



LES MILLS ADVANCED CERTIFIED • BODY COMBAT INSTRUCTOR — MALAYSIA

Dr. Steven Goh

ADVANCED BODY COMBAT INSTRUCTOR • BRAND AMBASSADOR • KUALA LUMPUR & SELANGOR

12+

YEARS TEACHING

ADVANCED

LES MILLS LEVEL

11+

BRAND DEALS

230K+

IG FOLLOWERS

ADVANCED CERTIFIED

REEBOK AMBASSADOR

ASTRO AWANI

TRAIL SEEKER 2ND PLACE

TV2 • TV8 • TV9

AWARD-WINNING PHOTOGRAPHER

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PROFESSIONAL SUMMARY

Dr. Steven Goh is one of Malaysia's most recognised Les Mills Body Combat instructors, certified at the elite **Advanced Level** — the pinnacle of Les Mills instructor training achieved by only the most dedicated coaches worldwide. Over **12 years at Celebrity Fitness Malaysia**, he built a fiercely loyal class community, consistently packed studios to maximum capacity of **40+ members**, and mentored long-term students who went on to achieve their own Les Mills instructor certifications.

"My classes are more than a workout — they are a transformational experience. Combat precision, high-energy music, and a community that pushes each other to levels they never thought possible."

Personal Transformation: Lost **12 kg** through Body Combat cardio, keto dieting, and intermittent fasting — shares this journey openly to inspire members to commit to their own transformations.

PRIMARY TEACHING — CELEBRITY FITNESS MALAYSIA

Senior Body Combat Instructor 2013 – Early 2026 • 12+ Years
CELEBRITY FITNESS MALAYSIA — 5 CLUB LOCATIONS

CLUB	NOTES
Celebrity Fitness Mid Valley	PRIMARY HUB • 12+ Years • Full-House Every Session
Celebrity Fitness Sunway Pyramid	High-Traffic Flagship • 40+ Members per Class
Celebrity Fitness Main Place	Regular Body Combat Sessions
Celebrity Fitness SetiaWalk	Regular Body Combat Sessions
Celebrity Fitness Subang Parade	Regular Body Combat Sessions

- Selected for **Les Mills Body Combat New Release Launch Team 2014–2018** — led official debut events across multiple gyms
- Maintained **full-house attendance** at every regular slot — studios consistently packed to maximum capacity
- Mentored long-term students who achieved their own **Les Mills instructor certifications**

LES MILLS CERTIFICATIONS

2023

Advanced — Elite Mastery

Formerly AIM 2 • Les Mills International • Highest Global Tier

2015

AIM 1 — Advanced Instructor Module 1

Les Mills International

2014

IMT — Initial Module Training

Les Mills International • Foundational Certification

CPR Certified

Current & Up-to-Date

CORE SKILLS

Body Combat Delivery

Advanced

Crowd Energy & Motivation

Expert

Combat Precision & Cueing

Expert

Instructor Mentorship

Advanced

Event Presenting

Advanced

Professional Photography

Award-Winning

Nutrition Coaching

Advanced

LANGUAGES

- English
- Mandarin Chinese
- Bahasa Malaysia

BUSINESS VENTURES

Folli-Doc

FOUNDER & CEO

Premium hair restoration center • Medical-grade trichology

NPM Malaysia

FOUNDER & CEO

Trichology brand • Consumers Choice Award

Anggun Pakar Rambut

FOUNDER & CEO

Specialist hair treatment center

ADDITIONAL TEACHING — OTHER GYM CHAINS (KL & SELANGOR)

Gym	Role	Notes
Anytime Fitness Malaysia	Body Combat Instructor	Selangor
Top Speed Gym	Body Combat Instructor	Regular Sessions
True Fitness Malaysia	Body Combat Instructor	Regular Sessions
Chi Fitness	Body Combat Instructor	Regular Sessions
Absolute Fitness	Body Combat Instructor	Regular Sessions
TNT Fitness	Body Combat Instructor	Regular Sessions
Tip Tap Toe Fitness Studio	Body Combat Instructor	Regular Sessions
E-Fitness	Body Combat Instructor	Regular Sessions

BRAND AMBASSADORSHIPS & PARTNERSHIPS

Reebok Malaysia Official Brand Ambassador 2014–2018 · Inaugural Reebok × Les Mills Face in Malaysia	Asus Malaysia Mobile Phone Brand Ambassador
HealthLand Malaysia Brand Ambassador	Discover Chiropractic Brand Ambassador
Herschel Supply Malaysia Brand Ambassador	The Gigi Dental Brand Ambassador
Isuzu Malaysia TVC Main Talent	Casio Exilim Malaysia Lifestyle Ambassador · Active Photography Technology
Spoon Health Nutrition Advocate · Balanced nutrition & superfoods	AirAsia Corporate Fitness Partner · High-profile fitness launch campaigns
VitaHealth Malaysia Key Event Presenter · Body Combat Flagship Live Event	Macao & Thailand Tourism Celebrity Friend · Lifestyle Ambassador

MAJOR EVENTS & MEDIA FEATURES

SEPT 2014 Astro AWANI — Live TV Reebok One Challenge Special Featured as fitness expert on national television. Demonstrated Body Combat techniques and discussed high-intensity training.	2014 Reebok ONE LIVE Launch Lead Instructor · 1,500+ Participants Key presenter and lead instructor at Malaysia's first festival-style fitness event.	2014 Trail Seeker — 2nd Place Reebok Reality Show · 8 Days Competed in outdoor reality show. Finished 2nd place . Donated 100% of prize to Furry Friends Farm.
2014–2018 Les Mills New Release Team Official New Release Presenter Led official Body Combat new release debut events across multiple gyms nationwide.	2014–2020 TV & Radio Features TV2 · TV8 · TV9 · Ai FM · City Plus FM Regular fitness expert on major Malaysian broadcast platforms and national TV channels.	2022 Fitness Carnival — Headline Pavilion Bukit Jalil · Post-Pandemic Headlined Body Combat at Malaysia's largest post-pandemic live fitness gathering.

CHARITY, COMMUNITY & PHOTOGRAPHY

Move for a Cause Celebrity Fitness charity marathon · 90–120 min sessions · Raised funds for NCSM & local orphanages	Reebok Be More Human Community workouts Sunway Pyramid & Mid Valley · Each participant triggered Reebok charity donation	Combat for a Cure Breast Cancer Awareness · Pink-themed monthly sessions + health education each October	AVAILABLE FOR HIRE - Gym Class Instruction - Corporate Wellness Events - Brand Ambassadorships - Masterclasses & Special Events - TV, Radio & Media - Photography & Content Creation Award-Winning Professional Photographer Competition Award Recipient Fitness Branding · Event Photography
Trail Seeker Prize Donation Donated 100% of 2nd-place cash prize to Furry Friends Farm animal shelter Instagram @drstevengoh — 230,000+ Followers Organic lifestyle & fitness content · Top Malaysian fitness influencer			