

Fred Hash



BIRTH PLACE:

Marion, VA

CERTIFICATIONS:

Nautilus and American Muscle & Fitness Master Trainer
NGA Master Trainer and Certified Nutritionist
Certified Transliterator for the Hearing Impaired
Certified Massage Therapist

EDUCATION:

Independence High School
Associates Degree: Business Administration- Wytheville Community College
Transliterator/ Interpreter: New River Community College
New River School of Massage

TRAINING PHILOSOPHY:

Don't ever say "I can't!" at anything you attempt. Saying "I can't" states you don't have the will or integrity to continue. If you say "I'll try," at least you are putting forth a positive effort.

FAVORITE TYPE OF WORKOUT/EXERCISE:

HITT training- high intensity training coupled with supersets. It cuts down on your workout time, pushes the group of muscles you are working to the extreme, and keeps the pump in much longer.

FITNESS BACKGROUND:

I was teaching martial arts at a gym in Independence, VA; the owner decided she didn't want to be in the fitness business anymore and approached me about purchasing the gym. At that time, it had a membership of 60-70, 22 machines, and no cardio equipment. I purchased the gym, moved it to a larger building, purchased 78 machines and cardio equipment, and reopened the larger facility only one day after closing the old one; Membership soared to around 238 members at its peak. The gym operated for 21 years and served as the foundation for my fitness career.