

LANDOW PERFORMANCE



***COMBINE TRAINING
2018***



"You must be prepared for the biggest interview of your life."

Loren successfully prepared players for the NFL combine for over 15 years. During that time, he has designed a proven formula of training for success. The Combine is three days of mental testing and one day of physical evaluation. Loren believes that mental conditioning is as important as physical training and brings in experts to help prepare your athletes for the 'off-the-field' evaluation. During these four days Scouts and GMs are evaluating EVERYTHING you do and everything you say. On the physical side of the evaluation process they will be evaluating Speed, Power, Explosiveness and Agility. How your athletes separate from the other athletes will be determined by how well he prepared.

"Loren is a heck of a trainer.... He has prepared me for all aspects of the NFL Combine."

Christian McCaffrey – *RB Carolina Panthers*

"As a wide receiver the mentoring Loren provided with Brandon Stokley and Ed McCaffery helped me solidify my position skills so I could best showcase my talents."

Jerrell Jackson - *WR Houston Texans*

"Loren is by far the best in the business when it comes to intelligent preparation for the NFL combine. He helped me realize and fulfill my potential in a matter of 6 weeks."

Drake Dunsmore - *TE Tampa Bay Buccaneers*

"Loren had me more than ready going into my Pro Day. My speed and explosiveness was at an all-time high with the techniques and movements he prepared us with. The work with Mark Schlereth was priceless for me as an offensive lineman in preparation for Pro Day. "

Cody White - *OG Houston Texans*

"At 285 lbs. scouts timed me in the 4.65-4.75 range in the 40-yard dash. My speed and explosiveness was at an all-time high when it mattered most!"

Greg Scruggs – *TE New England Patriots*

LANDOW PERFORMANCE

Our Combine Coaches

Loren Landow- CSCS., M.A.T. Specialist, USAW., Owner and Director

“The heart of my philosophy of training is to maximize human performance efficiently and effectively.”

When speaking of the sport performance industry, the most common focus is the blunt fabrication of stronger, faster athletes. I believe, however, that the true purpose of performance training is to keep the athlete on the field or in sport competition and extend their athletic career to the furthest. I achieve this result by considering various goals. The obvious goal, regardless of the sport, is to increase speed, power, strength, and agility of the athlete. Moreover, I aim to prepare and equip the body for the needs and demands of the particular sport. Performance training has multiple levels. My training is employed by enabling the body to withstand common forces while making the body more resilient to forces of the given sport. As I teach precise mechanics, I lead my athletes to increase the development of force (strength) and decrease the time it takes to produce that force (speed), thus, yielding greater efficiency with each effort. Superior resilience and efficiency in movement not only augments sport performance, it also allows athletes to undergo less strain in sport, and ultimately extend their athletic career. Through accurate training methods, proper mechanics become second nature, thus allowing the athlete to do all the right things from wrong positions, such as those manifest in sport. By understanding the difference in bodies and sport, I establish appropriate training protocols relative to the athlete. Furthermore, sequence of training and micro progressions are developed to allow for superior training response at the

proper times. Development of specific Bio-Motor abilities for all sports using a needs analysis for each individual athlete. Developing speed, power, strength, agility, mobility (flexibility and stability) and conditioning based on the sport and position played. Coach Landow is highly sought after for his ability to analyze and correct biomechanics. His goal is to maximize human performance, while decreasing the likelihood of injury. He has trained thousands of athletes of all ages and abilities, including over 400 professional athletes in the NFL, NHL, MLB, UFC, WNBA and Olympic medalist. Coach Landow served as the Strength and Speed coach during the NFL lockout for over 20 Denver Bronco players and had over 45 professional NFL athletes train with him. Coach Landow has worked with over 30 NFL All-Pro's and over 20 first round draft selections in the NFL. He has been a National and International presenter for the leading organizations in the performance field, and also serves as a consultant for many professional and collegiate teams across the country. Coach Landow has developed the ACL prevention program and the ACL return to sport protocols for the world renowned Steadman Hawkins Clinic in Denver.

