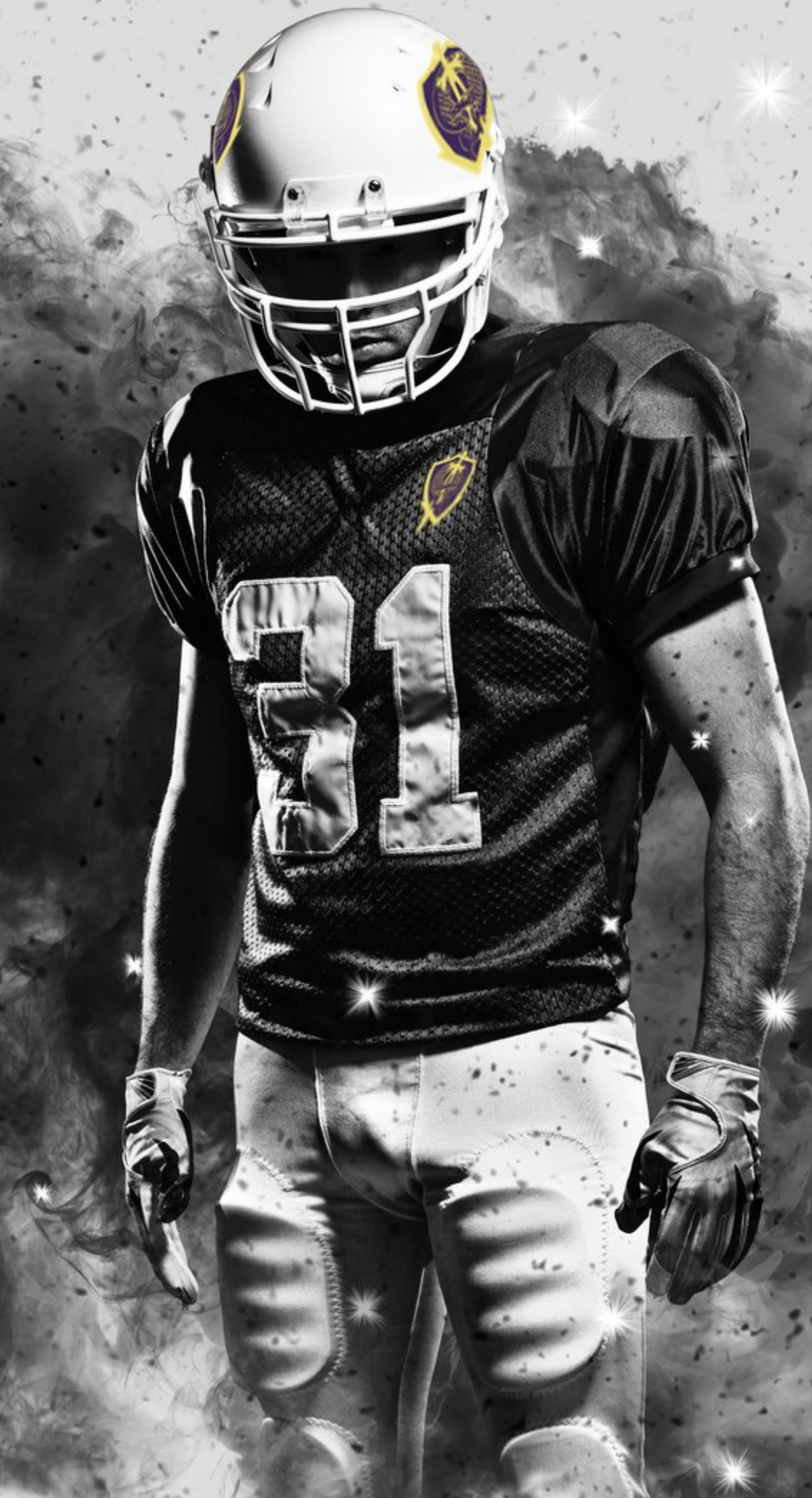




2023 NFL COMBINE READINESS
AND PRO DAY PREP

OWN
THE
DAY



BE NEXT LEVEL

Unleashing your faith potential while enhancing your ability to perform

THE F.A.I.T.H DIFFERENCE

Full spectrum combine readiness & training

Maximizing your performance on the field is so important, but maximizing your relationship with God is even more important. We want you to perform at the highest level physically, mentally, and spiritually.

