



Meddia Trimble

(Cardinal Mooney High School)

I've had the opportunity of working with Troy who has formulated a plan to target all of my injuries and get me stronger than ever before. This plan consists of not only therapy to heal but strengthening to push my limitations. Through my past three years working with Troy I have reached new limits I never thought I could reach and it has helped me in countless ways. Not only is he a great trainer but an overall amazing guy. Even on the bad days he's never failed to bring a smile to anyone face and is involved with everyone he's working with. He is very down to Earth and focused on plans to maximize your journey. I would highly recommend anyone looking to strengthen themselves to work with Troy Parks.