



ETHOS

HUMAN PERFORMANCE

2023 NFL COMBINE TRAINING



ETHOS IS A HIGH-LEVEL TRAINING FACILITY THAT CULTIVATES A
CULTURE OF WINNING.

WHO WE ARE

Ethos is a high-level training facility specializing in Combine specific training. Set yourself up for the utmost success with our NFL combine and pro day training. Our comprehensive training will prepare you for every area of the draft process. At Ethos you will get personalized attention in every aspect. With 10+ years of experience preparing athletes for the combine, we understand every detail that goes into a successful training.



WHAT SETS ETHOS APART

PERSONALIZED EVALUATION

Combine training will begin with a comprehensive evaluation that measures one's muscular strengths, deficiencies, and imbalances. The information will be utilized throughout your individualized holistic training. Our elite coaches will construct a high-level and long-term athlete as we capitalize on your strength and address any possible weaknesses.

SCIENTIFIC TRAINING PROGRAMS

Our scientific methodology is designed to build and improve the athlete holistically. Our goal is to mentally and physically prepare each athlete for the obstacles they will face on and off the playing field, to prepare them to succeed at the next level. With 10+ years of combined training experience, Ethos coaches are highly trained in the comprehensive aspects of sports performance in order to construct a high-level long-term athlete.

HOLLISTIC TRAINING

There is more to the Combine than just strength, speed and football. That is why at Ethos we have integrated our scientific principles into every facet of training. We will help plan and progress your speed, strength, recovery, nutrition and sleep.

Not only will you receive personalized training in a competitive environment, you will also receive access to top physical therapist, and our professionally certified dietician to ensure you are completely set for success.



"ETHOS HAD ME PREPARED IN EVERY ASPECT" - BEN GEDEON;MINNESOTA VIKING



TO BE THE BEST

YOU HAVE TO TRAIN WITH

THE BEST!!

“Dan Mozes and the Ethos Human Performance team is without a doubt **BEST IN THE DAMN BUSINESS.**”

- AIDEN HUCHINSON; LIONS



WHO HAVE WE TRAINED

AIDEN HUTCHINSON

LIONS - 1st ROUND PICK / 2nd OVERALL 2022

BRANDON GRAHAM

EAGLES - 1st ROUND / 13th OVERALL 2010

CHRIS WORMLEY

STEELERS - 3rd ROUND / 74th OVERALL 2017

JOURDAN LEWIS

COWBOYS - 3rd ROUND / 92th OVERALL 2017

GRAHAM GLASGOW

LIONS - 3rd ROUND / 95th OVERALL 2016

RYAN GLASGOW

BENGALS - 4th ROUND / 138th OVERALL 2017

MAURICE HURST

RAIDERS - 5th ROUND / 140th OVERALL 2018

WILLIE BEAVERS

COMMANDERS - 4th ROUND / 121st OVERALL 2016

BEN GEDEON

VIKINGS - 4th ROUND / 13th OVERALL 2017



ETHOS COMBINE OFFERS



Ethos Human Performance Screen

Combine Specific Strength Training

Combine Specific Speed

Combine Specific Agility Training

Position Specific Training

Physical Therapy /Massage Therapy

Nutrition Consultation & Meal Preparation

ETHOS HUMAN PERFORMANCE SCREEN

Ethos Human Performance offers an in-depth evaluation that measures one's muscular strengths, deficiencies and imbalances. This information is measured and recorded while performing isolated muscular exercises that require peak force activation with optimal range of motion. Throughout these exercises, our highly trained coaching staff are able to analyze the data and assess the client's strengths, weaknesses, and areas of needed improvement. This crucial information will be implemented in one's personalized NFL Combine training program, to aid in: injury prevention, injury rehabilitation and muscular strength gains; making one the most well-rounded, elite NFL Athlete.



COMBINE STRENGTH TRAINING

Bench more, jump higher, jump farther, run faster, and be more agile is what the Ethos combine training cycle is all about. Athletes will go through a 3 day, scientific, combine specific strength cycle with phasing perfectly planned out to prepare for the Bench, Vertical, Broad Jump and 40-yard dash. These cycles are scientific-based and result proven. Everyone will receive personalized attention to address any deficiencies that were noted during the muscular screening process. When your job depends on performance, we will ensure you are set up for nothing but success in every aspect.

ETHOS STRENGTH TRAINING INCLUDES:

- Comprehensive dynamic warmup
- Blood Flow restriction training
- Muscular gains, strength and power phasing



COMBINE SPEED TRAINING

The 40-yard dash is an art. It involves running a single maximum sprint to showcase your speed and acceleration. When you have one chance to prove that you must make it count.

