



Shane Lindstrom
(South Range High School)

I started with Dr. Troy Parks last year wanting to increase my speed and agility on the field. He welcomed me with open arms and was as motivated and committed as I was to my goal. He is a very personal coach who is willing to work around your schedule and work on things specific to your needs. He breaks down the specifics of each exercise and correlates it to how it will maximize production and efficiency on the field. He brings energy and excitement to every workout. This year after my ACL injury, I came back to Dr. Parks to help with the rehabilitation process. He gave me all the right exercises to help with my knee. He is a great trainer/physical therapist and I am very lucky to work with him. His gym has an elevated atmosphere where everyone pushes each other to be better. He is a great trainer and an even better guy.