Augustine (Augie) Agyei- CSCS., M.A.T Specialist, Sports Performance Coach

Augie grew up in Aurora, Colorado and graduated from Smoky Hill High School. Augie was a two sport athlete in high school, Football and Track and Field where he was an All-Conference and State Champion Hurdler respectively. He continued as a Dual Sport athlete at Drake University where again received All Conference Honors racing in the 60m and 100m in Track and Field, and playing Wide Receiver. Augie then decided to transfer to Colorado State University-Pueblo where he earned his B.S. as well as receiving an invite to Rookie Mini Camp with the Cincinnati Bengals (2010). He was on rosters with the Utah Blaze (Arena Football League), and Colorado Ice (Indoor Football League). Shortly before the Mini Camp, Augie met Loren Landow for training. His already good numbers were improved upon greatly under Loren. His 40yd Dash time went from 4.41, 4.36 on his Pro-Day in front of scouts, down to a 4.25 which was ran for the Utah Blaze and other teams' scouts. After finishing arena football, he began to learn and coach under Loren. He is certified through the NSCA as a Certified Strength and Conditioning Specialist, and through Greg Roskopf's Muscle Activation Techniques as a Muscle Activation Technique Specialist. His mix of experience and knowledge provides a well-rounded approach to the way he interacts and train his athletes. Under Loren, he has had opportunities to work and or assist with athletes in the NFL, MLB, professional MMA organizations, collegiate, and high school athletes from all sports as well. He has been assisting Loren with the Combine Prep for 3 years now.





Our Facility:

Here at Landow Performance we have a brand new 10,000 sq. foot facility. We are a state-of-the-art training facility with some unique equipment including customized Sorinex Weight Racks, Run-Rockets, Curve Treadmill, Woodway, Speed-Fit, SPARC, VertiMax, Keiser Bikes and more.



Sports Dome:

An indoor 45,000 sq. foot turf field that offers the ability to focus on position specific drills, 10s & 20yard sprints, 40-yard dash and other specific use.



OUR NFL ATHLETES

[Linebackers / D-Lineman](#)

Von Miller *Broncos*
Sylvester Williams *Broncos*
Derek Wolfe *Broncos*
Darius Kilgo *Broncos*
Todd Davis *Broncos*
Dylan Cole *Texans*
Mike Purcell *49ers*
Greg Scruggs *Seahawks*
Chad Brown *Seahawks*
Bill Romanowski *Broncos*
Trevor Pryce *Ravens*
Tyler Brayton *Raiders*
Jordan Dizon *Lions*
Courtney Brown *Browns*
Aaron Smith *Steelers*
Mike Rucker *Panthers*
Domata Petko *Bengals*
Joe Mays *Broncos*
Justin Bannin *Broncos*
Mitch Unrein *Broncos*
Robert Ayers *Broncos*
Kevin Vickerson *Broncos*
Jason Hunter *Broncos*
Demitri Veal *Broncos*
Kenny Petterson *Broncos*
Jesse Nading *Texans*
Ben Garland *Broncos*
Jay Foreman *Texans*
Chris Cooper *Raiders*
Grant Irons *Raiders*
Paul Toviesi *Broncos*
Tyjuan Hagler *Colts*
Marquis Harris *Chargers*
Quinn Dorsey *Bears*
Matt Mitrione *Giants*
Sean Tufts *Panthers*
Gabe Nynehuis *Falcons*

Josh Hotchkiss *Giants*
Jerry Johnson *Broncos*
Manual Wright *Dolphins*
Abraham Wright *Dolphins*
Thad Washington *Bills*
Scott Zimmerman *Cowboys*
Jamie Heiner *Titans*
Tony Donald *Seahawks*
Fred Jones *Chiefs*
Chris Brown *Ravens*
Vann Brown *Dolphins*
[Offensive Line](#)
Tra Thomas *Eagles*
Tom Nalen *Broncos*
Willie Roaf *Chiefs*
LJ Shelton *Cardinals*
Nate Solder *Patriots*
Todd McClure *Falcons*
Copper Carlisle *Raiders*
Kasey Studdard *Texans*
Adam Meadows *Colts*
Chris Chester *Ravens*
Chris Kuper *Broncos*
Brian Daniels *Vikings*
Rob Hunt *Chiefs*
Mike Brisel *Raiders*
Eric Pears *Bills*
Chad Rhienhart *Bills*
Tyler Polumbus *Redskins*
Kyle Devan *Colts*
Seth Olson *Colts*
Zane Beadles *Broncos*
JD Walton *Broncos*
Austin Howard *Jets*
Manny Ramirez *Broncos*
Shelly Smith *Rams*
Russ Hochstein *Patriots*
Lonnie Paxton *Broncos*

