

## Download Matt's Free Guide Now!

- *Discover The facts about Protein & Carbohydrates*
- *Learn these essential post workout secrets*
- *Get the truth about Fat, Minerals, Vitamins, Fibre and even Water*
- *Find out more about Supplements and why you might need them*

**Simply type in your details below for instant access...**

**Name:**

**Email:**

**Yes! Send Me The Guide**

*\* I promise I will never share your information with anyone else... ever!*

Download my FREE guide (pdf) and learn the truth about diet, nutrition and exercise directly from one of the UK's top personal trainers.

My specially developed online training programmes are designed and customised to suit your individual and personal goals.

If you want to see results fast... I can help you get the body shape you want... **guaranteed!**

### MATT KNIGHT TRAINING & NUTRITION

Do you want to build muscle or just tone up?

I have worked with many top athletes, models and celebrities over the past 10 years and now I'm absolutely dedicated to helping YOU build the great body you want, desire, and surely deserve.

Your specially tailored training and nutrition programme will ensure that every effort you put in will effectively take you a step closer to achieving your ideal sculptured body shape.

Finally, you will really be able to enjoy life because you will feel fitter, be stronger and you will look terrific. So, if you want to start turning heads for all the right reasons then sign up for my online training today. "I won't let you down"

### MY SERVICES INCLUDE...

As your coach, trainer and friend I can provide...

- 14 / 21 Day Fat Inferno
- Full transformation
- Beach body workouts
- Wedding day fitness plans
- Cover model
- Online coaching
- Diet & supplement planning
- Food intolerance testing
- Strength & conditioning
- Posture correction exercises
- Full health check
- Plus many more packages!

## About Me Page Copy

Hi, I'm Matt Knight. From an early age I've always been fascinated by how the human body shape can be transformed into that of an athlete or super model by simply eating the right foods and doing the right exercises. Having developed my own body, which I'm completely happy with, (although everyone can always improve, even me!) I now work on achieving my other personal goals...

That is... helping others to realise their own dreams by guiding them to personal success as fast as possible. I make no apologies for being totally passionate about my work because I simply strive for results... your results!

### **Keeping motivated for maximum fat loss & muscle gain...**

Although I have helped many hundreds of people since 2003, I still get a real buzz out of seeing the look on people's faces when they dramatically lose weight or begin to show signs of new, firm muscle. I can't help but share in their delight. That's what keeps me motivated.

It's how I can keep you motivated too. Just give me a few weeks and I'll show you how, by following my special nutrition and training programme, you too will see changes in your body that will have you looking in the mirror in disbelief.

If you're looking to gain muscle, lose fat or tone up then you have the benefit of my knowledge and experience to help you get there fast. I've been successfully training athletes, models and even other personal trainers for many years, and I now have an enviable reputation for delivering, and exceeding on all expectations.

### **Dedicated to providing high standards of personal training...**

You will often find my name associated with such publications as P.T. Magazine, Aquirefitness, Fitness & Beauty Professional, Idleman, Myprotein and several others. I'm the "go to" guy for professional help and advice on fitness, fat loss and muscle gain. I make sure I'm always one step ahead of the other personal trainers because the way I see it, my clients deserve only the very best.

And you don't have to take my word for it... [read what my clients say](#)...

My dedication to my job is obvious and I do maintain high standards, especially when it comes to self-discipline. However, I love being known as the fun and friendly guy who seriously helps people achieve their personal goals. With your commitment and enthusiasm, together with my knowledge, experience and proven methods, you **Will get Results** and that's **Guaranteed!** You can 100% trust me to deliver on my promises.

[Professional Qualifications](#)

## Online Coaching Page

### My mission is to help YOU get the body YOU want.

My customised personal training programmes, special diet plans and long term goals are specifically developed and strategically designed to accelerate your progress towards achieving the perfect physique.

SILVER	GOLD	PLATINUM
<p>The perfect choice for beginners. The Silver package option gives you access to <b><i>MattKnightofficial.com</i></b> for 4 action-packed weeks. It's exactly the right length of time needed to kick-start your fitness regime! 4 weeks can really make a big difference.</p>	<p>This is the most popular option. The Gold package gives you a full 12 weeks continuous access to all the very best performance training features. Simply follow your customised weekly workouts and you'll see the transformation just 12 short weeks can bring.</p>	<p>The Platinum package is for those who are seriously dedicated to achieving the absolute optimum results. You'll get full, high level support and expertise for a whole life-changing 24 weeks. It's nothing less than you might expect and fully deserve.</p>