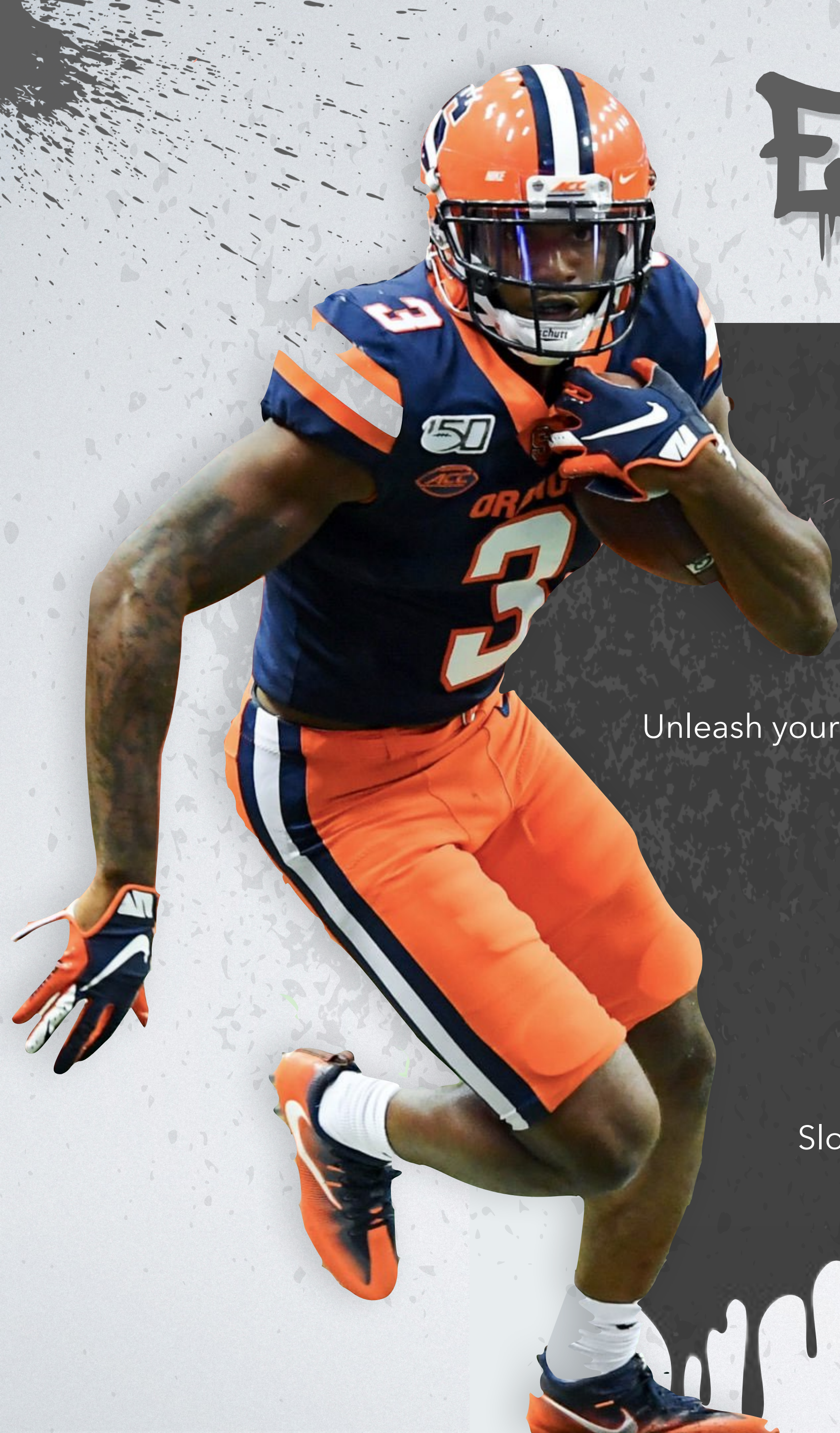
Turn progress into desired outcomes, while tracking each rep along they way

When you Join F.A.I.T.H you join a family that's willing to carry you across the finish line.

