



Kylie Medvec

(Springfield Local High School)

I started training with Troy after I tore my ACL my freshman year. I have been training with him since, and not only have I gotten stronger I have not had any knee pain. Troy really teaches you the right way to do every workout and encourages you no matter what. Training with Troy has been one of the best decisions I have made. He definitely built me into a better athlete and has given me better knowledge of the workouts.