



BRET 'HITMAN' HART

A few words about my trainer, Bill Linacker

When I was on the road as a pro wrestler, being slammed and kicked around for twenty-three years, I always dreamed of living in Hawaii. I finally made that dream come true!

I'm a six-time WWE (WWF) World Champion, along with numerous other titles I held over my long career. Like so many pro athletes I paid a price with my body. My in-ring career came to an abrupt end in October, 2000 as the result of a horrific concussion I suffered when a fellow wrestler kicked me in the head. While I was still recovering from post concussion syndrome things only got tougher when I suffered a major stroke, in June, 2002, that left the whole left side of my body paralyzed.

I put my life in God's hands and was blessed with a miraculous recovery that, over time, brought back most of what I'd lost.

I'd spent years training, lifting weights, but nothing compared to the uphill struggle I faced trying to rebuild myself into the man I used to be.

I'd always trained hard and my philosophy was more along the lines of power lifting heavy weight, most of the time. Even though I'd always trained this way I began noticing, more and more, that severe pain in my joints and lower back was limiting me from reaching my full potential.

One day, as I was loading up the weights, Bill Linacker noticed me lifting heavy. He came up to me and offered to train me and help me rebuild myself - but with a much different approach. I've known numerous personal trainers throughout my career and I could tell that Bill knew what he was talking about and I hired him. It's been two years now that I've had the good fortune of working with Bill and his new approach, which is to work out using machines that are easier on my joints, yet keep me getting stronger. Bill has been working with me to rebuild my weaker left side and it wasn't long before I noticed improvements in my weaker muscles, which he had carefully isolated.

I've lifted weights for most of my life, and spent countless hours training with some of the most knowledgeable strongmen and body builders in the world, but I can say none of them compares to Bill when it comes to muscle building, strength and conditioning.

If you're looking for a trainer who knows his stuff, trust me when I tell you not to look too far because Pacific Island Fitness has the best personal trainer, Bill Linacker, on hand with his expertise in nutrition, the human body, and every conceivable type of machine.

Bill Linacker, without a doubt, is the best personal trainer I've ever worked with and I can confidently say he is the best there is, was, and ever will be!

Bret 'Hitman' HART
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