

Throughout recent years, Luke Leaman has become a prominent figure in the health and fitness industry. With a mantra of 'Health Over Everything', his teachings and his knowledge boldly reflect that.

Luke has spent the last 9 years educating coaches, trainers, and health professionals all over the world on biochemistry and self-physiology, with a big focus on application of this knowledge. With 20+ years experience working in the industry, 25 years experience powerlifting, and 30+ years experience training, he has a great base knowledge from in the trenches. Earlier on his career, Luke sought out the best in their fields to internship with, learn from, and work alongside. His thirst for knowledge and research has given him an in depth understanding on biochemistry in relation to fat loss, stress management, hypertrophy, digestion and assimilation, the metabolism, and hormonal imbalances.

For 3 years Luke travelled for Poliquin Group as their Lead Instructor, writing and teaching Bio Signature Modulation, as well as teaching the PICP Program, and special courses such as Fat Loss Boot Camps, and Hypertrophy Boot Camps.

Luke has mentored under world-renowned Strength Coach Charles Poliquin, as well as Dr James Lavallo formally of the Lavallo Metabolic Institute, and author of Cracking the Metabolic Code.

Over the years, Luke has focused his leaning and education on metabolic dysfunction, and unclogging metabolism. His primary focus has been on the stress response in relation to fat gain, metabolic disruption, and performance. Through his knowledge, he has been able to help hundreds of clients get back to good health when all hope had previously been lost. He has exceptional skill in conveying and teaching complex concepts and topics, at an easy to understand level, in an easy to comprehend way.

Luke parted ways with Poliquin Group in September 2015 where he began his endeavour with Muscle Nerds. His focus is to bring health back to the health and fitness industry, to help mould critical thinking, educated coaches, and to do so in a positive, encouraging, and enthusiastic manner. Luke wrote the Muscle Nerds Level 1 course with the desire for coaches to be able to leave the course, and immediately incorporate the information into their client assessment, programs, and lifestyle.