Our coaches, physical therapists, dietitians, and Pastors build programs that are best for you and with **your** performance goals at the forefront.

REMAIN EXPLOSIVE, LOOK FLUID, BE GRACEFUL





EVERY DROP COUNTS

EFFORT + WILL + PASSION + FORTITUDE
= THE WINNING FORMULA

POWER TRAINING

Unleash your FAITH Mode with industry leading power and strength programs for undeniable results.

- Power weight training and lifting
- Dynamic Movement
- Nutrition support

SPEED TRAINING

Slow Feet Don't Eat! Develop proper technique and maximize linear and directional speed with F.A.I.T.H built position-specific drills.

"FAITH put me in...

...the best shape I've ever been in my life, even better than when I was playing in college. I gained a more focused training experience than my teammates who trained at other places in bigger group settings. Dimitri was able to focus on every single detail in every rep. The work you put in so you'll always be ready physically, but you must be mentally and spiritually ready if you want to make the most of your opportunity. Three months may seem long but you will come out a different monster."

- Christopher Frederick
Syracuse University



MARK MYERS

DON'T LIE

40 YARD

Average time reduction of *MINUS* .35 seconds

BROAD JUMP

Average increase of *PLUS* 1 Foot

VERTICAL JUMP

Average increase of *PLUS* 6 inches

SHUTTLE TIME

Average time *DECREASE* of 0.4 seconds

3 CONE DRILL

Average time *DECREASE* of 0.3 seconds



"FAITH Combine prep made me bigger, stronger, and faster for my career in the NFL & CFL." - *MARK MYERS*

FAITH IS NOT JUST Physical

WHAT FUELS FAITH?

Mental clarity and spiritual balance

The journey is long and arduous, but that doesn't mean you have to do it on your own.

Integrated spiritual support

We've deeply tied mindfulness to our training program for mental and spiritual support so that no obstacles deter you from attaining your ultimate outcome.

Since **your** outcome is what matters **our** performance is what counts. Each week we meet with Pastor Ant to learn, raise questions, and grow in our FAITH .

WONDERLIC TEST PREP

Preparation for cognitive ability

Prepare yourself for a Wonderlic Cognitive Ability Test. This practice test will allow you to gauge your intelligence and problem-solving skills.



RECOVER
RESTORE
RECOUP



FOCUSED TRAINING & TARGETED THERAPY

Mobility

Our team focuses on the brain/body connection through intentional coaching cues to develop fluid movements and training efficiency.

Restorative Training

We blend the delicate balance between performance training and rehabilitative applications for focused individual training.

Therapy

FAITH uses the latest scientific evidence and research with functional outcome assessments and return to play guidelines, along with innovative equipment and process to help athletes perform better than they thought possible.





FAITH combine Pricing

Available Athletic Sponsorship Opportunity.

Yes.Fit, a Lakeland, FL based company, is willing to provide funding for nutritional needs/meals and gift bags.

Contact us to see if your athlete is available for this option!



WHITE PACKAGE | \$7,500

Unlock new levels of your FAITH Mode with tailored prep programs for undeniable results.

- Pre/Post Shakes by THORNE product line
- Leadership Training
- Videographer for individual prep highlights
- Position coaches
- Therapy and Recovery
- Speed Training
- Strength & Conditioning
- Swag



PURPLE PACKAGE \$9,500

All the WHITE Package PLUS

- Travel, Beach Trip, and Events
- Meals
 - 3 course meals designed to match the results expected for each athlete. Fully loaded with all the nutrients and minerals each athlete needs to perform their best! Tracking macros, to nutrient timing, every detail is important!

GOLD PACKAGE \$12,000

All the WHITE and PURPLE Package PLUS

- Housing included
 - You can pick from one of our newly renovated homes, each player will have their own room.



F.A.I.T.H COMBINE PREP 2022

Learn more on how to maximize performance, develop strength, speed, and training so that you can OWN THE DAY.

Contact FAITH:

Phone: (954) 529-0115

ops@faithouse.com

<https://www.faitouse.com/combine-prep>

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Lakeland, FL 33811



OWN THE DAY

