



Mario Wokocha

(European Pro Football Athlete)

Over the last few years I have had a once in a lifetime experience working with one of the best trainers. Troy has step by step built me into not only a better athlete but also a smarter athlete by personally showing me how to execute drills. On top of that he educated me on why I'm doing each drill and how it relates to my specific sport. Most importantly Troy has been extremely patient with myself and every client he trains, building personal relationships with all of us. I owe a great deal of my success to him for all these reasons.