



Troy Parks is one of the smartest individuals I know who works in his craft. I attribute all my success to Troy. He has worked with me since I was a dorky seventh grader who could barely lift any weight and turned me into a state champion in track and field. Troy helped me get stronger and would tell me why I am getting stronger in the lifts he gives me. He truly changed my life with his training and put me on the path to success in sports throughout high school. Troy Parks is a great trainer and an even better person to be around.

Garrett Walker

(Springfield Local High School,
State Champion in 400m)