Jeff Byers *Panthers*
Cody White *Texans*
Ryan Harris *Texans*
Cory Lichtensteiger *Redskins*
Victor Rogers *Lions*
David Diaz-Infante *Broncos*
Anthony Cesario *Jaguars*
Scot Osborne *Browns*
Matt McChesney *Jets*
Dave Pearson *Lions*
Louis Williams *Panthers*
Matt Hill *Seahawks*
Chris Bober *Chiefs*
Chris Ziemann *Giants*
Javier Collins *Cowboys*
Ben Sobieski *Bills*
Sam Wilder *Colts*
Wes Simms *Chargers*
Mark Fenton *Broncos*
Clint Oldenberg *Broncos*
[Wide Receivers](#)
Ed McCaffrey *Broncos*
Brandon Stokley *Broncos*
Eric Decker *Jets*
Jonathan Baldwin *Chiefs*
Eddie Royal *Chargers*
Antonio Bryant *Buccaneers*
DJ Hackett *Seahawks*
John Mathews *Colts*
Jeremy Bloom *Eagles*
Matt Willis *Broncos*
Triandous Luke *Broncos*
Charlie Martin *Seahawks*
Drew Davis *Falcons*
Derrick McCoy *Rams*
Charlie Adams *Broncos*
Javon Bouknight *Panthers*
Mike Scarbrough *Titans*

Chris Cole *Broncos*
Josh Copper *Browns*
Jerrell Jackson *Texans*
Taylor Embree *Chargers*
Jason Rivers *Titans*
[Tight Ends](#)
Bo Scaife *Titans*
Joel Dreessen *Broncos*
Evan Baylis *Texans*
Joe Klopfenstein *Rams*
Virgil Green *Broncos*
Richard Quinn *Broncos*
Alex Smith *Browns*
Dan Gronkowski *Broncos*
Nick Kasa *Broncos*
[RBs / FBs](#)
Christian McCaffrey *Panthers*
Austin Ekeler *Chargers*
Jerome Bettis *Steelers*
Mike Bell *Broncos*
Mike Anderson *Ravens*
Selvin Young *Broncos*
Chris Gronkowski *Broncos*
Lance Ball *Broncos*
Matt Mauck *Titans*
Joel Klatt *Lions*
Casey Bramlet *Falcons*
Barrick Neally *Vikings*
Corey Bramlet *Patriots*
Chad Friehauf *Broncos*
Tyler Hansen *Bengals*
Chris Henry *Titans*
Rueben Droughns *Giants*
Bobby Purify *49ers*
Kevin Dudley *Falcons*
Ricky Brown *Bengals*
Doug Chapman *Vikings*
[Quarterbacks](#)

Peyton Manning *Broncos*
Tim Tebow *Broncos*
Brady Quinn *Chiefs*
Kyle Orton *Broncos*
Sage Rosenfels *Texans*
Zac Robinson *Lions*
Brian Griese *Broncos*
Craig Nall *Packers*
Mark Miriscal *Saints*
Phil Welch *Browns*
[Punters / Kickers](#)
Britton Colquitt *Broncos*
Brian Moorman *Bills*
Dave Rayner *Chiefs*
Roc Alexander *Texans*
Dexter Wynn *Eagles*
Demarcus Faggins *Texans*
Rhashidi Barnes *Browns*
Chris Young *Broncos*
Darius Clark *Broncos*
Jason Gross *Cardinals*
Rhett Nelon *Vikings*
Dewayne Patmon *Giants*
[Defensive Backs](#)
Brian Dawkins *Broncos*
John Lynch *Broncos*
Steve Atwater *Broncos*
T.J. Ward *Broncos*
Darian Stewart *Broncos*
David Bruton *Redskins*
Jarius Byrd *Saints*
Samari Rolle *Ravens*
Cassius Vaughn *Colts*
Karl Paymah *Vikings*
Alex Molden *Saints*
Willie Middlebrooks *Broncos*
Jeff Harris *Dolphins*
Deshody Carter *Arizona*

Combine Training

"When preparation meets opportunity, success is the outcome!"

