



## Mark Sparks

Mark Sparks has been a Personal Conditioning Specialist for over 10 years. He is a Certified Personal Trainer, a Certified NeuroLinguistics Practitioner, former CCAA National champion and former Calvin Klein model.

It was through enduring & overcoming two major injuries and their subsequent rehabilitation that Mark began to really understand how resilient the body is and how powerful our minds, once made up, can be. This realization of the power of focus and of our thoughts led him to research and seek out various ways to help navigate people towards their own innate greatness which led him to the fitness principles he embodies through S.P.A.R.K.S CONDITIONING (Speed.Power.Adaptability.Refinement.Kinesiology.Satisfaction) which are “\_Train Hard. Train Smart. Train Often. Fuel Well. Believe in You.”\_



*“I view working with people to unlock their potential & achieve their goals as part of my purpose for being here & consider it a blessing. I look forward to serving you en route to the body you desire & Deserve!”*

*-Mark Sparks”*