Starting with the stance, there are critical details and biomechanics that must be present to set yourself up for an explosive start. At Ethos, we will teach you successful biomechanics for a powerful start, as well as critical running mechanics that are equally important. As an athlete, you must understand how to showcase both of those crucial concepts to show NFL potential. Each athlete will go through specific phasing for speed mechanics to ensure explosiveness, power and top speed.

ETHOS SPEED TRAINING INCLUDES:

- Biomechanical Techniques
- Speed Mechanic Drills
- Stance Specific Training
- Resistance Speed Training
- Transitioning from Acceleration to Max Velocity
- Overspeed Training



COMBINE AGILITY TRAINING

In addition to speed training, our program also entails specific agility training. Athletes must be able to showcase their high-end ability to accelerate, decelerate and re-accelerate as biomechanically efficient as possible. Our training will improve your body positioning, reaction time, muscular strength and power to cut crucial seconds off your time.

We will specifically work on each individual's technique in relation to their body type and physical strengths. Much like the 40-yard dash, an athlete must understand the agility technique but also running in relation to agility, or else their performance will suffer. Ethos training will ensure athletes can move faster with proper footing, body awareness and top end speed.

ETHOS AGILITY TRAINING INCLUDES:

Biomechanical Techniques regarding footing and body leveraging
Agility Specific Drills
Improving Reaction Time

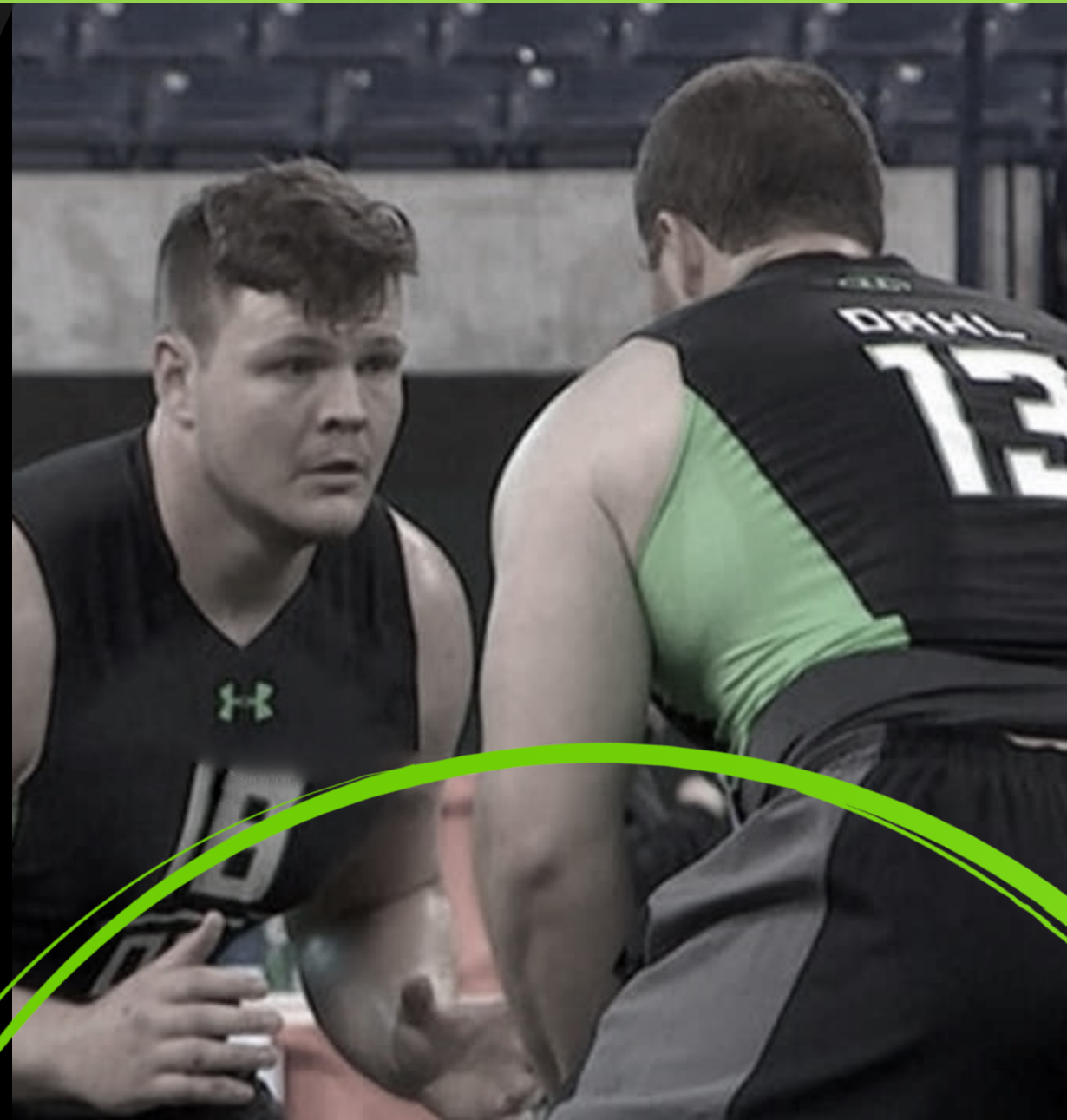


POSITION SPECIFIC TRAINING

Each position has its own set of unique drills. Our team of elite coaches will familiarize each athlete with how to succeed throughout each set of drills.