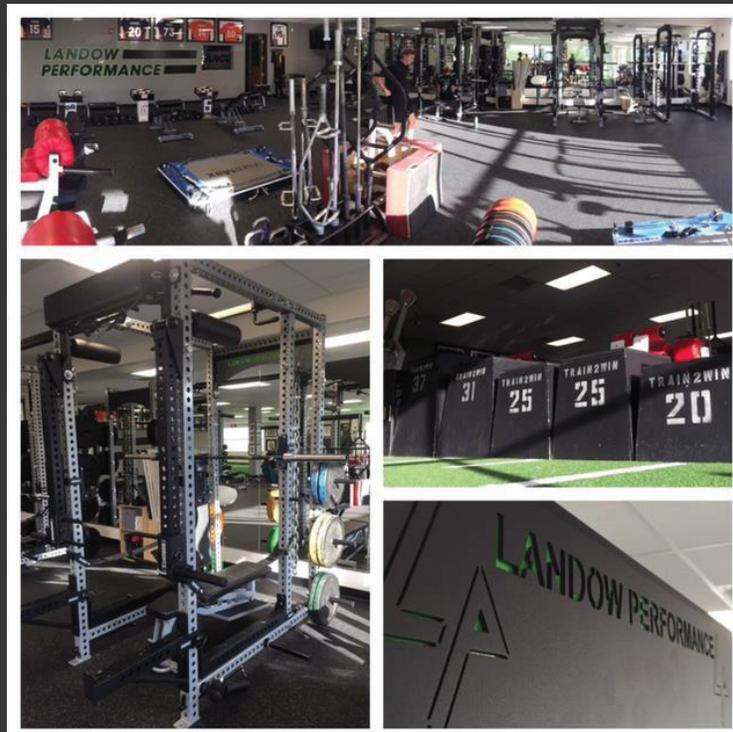
- Acceleration for great 10s and 20s times
- Top end Speed to have blazing fast 40 times
- Explosiveness for Vertical and Broad Jump measures
- Agility for position specific drills exactly how they run them at Indy and mastering the 5-10-5 and L drill
- Strength and Strength Endurance for maximum 225 reps on the bench
- Interview and Psychological testing preparation Mentorship with former NFL players on position specific drills
- FMS mastering the screen that all attendees must perform
- Wonderlic testing preparation
- Speed and Power drills designed to enhance position specific movements
- Positional workouts to help dial in technique to allow for better on the field transfer
- Metabolic Conditioning specific per your position. The goal is to individualize your conditioning to show your best in position drills at the NFL Combine
- Recovery and Regeneration daily and weekly strategies are set aside to help aid in the recovery process. Corrective exercises, myofascial maintenance strategies, active isolated mobility and MAT (muscle activation techniques) for regeneration and neuromuscular reset



LP WEEKLY COMBINE SCHEDULE EXAMPLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am	Breakfast at Hotel	Breakfast at Hotel	Sleep-in	Breakfast at Hotel	Breakfast at Hotel	Sleep-in
9:00am	Linear Acceleration Emphasis on 10 & 20-yard Sprints for 40s	Agility Training Emphasis on 5-10-5 & L-Drill Position Specific Work	Breakfast at Hotel	Top End Speed Development 40-yard Dash	Multi-directional Emphasis on Position Specific Work Fine-tune 5-10-5 & L-Drill	Breakfast at Hotel
10:00am	Cool Down: Foam Rolling, Myofascial Release Supplements-Recovery Shake	Cool Down: Foam Rolling, Myofascial Release Supplements-Recovery Shake	Recovery Session Media Prep Wonderlic Prep Video Analysis	Cool Down: Foam Rolling, Myofascial Release Supplements-Recovery Shake	Cool Down: Foam Rolling, Myofascial Release Supplements-Recovery Shake	Active Recovery Video Analysis Wonderlic Prep Additional Weight Room Work
11:00am	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
1:00pm	Resistance Training Emphasis on Lower Body Strength & Power	Resistance Training Emphasis on Upper Body Special Focus on 225 bench	Therapy Individual Specific	Resistance Training Emphasis on Speed & Power Lower Body Strength	Resistance Training Emphasis on Upper Body Special Focus on 225 bench	

