



**2012-2018 AVERAGE IMPROVEMENTS
FOR PRO DAY PARTICIPANTS**

Test/Drill	Change
Fat %	-3.7 pounds
Fat Weight	-7.7 pounds
Lean Weight	+13.7 pounds
Vertical Jump	+4 inches
Broad Jump	+9 inches
40-Yard Dash (10-Yard Start)	-0.1 seconds
40-Yard Dash	-0.4 seconds
20-Yard Shuttle (Pro-Agility)	-0.3 seconds
3-Cone Drill (L-Drill)	-0.4 seconds
225# Bench Press Max Reps	+6.4 reps