The strength training and speed training at Ethos will prepare you for the position specific drills physically. Ethos highly trained coaches will make sure the fine details that NFL prospects are looking for are at peak performance.

From planting with the correct angle out of a break, to hip angle on pulling, and the efficiency of the angle on drop steps, we will make sure biomechanically you are taught the perfect position to succeed.



ETHOS PHYSICAL & MASSAGE THERAPY

As a professional athlete, you demand the most out of your body. Unfortunately pain and dysfunction can keep you from achieving your highest potential. As movement experts, our team of highly trained physical therapists are able to recognize muscular and mobility issues that may hinder your performance. By identifying and appropriately addressing these underlying issues, we can help make sure you are physically suited for your career ahead. In conjunction with your strength and speed training, let us maximize your ability through recovery and preventative measures from our recovery team. Be treated by physical therapists who regularly treat NFL athletes and know what it takes to play and recover at the top level.

WHAT ETHOS PT OFFERS:

Manual therapy

Dry Needling

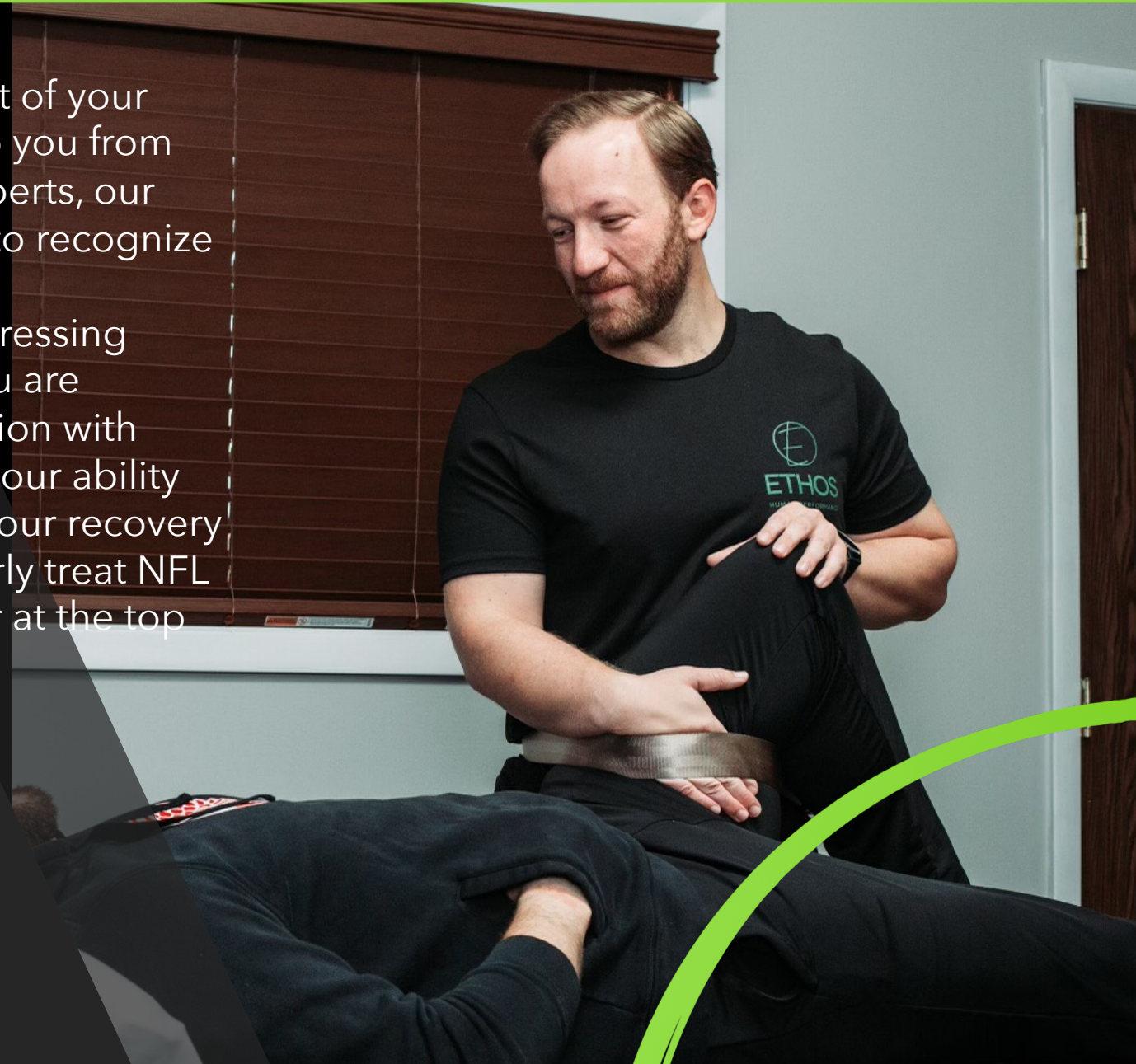
Blood Flow Restriction

Ultrasound

Electrical Stimulation

Hot and Cold Therapy

Traction



NUTRITION CONSULT & MEAL PREP

Maureen Stoecklein

Talent, attitude, work ethic and character significantly contribute to the success of an athlete. When all of these are in line and an athlete is looking to bring their performance to the next level it's time to dial in sleep, mental resiliency and nutrition. Performance based nutrition will elevate performance, improve recovery, bolster strength gains, help make body composition goals a reality, and assist with recovering from injury. Partnering with a qualified registered dietitian is critical to align an athlete's performance nutrition with their performance demands and goals.



SCHEDULE

MONDAY

7:00 am – 8:00 am

- Professional Dietician Based Breakfast
- Corrective Exercises Based on Muscular Screening
- Recovery Therapy as Needed

8:00 am – 10:00 am

- Strength and Conditioning Lift (Phased Throughout)

10:00 am – 11:00 am

- Recovery Therapy / Additional Mobility
- Corrective Exercises as needed
- Professional Dietician Based Lunch

THURSDAY

10:00 am – 1:00 pm

- Professional Dietician Based Breakfast/Lunch
- Corrective Exercises Based on Muscular Screening
- Recovery Therapy as Needed
- Mobility / Balance Training

1:00 pm – 3:00 pm

