER BOWL **CHAMPIONS/PRO BOWL** ATHLETES, COACH STROUPE HAS BEEN GIVEN HIGH **PRAISE** FOR HIS WORK WITH MANY PROFESSIONAL ORGANIZATIONS. APEC HAS A REPUTATION FOR TAKING **UNDER THE RADAR** ATHLETES AND PUTTING THEM **ON THE MAP** FROM MIDDLE SCHOOL TO THE **PROFESSIONAL** SECTOR. BOBBY HAS PRESENTED AT THE **NIKE** WORLD HEADQUARTERS IN OREGON IN **ADDITION** TO SEVERAL OTHER NATIONAL AND **INTERNATIONAL** CONFERENCES.



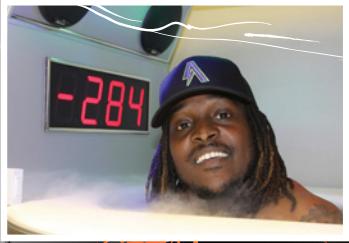
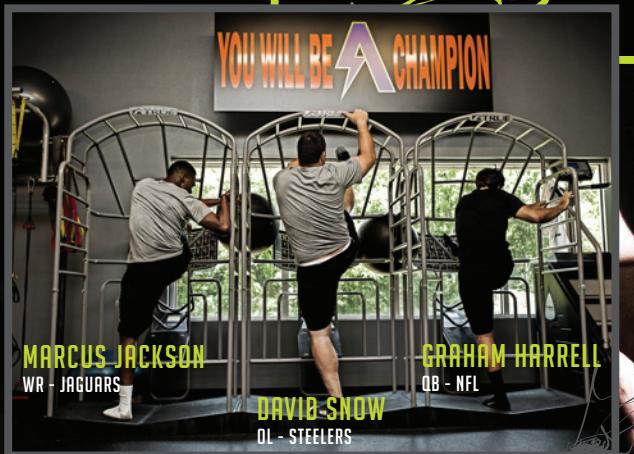
BOBBY STROUPE - FOUNDER, DIRECTOR OF TRAINING



CREDENTIALS AND CERTIFICATIONS

- FELLOW OF APPLIED FUNCTIONAL SCIENCE (F.R.F.S) - GRAY INSTITUTE OF APPLIED FUNCTIONAL SCIENCE
- FUNCTIONAL MANUAL REACTION THERAPY (F.M.R) -GRAY INSTITUTE OF APPLIED FUNCTIONAL SCIENCE
- BACHELOR OF SCIENCE DEGREE IN HEALTH, PHYSICAL EDUCATION- SOUTHERN OREGON STATE UNIVERSITY
- PERFORMANCE ENHANCEMENT SPECIALIST (P.E.S) - NATION ACADEMY OF SPORTS MEDICINE
- CERTIFIED STRENGTH AND CONDITIONING SPECIALIST (C.S.C.S) - NATIONAL STRENGTH AND CONDITIONING ASSOCIATION
- CERTIFIED CORRECTIVE EXERCISE SPECIALIST (C.E.S) - NATIONAL ACADEMY OF SPORTS MEDICINE
- UNITED STATES OF AMERICA WEIGHTLIFTING CERTIFICATION- OLYMPIC SPORTS PERFORMANCE
- POSE METHOD® CERTIFIED (POSE TECH) - DR. ROMANOV OLYMPIC SPEED

FACILITY - ELITE EQUIPMENT FROM **KEISER®**
POWER PLATE, VERTIMAX, 4 LANE TRACK AND **INDOOR SPEED**
AREA, POWERLIFT, BOWER **TIMING SYSTEM**, DARTFISH, TRX,
TRUE STRETCH AND
OTHERS.



SUB-ZERO CRYOTHERAPY - WITH WHOLE BODY CRYOTHERAPY, THE ATHLETE IS ABLE TO ACHIEVE THE ANTI-INFLAMMATORY EFFECTS OF AN ICE BATH IN ONLY 3 MINUTES. AT -300 DEGREES CRYOTHERAPY ADDITIONALLY OFFERS SYSTEMIC DETOXIFICATION RESULTING IN LESS MUSCLE SORENESS POST WORKOUT AND INCREASED CIRCULATION PRE WORKOUT FOR IMPROVED MUSCLE ELASTICITY. ALL THIS ULTIMATELY HEALS UNDERLYING AND PAST INJURIES WHILE DECREASING RISK OF FUTURE INJURY.

SUPPLEMENTATION - WE TAKE CARE OF **ALL** PRE WORKOUT, DURING **WORKOUT**, POST WORKOUT, AND EVEN SUPPLEMENTAL **SNACKS** FOR ALL OUR COMBINE ATHLETES WITH **NSF CERTIFIED** AND **NFL RECOGNIZED** PRODUCTS.

FOOD - MEALS AND **SNACKS** ARE PREPARED AND ORGANIZED FOR **ATHLETES** WITH THE **PROPER** NUTRITIONAL BREAKDOWN AND **TIMING** FOR THEIR SPECIFIC GOALS.

ACCOMODATIONS - CLOSE, COMFORTABLE, AND RELAXING ACCOMMODATIONS FOR **TIME** IN BETWEEN THE **BUSY** WORKOUT SCHEDULE.

TEAM
APEC



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