

Tom Marshall

c/o WCC Fitness Gym
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Mission Statement

To instruct and inspire people to attain health and fitness goals through science-based approaches.

Experience

Personal Trainer, **Tom Marshall Training**, West Los Angeles, CA 8/2015 - present
Instruct and lead one-on-one clients to improve health in fully-equipped private gym, outdoors or at client homes. Ability to choose best tools and exercises to meet client needs and goals, based on years of training experience. Purely focused on client success.

Advantage Trainer, **Equinox Sports Club**, West Los Angeles, CA 10/2011 - 8/2015
Evaluated exercise readiness through subjective and objective testing in order to design appropriate exercise programs to meet the needs and goals of one-on-one clients. Re-assessed clients' progress and made necessary changes. Educated and motivated clients with latest health and fitness-related information.

Advantage/Master Trainer, **The Sports Club LA**, West LA, CA 10/1987 - 10/2011
Designed and implemented one-on-one training programs utilizing in-depth postural and movement evaluations along with up-to-date research and scientific exercise physiology principles. Provided health education and motivation to keep clients focused on their goals. Taught courses for in-coming private trainers covering concepts in anatomy and physiology and functional movement assessments. Served on an equipment committee and traveled to fitness industry-related conventions to help evaluate new purchases for The Sports Club Company. Achieved level of top trainer for 15 of 24 years with company.

Education

Northern Illinois University, Dekalb, IL B.S., Physical Education with a Corporate
Fitness and Cardiac Rehabilitation emphasis 8/1983 - 8/1986

Western Illinois University, Macomb, IL Psychology 8/1981 - 8/1983

Certifications

NASM - Advanced CPT	1987 – present
ISSA	2012 – present
TRX Rip and Suspension Training	2012 – present
MAT	2006
RTS-1 and CREA	1999
Advantage Training (SCLA)	1994 - 2015