<p><b>BODY COMPOSITION SPECIALISTS</b></p> <p>Supercharge your fitness regime with a bespoke, personalised training programme from <b><i>mattknightofficial.com</i></b>. I'll tailor your programme to meet your specific needs, goals and current levels, ensuring your workouts provide the most benefit-driven results for you. Whether you simply want to lose body fat or build dynamic solid muscle, your qualified personal trainer, <b><i>Matthew Knight</i></b>, has the knowledge, experience and expertise required to help you easily reach your personal goals.</p> <p>I will provide you with the very latest, state-of-the-art nutritional information and training techniques, which have been tried, tested and proven time and again to get ordinary people into the best possible shape of their lives. Members will get full access to my exclusive video library, containing over</p>	<p><b>HERE'S HOW IT WORKS...</b></p> <p><b>1 Sign up &amp; complete our online questionnaire...</b></p> <p>After creating your account you will be provided with a detailed questionnaire. Simply tell me everything about your current fitness levels and health, together with your ideal long-term fitness and body goals. This will allow me to create a unique fitness plan specifically designed for you only.</p> <p><b>2 Receive your personalised programme...</b></p> <p>Your own personalised workouts will be meticulously planned for the duration of your subscription period. Each week will bring a new set of challenges and highly beneficial exercises. You can easily enhance your results by following your tailor-made, nutritious diet plan.</p>
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300 exercises including, graphic descriptions and visual guides to ensure you easily complete your daily workouts safely and 100% effectively.

You can keep records of your workouts and track your weight and measurements within your own private members area. See how far you have progressed by uploading photographs of yourself throughout your journey.

**Be the best “YOU” that you can be.**

**3 Track your progress & grow your knowledge...**

For every exercise I set, you will have a corresponding video showing you exactly how to complete it successfully. This will ensure you are always gaining maximum results from all your efforts. You are encouraged to track your weight and measurements each week to monitor your progress.

**Seeing is believing!**

## Train with me and...

- Transform your physique
- Gain self-confidence
- Drop several dress sizes
- Unlock your muscle building potential
- Enjoy better health
- Look better in and out of your clothes
- Be the envy of your friends
- Gain more stamina
- Be more attractive to the opposite sex
- Find the method that works best for you
- Get the body you've always wanted **FINALLY**

## Invest In Yourself And Get...

### 10-20 Top Quality Training Sessions

One hour training sessions with a world class personal trainer, strength and conditioning coach & nutritional specialist who 100% guarantees to get you results you can see! This scientific approach to improving your body composition is something you will not find available with any commercial personal trainers.

### Muscle Fibre Type Testing

This non-invasive muscle fibre type test will determine exactly what repetition range and training intensity is going to best suit you. This will allow you to get the most out of your workout and stimulate muscle growth & fat loss in even the most experienced trainee. This test can also reveal the best possible routine for all over body toning.

### Hormonal Analysis

Getting a complete understanding of your current hormonal profile is the perfect way to identify exactly what dietary, training & supplementary methods will be most effective for you, and then tweaking them to accelerate the result. If you don't understand what's going on inside you, especially if relevant to your metabolism, then you could be playing trial and error with your training and your diet for years.

### BUPA Health Check & Measurements

A health check includes, muscle measurements, your height, weight, body fat percentage and flexibility, in order to get a full picture of your current condition. This

will determine exactly what procedures will be most beneficial, in terms of your diet and training, making it easier to track your progress. Your overall health is always important to me.

## **Posture & Movement Analysis**

Correct posture & movement can have a massive impact on the aesthetics of your physique. This simple test will provide me with reliable information on which exercises to prescribe and what supplementary work, such as stretching, should be involved in your personal programme. It will also help me to select the most appropriate exercises to further improve your posture, symmetry & aesthetics.

## **Periodized Training Programme & Diary**

Periodization is the perfect way to ensure constant gains in muscle mass, reduction in body fat, avoiding plateaus and not getting frustrated with your training. I plan training cycles of intensification & accumulation, which first involves you getting stronger, and then applying this strength to getting bigger and/or leaner much quicker! This programme & diary will detail everything you need to do to keep progressing including exercises, sets, reps, tempo and rest periods. It will also ensure you always know precisely what you should be doing when in the gym.

## **Diet & Supplement Planning**

If you want to see really amazing and speedy changes in your body shape then you must know exactly what and when to eat at every meal in order to maximise results. I will provide you with a customised diet and supplement plan, which will ensure you continue to get bigger and stronger, whilst staying or getting much leaner.

## **Shopping List & Meal Builder**

This useful planner will help you make your own sensible choices, in respect of your diet plan, based on the most nutritious and beneficial foods available, helping you to stay lean and healthy.

Your personal investment is NOT based on your HOPE of getting results...

**I ABSOLUTELY 100% GUARANTEE RESULTS!**

## Articles/Videos Page - Edits

[My top 5 playlist to lift to](#)  
[Lifestyle & motivation](#) | [October 14, 2016](#) | [Matthew Knight](#).



