



TEAM
A

BE THE BEST. YOU.



MATTHEW TUCKER
RB - EAGLES

SEDRICK JOHNSON
WR - CFL

A man with a focused expression is working out on a piece of gym equipment. He is wearing a grey t-shirt with the APEC logo on the sleeve. The background shows a gym setting with various equipment and a window looking out onto greenery. The word 'TEAM' is written vertically on a piece of equipment behind him. The word 'APEC' is prominently displayed in large, bold, orange letters, with a black lightning bolt graphic integrated into the letter 'A'.


TEAM APEC

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

A man with brown hair and a beard, wearing a black t-shirt with the APEC logo and black shorts, is holding a red NFL football. He is standing on the left side of the image, looking towards the right.

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:

GRAHAM HARRELL
QB -NFL

- 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

TEAM 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 DIIA 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."



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GRAHAM HARRELL - NFL QUARTERBACK

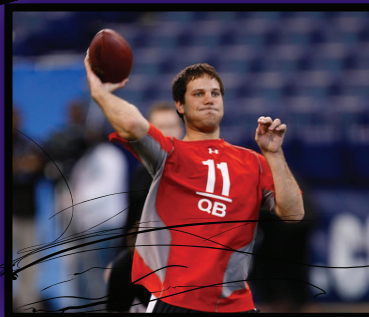


"AFTER A BAD **COMBINE** PREPARATION EXPERIENCE, GOING **UNDRAFTED**, AND BEING **OUT** OF THE LEAGUE FOR A YEAR- I CAME TO **APEC**. THEIR UNIQUE APPROACH DRASTICALLY **IMPROVED** MY **ARM STRENGTH** AND **ATHLETICISM**. I WAS ABLE TO SHOW MY IMPROVED **FOOTWORK** AND **QUICKNESS** EVEN AFTER **GAINING**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

- **GRAHAM HARRELL** 3 YEAR NFL QB & COLLEGE ALL AMERICAN



TEAM **APEC**



"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

TEAM APEC

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?

A close-up portrait of Coach Bobby Stroupe, a man with short brown hair and a serious expression, looking slightly off-camera. He is wearing a dark shirt. The background is a blurred gym setting with exercise equipment.

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 (FAFS) - GRAY INSTITUTE OF APPLIED FUNCTIONAL SCIENCE
- FUNCTIONAL MANUAL REACTION THERAPY (FMR) - GRAY INSTITUTE OF APPLIED FUNCTIONAL SCIENCE
- BACHELOR OF SCIENCE DEGREE IN HEALTH, PHYSICAL EDUCATION- SOUTHEASTERN OKLAHOMA 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.



MARCUS JACKSON
WR - JAGUARS

DAVID SNOW
OL - STEELERS

GRAHAM HARRELL
QB - NFL

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.

T E A M

APEC



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5407 NEW COPELAND RD • TYLER, TX 75703 • 903-939-2732 • BOBBY@APECGO.COM