



HHP

HUDSON HEALTH AND PERFORMANCE

Train Like a Bodybuilder. Move Like an Athlete.

PERSONAL TRAINING • HENDERSONVILLE AND HERMITAGE, TN

Strength training built around how your body **actually moves**.

I help adults build real muscle and strength by first finding what's holding their body back, then training through it instead of around it. One on one and small group coaching, in person and online.

60+ lbs

Lost in under six months by one client, back to her college weight.

12 yrs

Of lifting on and off before one client saw faster results here.

Teens to 80s

The age range I train, from young athletes to clients in their 80s.

WHO I AM

ZACK HUDSON

NASM Certified Personal Trainer and owner of Hudson Health and Performance.

I started out chasing size like everybody else, while my knee and shoulder fought me the whole way. Three ACL surgeries will do that. Learning how joints actually move, and training the ranges I'd been cheating around, is what finally let me put real muscle on my frame again.

That's what I do for clients now. Muscle is the goal. Range of motion is just what's standing in front of it.

ZACK HUDSON • OWNER, HHP

WHO I WORK WITH

BUILT FOR

- Adults 35+ who used to train and whose joints told them to stop
- People coming off weight loss who want to rebuild muscle and shape
- Busy professionals who want one clear plan and someone keeping them on it
- Older adults who want to stay strong, steady, and independent

STEP 01

Find it

Every client starts with a movement assessment of ankles, hips, and shoulders to find what's limiting them.

STEP 02

Fix it

Joint prep built into every session, training the ranges the body has been compensating around.

STEP 03

Build it

Bodybuilder style strength work in the ranges they now own. Muscle, strength, and confidence that last.

IN THEIR WORDS

In less than six months, Zack's plan and guidance has helped me lose over sixty pounds. I've never had a ride or die coach like him before. Feels like having a life coach. I feel better than I ever have being back at college weight. Zack's been here every step of the way.

ROBBIE · DOWN 60+ LBS

Training with Zack has delivered faster results than I've experienced in over 12 years of on and off lifting. The small adjustments he's made to my form have significantly improved both my strength and recovery. Zack not only motivates you to push harder, but also educates you along the way.

PEYTON · 12 YEARS OF LIFTING

I had never had a trainer give me this kind of personal attention. When I said my back hurt during a lift, Zack actually adjusted it on the spot instead of telling me to push through. Now I do movements I thought I never could, with no pain.

CONNIE · PAIN FREE HINGING

Workouts are tough but actually fun, and he knows exactly how to push you without overdoing it. I've seen real results and feel way better overall. If you're thinking about it, just do it. You won't regret it.

IZAIAH · HHP CLIENT

I am starting to fall into a schedule that absolutely includes morning workout routine. Thanx for all your hard work, encouragement and warmth.

JANET · HHP CLIENT

WHERE EVERYONE STARTS

A FREE FRAME CHECK

- 1 20 minutes, one on one, no cost
- 2 We talk goals, history, and what hasn't worked
- 3 I test ankles, hips, and shoulders
- 4 You leave knowing what's holding you back and what to do about it

TEXT OR CALL

615 575 3851

INSTAGRAM

@iamzackhudson

TRAIN WITH ME AT

NEWD · Hendersonville

Iron House · Hermitage