Here are my top 5 tracks that I like to listen to when lifting weights:  
P.S. I'm not responsible for the explicit language, but it does help with 1RM training

Kraddy – Android

M.O.P – Sparta

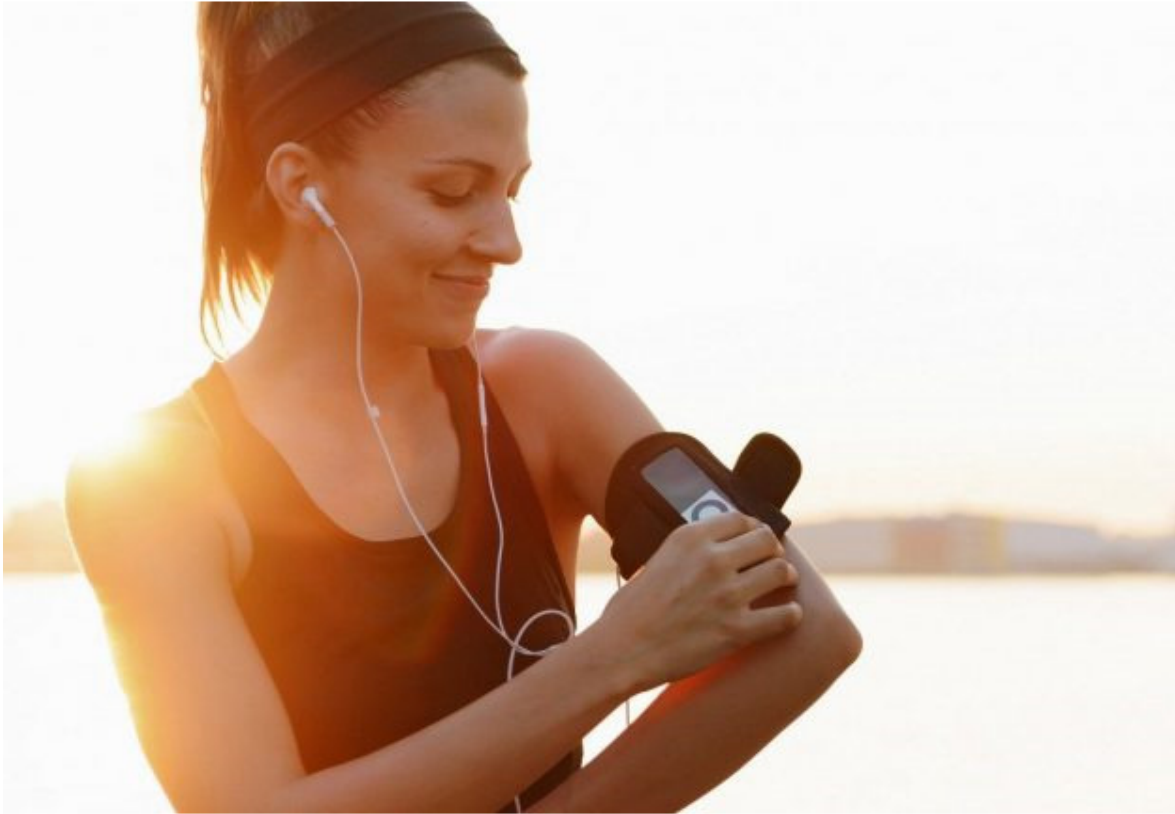
Professor Green – Monster dubstep rmx

Pendulum – Self vs Self

Eminem – You don't know

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[My top 5 cardio playlist](#)  
[Lifestyle & motivation](#) | [October 14, 2016](#) | [Matthew Knight](#).



Here are my top 5 tracks to do cardio to whether it's HIIT or LISS

Adele Ft. Skrillex Set Fire To The Rain Dubstep

Sway – Sill Speedin

DJ Khaled – All I do is win

LK (It's The Way) ~ DJ Marky & XRS

DJ Fresh ft. Rita Ora – Hot Right Now

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[Ladies: Try this for a better bum Training](#) | [October 14, 2016](#) | [Matthew Knight](#).





With popular social media users, frequently posting pictures of great female bottoms with a 'she squats' caption or reference to squatting, I feel it's time to explain this and also enhance on the 'squatting' idea for a great bum.

Squatting is a great exercise, full stop! And everyone (within reason) should be able to squat and squat low! Sorry to tell you but your Gluteus Maximus (bum muscles, also known as glutes) are mainly activated when you go below parallel in the bottom position of the movement. So if you're not squatting low don't expect the best results. Now a lot of people reading this, and indeed some trainers, will immediately see red lights and decide that 'squatting below parallel is bad for the knees!' I am here to tell you that this is absolute rubbish!