



### Profile

**Name:** Steve Knight

**Age:** 26

**Favourite Sports:**

Football, Rugby League.

**Favourite foods:**

Risotto, Omelettes, Steak (medium rare).

**Favourite workouts:**

Weight training & HIIT (High intensity interval training).

**Favourite music:**

Trance & Indie Rock.

**Supported teams:**

Liverpool FC, Huddersfield Giants.

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Steveknightpt

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### Qualifications

- Level 2 Gym Instructor.
- Level 3 Personal Trainer.
- Qualified in Sports Nutrition.
- Qualified Spin Instructor.
- Qualified in Boxing Fitness.
- Qualified in Circuit Training.

### Services

- 1-2-1 Personal Training.
- Group Personal Training.
- Gym Programs.
- Home Visits.
- Bootcamp Instructor.
- Diet supplement advice and support.

### Expertise

**Weight Loss:** With the qualifications in personal training & sports nutrition, I have been able to achieve weight loss with a number of clients, building effective and personalised gym programs, along with continued nutritional advice and support. My personal success story goes... In 2008 at my heaviest I was once 16st. I was inactive, unfit, and my diet was a horror show; pizzas, chips, huge amounts of bread, ready meals. After addressing my diet and signing up to a local gym. With the motivation of a personal trainer called Simon, the fitness instructors, and the support of many friends and family, I managed to lose over 4st within 10 months.

### Muscle building/toning:

Building muscle requires, lifting heavier weight than toning does. But more importantly, to begin building or toning in a gym program, you need to address your diet, sleep patterns, water intake, and most importantly your exercise routine. Every one of my clients I have trained admit they have seen an increase in muscle volume or definition, which is backed up by my 4 week reviews, using muscle circumference measurements.

### Nutrition:

It is important to have a balanced diet, especially when undertaking physical exercise. The body needs proteins, carbohydrates and fats daily, along with vitamins & minerals. I myself have put together a nutritional protocol that comes with a personal training package or separate that addresses eating habits. Food diaries are undertaken by clients and after studying their diaries. I then put together healthy meal ideas and a shopping list of all the essentials needed to maintain a healthy and balanced diet. Some clients may just need a few hints and tips, and some may need an overhaul of their eating habits. It takes different times for different clients e.g. Introductions of new foods or slow restriction of certain foods that they may be reliant on.



At my heaviest age 21



Steve's commitment, knowledge and passion has enabled me to meet my fitness goals in a short space of time. His expertise in both fitness and nutrition have helped me achieve a healthy balanced diet and healthy lifestyle change. I would recommend Steve to anyone who requires help not only achieving but exceeding their fitness goals.

**Nick Wdowczyk**

Since starting training with Steve I have lost 1st 8lbs and am feeling much healthier as a result of an intense exercise regime and strict nutritional advice. I visit the gym 3 times a week and my gym program has been put together according to my fitness goals for the three days that I attend. I would refer anyone struggling to achieve their fitness goals with ambitions of a fitter lifestyle.

**Emily Rowley**

**You have to change something, to see something change**