** Schedule is subject to change





Nutrition at Landow Performance



Amanda Turner MS, RD, CSSD, is a certified specialist in sports dietetics. As an athlete, Amanda knows the amount of dedication required to be successful in any athletic event. As a registered dietitian, she especially realizes the impact of nutrition on success. Since she personally trains in a wide variety of sports, she has been able to experience differences in her personal nutrition challenges when training in different settings.

Education: Amanda completed her Bachelor of Science degree in dietetics at Missouri State University. She then went on to the University of Kansas Medical Center to complete her dietetic internship and Master of Science in dietetics and nutrition. Beginning her career in clinical nutrition, she quickly learned that she preferred working with individuals outside of the hospital setting. Amanda has worked with well-known names such as The Biggest Loser® Resort at Fitness Ridge; Dixie State University™; Curves™ International; and the University of Colorado Anschutz Health and Wellness Center™.

Diet Suggestions: When working with Amanda, she is likely to suggest lean meats, whole grains, vegetables, fruits, oils, nuts, seeds, legumes, and maybe even ice cream from time to time! She realizes that each individual comes from a different nutrition background with different nutritional needs. Therefore, she works with the client to meet them at their current nutritional comfort to improve their nutrition in a sustainable way. While it is preferable to eat a whole foods diet and cook all meals from scratch, Amanda is able to help you find that healthy balance between convenience and health.

Meal plan package: \$310 (5% discount)

Includes: 2- 1 hour consults and 1 meal plan

This package is great for an athlete who just wants to manage their nutrition for their current training. You'll learn the best macronutrient balance for your training and position goals, receive a customized meal plan based on your preferences, and follow-up with the dietitian to learn how to incorporate flexibility in your meal plan.

Individual one hour consult: \$125

If you have specific questions about your diet and ways that you can improve your nutrition for your sport, this is a great option for you. Sit down with the dietitian, ask questions, and move forward with specific goals that will help you improve your game.

Complete training package: \$645 (10% discount) Includes: 4 body fat tests, 2- one hour consults, 2- 1/2 hour consults and 1 meal plan.

This package will help you maximize your performance and body composition. Throughout the four visits, you will learn your position-specific nutrition needs, how to manage them 100% on your own, how to fuel properly for training and competition, and appropriate hydration based on your sweat rate. Your meal plan is customized based on your food preferences.

Dietary Analysis: \$90

This is a great option if you already feel good with your nutrition, but you want to get some tips on small changes that can make a big difference. An affordable option with little follow up, you'll receive calorie and macronutrient goals with an explanation of how close you are to those goals currently. No face to face visit is required for this option.

Individual body fat test: \$60

Body fat tests are done through use of the Body Metrix ultrasound.

Meal Prep and Supplements at LP

At Landow Performance we are partnering up with some companies to provide you with convenient and healthy options for meals, snacks and supplements.



FRESH FARE will be working in partnership with LP to create the most fresh, optimal, healthy, and nutrient balanced meals for you as an athlete training for the NFL Combine. Depending on your needs as an athlete Fresh Fare will provide you with the best meals to combine with your performance training. Fresh Fare delivers fully-prepared, chef-crafted meals to Landow Performance during your training sessions and is also available for delivery to your hotel (upon request). Meals are customizable and designed to give you optimal nutrition.