- Speed and Agility Training (Phased Throughout)

3:00 pm

- Yoga

TUESDAY

9:00 am – 10:00 am

- Professional Dietician Based Breakfast
- Corrective Exercises Based on Muscular Screening
- Recovery Therapy as Needed
- Mobility / Balance Training

10:00 am – 12:00 pm

- Speed and Agility Training (Phased Throughout)

12:00 pm – 3:00 pm

- Recovery Therapy as Needed
- Professional Dietician Based Lunch

3:00 pm – 5:00 pm

- Position Specific Work

WEDNESDAY

7:00 am – 8:00 am

- Professional Dietician Based Breakfast
- Corrective Exercises Based on Muscular Screening
- Recovery Therapy as Needed

8:00 am – 10:00 am

- Strength and Conditioning Lift (Phased Throughout)

10:00 am – 11:00 am

- Recovery Therapy / Additional Mobility
- Corrective Exercises as needed
- Professional Dietician Based Lunch

FRIDAY

8:00 am – 9:00 am

- Professional Dietician Based Breakfast
- Corrective Exercises Based on Muscular Screening
- Recovery Therapy as Needed

9:00 am – 11:00 am

- Strength and Conditioning Lift (Phased Throughout)

12:00 pm – 2:00 pm

- Recovery Therapy / Additional Mobility
- Corrective Exercises as needed
- Professional Dietician Based Lunch
- Massage Therapy



DAN MOZES

Dan has been embedded in this industry for 15+ years serving his community and following his ETHOS. As a former athlete and NFL football player, Dan knows what it takes to mentor, train and develop NFL prospect and professionals.

Dan has helped athletes at all skill levels. From free agents to first round draft picks, Dan understands how to adapt, motivate and develop athletes for successes. Each athlete will be treated with a high-level of care and attention from Dan. He takes the time to get to know each individual; their strengths, goals, possible weaknesses. With this attention to detail, Dan understand how to capitalize on what each man has to offer. For the most important training you will have in your life, come be a part of a team that demands success and greatness.



A NOTE FROM DAN



ETHOS

HUMAN PERFORMANCE

This is one of the biggest job interviews you will face in your adult life. When your job depends on success, there is no room for error in your training.....

ETHOS will provide the perfect training program to prepare you for success!

THE JOURNEY

Ethos Human Performance is with you throughout your journey
from the beginning until the end!





ETHOS
HUMAN PERFORMANCE

TRAIN
PREPARE
EXERCISE
STRENGTHEN

with **ETHOS!**
with **ETHOS!**
with **ETHOS!**
with **ETHOS!**

SUCCEED with **ETHOS!**



ETHOS

HUMAN PERFORMANCE

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