



Shane Hamm

(Archbishop Hoban High School
3x Football State Champion,
Dayton University Football)

Troy has been my speed/strength trainer for many years now and has helped my agility/speed tremendously. Troy's programs are as good as they come and get you prepared to compete in anything that you plan to do. You would be hard pressed to find anyone who dedicated as much time and effort into each workout he puts together. Troy has many athletes and each excel at what they do, and this is a testament to his quality workouts. Troy has helped me take my athleticism to the next level and I would recommend him to anyone looking to become great.