

STEVEN HICKS

PERSONAL TRAINER



WHAT MY CLIENTS SAY ABOUT ME

"I was in my upper fifties staring at the red flags of obesity and high blood pressure, and an increasing number of other health issues. It becomes a matter of deciding not to live with pain and worry. There are so many rewards to being in shape, and if you have the motivation, I'm convinced that you're going to have results by working with Steven. He has the passion for the science, the patience and dedication that achieve success, and the talent of making each session enjoyable and rewarding." – Bruce Hamilton

"Steven fits my idea of a perfect trainer exactly; he is passionate, approaches training intelligently, and is always learning." –Brad Kelly, Fitness Author

"Steven Hicks was my trainer when I returned to the gym after being out with a serious neck injury. I also had knee and shoulder concerns, so I wasn't even sure how much training I could do. Steven proved himself knowledgeable, attentive, and creative, and he calmed my fears about working out. He put together an exercise program to meet my goals for strength and functional skill, and he explained how the beginning exercises would lead to the more advanced ones. I went from being fearful to powerful." – Judy Stone-Goldman



My philosophy as a personal trainer is all about simplicity. You were born to be healthy and fit. It is an absolute abomination that fitness gurus and health elixir peddlers have turned health and fitness into such a complicated concept that few are able to achieve. You deserve better. By combining the best of research based knowledge and years of experience, I make simplified programs and lifestyle recommendations that are both effective and enjoyable. Most importantly, my programs are designed individually to optimize workouts towards reaching your personal goal. By simplifying the process and making fitness more approachable, I help all of my clients reach the pinnacle of their own human perfection.

My career as a trainer began after my final season as a Division I athlete (Cross Country/Track and Field). I spent a couple years as an Assistant Student Strength Coach for Washington State University Athletics, but absolutely fell in love with personal training because I get to witness clients radically transform their lives (not just their bodies) through fitness.

My personal hobbies, outside of the gym, include playing sports, video games, hiking, fishing, and reading a few comic books (maybe more than a few).

My Motto: Fitness should be simple, sustainable, and accessible.

Qualifications:

- **BS in Kinesiology** -Washington State University
- **Certified Strength and Conditioning Specialist**
- **Precision Nutrition Coach**
- **Functional Movement Systems FMS level II**

