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AMENITIES



-55 YARD SAND PIT-



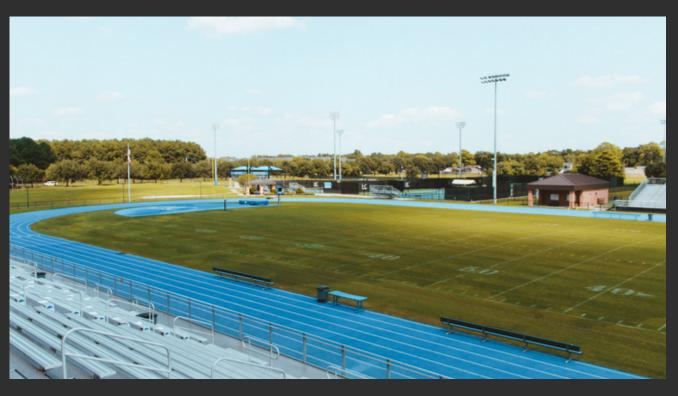
-400 METER TRACK-



NEW 7200 SQ. FT. WEIGHT ROOM



-44 FOOTBALL FIELDS-



-INDOOR TURF AREA-

-AND MUCH MORE-

ATHETE JESTIMONIALE

"FROM THE MOMENT I MET KYLE WITH DST, I KNEW HE WAS A PERSON WHO COULD HELP ME REACH MY GOALS AND SOMEONE WHO WOULD HELP CHANGE MY LIFE FOR THE BETTER. DURING THE COMBINE TRAINING PROCESS, I WAS CHALLENGED, PUSHED AND TAUGHT A GREAT DEAL BY KYLE. I HAVE BEEN VERY IMPRESSED BY HIS PASSION TO HELP CLIENTS, HIS KNOWLEDGE, AND HIS ABILITY TO CONNECT WITH HIS CLIENTS. THROUGHOUT THE PROCESS I WAS FILLED WITH NEW KNOWLEDGE, FAITH, NUTRITIONAL VALUES, & WAS EDUCATED FOOTBALL SPECIFIC WISE BY SAMMY KNIGHT. THE WHOLE DST FAMILY IS INVOLVED, I LEARNED SOMETHING FROM EVERYBODY. I'M PART OF THE DST FAMILY & WOULD RECOMMEND THEM TO ANYONE!!"

- CHUKUEMEKE EGBULE

NFL DRAFT PREP

PREP 2019

ANALYTICS REPORT			
METRIC	BEGINNING	ENDING	% CHANGE
WEIGHT	249.4	245.0	1.76%
BODY FAT	14.0%	12.0%	14.3%
VERTICAL	28.4"	33.0"	16.2% 🔨
BROAD	115"	119"	3.48%
40 - LASER	4.87	4.66	4.31% 💙
40 - HAND	4.78	4.58	4.18% 💙
SHUTTLE	4.64	4.38	5.60%
3 CONE	7.55	7.38	2.25%
BENCH	8	20	250% 🔨



SERVICES

FULL ASSESSMENT SPEED TRAINING STRENGTH TRAINING POSITION WORK/DRILLS NUTRITION PLAN MEAL PREPARATION SUPPLEMENTATION MEDICAL TREATMENT THERAPY TREATMENT MENTAL PREPARATION MEDIA PACKAGE - MORE -





DYNAMIC SPORTS TRAINING

EQUIP - ENCOURAGE - EMPOWER

PHUNE

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DST HOUSTON