

**TEAM PAYNE**

# COMBINE TRAINING

## STANDARD COMBINE TRAINING PACKAGE INCLUDES:

- STRENGTH AND SPEED COACHING
- COMBINE DRILLS TRAINING
- ON THE FIELD TRAINING WITH POSITION SPECIFIC COACH
- REHAB/PHYSICAL THERAPY
- ACCESS TO COLD TUB
- SPORTS MASSAGE ( ONCE PER WEEK)
- VIDEO ANALYSIS
- COMBINE SUPPORT
- PRE/MID/POST WORKOUT SUPPLEMENTS

## ALL INCLUSIVE COMBINE TRAINING PACKAGE INCLUDES:

- STANDARD COMBINE TRAINING PACKAGE
- THREE MEALS PER DAY, MONDAY-FRIDAY
- CAR RENTAL
- HOUSING



For more information on the Team Payne combine training, email [teampayne09@yahoo.com](mailto:teampayne09@yahoo.com) or call (919) 661-7181