



A special shout-out to @dr.troyparks for helping me reach my goals this year. Troy has constantly encouraged and pushed me to become a better athlete. not only is Troy to thank for the success I've had this year, but he has also helped improve my confidence off the track. I am extremely grateful for everything Troy has taught me and the tremendous progress I've made in just a little over 6 months. if you are an athlete who is looking to improve or even just someone who wants to train and become stronger and healthier, I promise Dr. Troy Parks will be an enormous help to you.

Tomi Ross

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