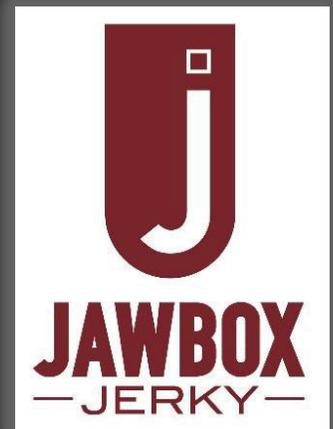
- Locally sourced, high-quality proteins
- Seasonal fruits and vegetables
- Gluten-free meals
- Vegetarian options

Fresh Fare and Active Fueling have collaborated to create specific meals to provide you with during your training at Landow Performance.

www.freshfareco.com

JAWBOX JERKY is a Colorado based, grass-fed/finished, beef jerky company. Starting out in 2014, the company has built a loyal following of athletes at all levels. It's claim to fame is working with the defending Super Bowl Champion Denver Broncos as well as other professional, collegiate and high end athletic performance teams. Jawbox provides a lean low fat snack which is high in protein, has superior flavor and has the proper balance of protein & carbs to help fuel your intense work out regime. Jawbox comes in 1.5 oz. portions with Original and Spicy flavors that can be shipped to your hotel or Landow Performance.

www.jawboxjerky.com



MusclePharm® is an award winning and worldwide leading sports nutrition brand. Our expansive line of clinically proven safe and effective supplements reaches all elements of the active, push-the-edge lifestyle.

The purpose of every **MusclePharm®** product must be to enhance athletic performance, strength and overall personal health—all without the use of banned substances. Our team philosophy is that every product will be a formulation that we, as former professional athletes, believe in and use every day.

You also know and understand the importance that sports nutrition plays in your body's muscle and strength development, overall performance and even recovery.

Keeping our products on the edge of performance while maintaining the highest standards of safety is what sets our company – a company of athletes – apart.



**SUPERIOR INGREDIENTS.
SUPERIOR RESULTS.**



PERFORMANCE.
BUILT BY LANDOW,
PROVEN BY
RESILIENCE CODE.

**LANDOW
PERFORMANCE** + **RESILIENCE**  **CODE**

How could elite performance training possibly get any better? When it can be measured, quantified and proven.

That's why Landow Performance is partnering with Resilience Code. Opening in early 2017, this first-of-its-kind facility will blend medicine with fitness to create an entirely new level of data-driven performance.

It all starts with finding your codes. By knowing your codes, we can reprogram sub-optimal movement patterns, strength asymmetries and poor cognitive processing pathways and assess risk of injury to both your body and your brain.



myresiliencecode.com

YOUR CODES FOR BEING THE MOST COMPETITIVE VERSION OF YOU.



KINETICCODE™

Your skeletal structure, bone density, body composition, mobility, gait and posture are analyzed using the latest in biomechanical testing. Your muscle activation and movement patterns are captured so they can be tracked by workout and improved. VO2 max, lactate threshold and glycogen are all recorded to create a baseline for future comparison.

- 3D motion analysis for performance optimization
- Muscle architecture and strength symmetry assessment
- ACL risk assessment and prevention program
- Sprint technique analysis
- Injury risk profiling and preventative programming



MINDCODE™

Resilience really is in your head. MindCode establishes your baseline level of wellbeing, measured through cognitive and emotional resilience testing, sleep monitoring, reaction speed testing, quantitative EEG, and breathing and recovery analysis—along with a roadmap for improvement.

- Receive private comprehensive detailed brain health report
- Start life-long brain health monitoring before or in between NFL, NCAA or high school football seasons
- Post-concussive care, testing and RTP advice
- **Tests include:**
 - **Standard NFL Baseline Concussion Testing**
 - ImPACT Testing
 - Computerized SCAT 3 Testing
 - **Advanced Neuromechanical Coupling Eval and Training**
 - Dynavision
 - **Baseline Brain MRI NeuroQuant Scan**
 - Provides size measurements of critically important brain structures, which can be followed yearly to screen for early onset of brain atrophy
 - **Concussion Biomarker Testing (SALIVA)**
 - **Advanced Eyetracking**
 - Oculogica



RECOVERY & SPORTS MEDICINE SERVICES:

- Certified Athletic Trainers, chiropractic and physical therapy on site and available
- Sports medicine physician's concierge service
- Blood-flow Restriction Therapy
- Infrared sauna
- Hot/cold whirlpools
- Normatech Compression
- Massage
- Yoga

