

Marcus Reid

Personal Trainer

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Profile

Level 3 personal trainer with five years in a busy city gym, working with about 25 regular clients a week on strength, weight loss and return-to-exercise goals. Writes clear programmes, tracks progress and keeps clients coming back. Also teaches group circuits and spin. Looking for a senior or master trainer role.

Experience

Self-employed Personal Trainer

Seafront Fitness Club, Brighton • 2022–present

- Train about 25 regular clients a week, 18 of them for over a year.
- Assess each new client, set goals and write a 12-week programme reviewed every four weeks.
- Track progress with body measurements, strength tests and heart rate, and adjust programmes.
- Teach four group classes a week (circuits and spin) for up to 20 people.

Gym Instructor

Seafront Fitness Club, Brighton • 2021–2022

- Inducted new members, wrote starter programmes and kept the gym floor safe.

Qualifications

Level 3 Diploma in Personal Training

2021

Level 2 Certificate in Gym Instructing

2020

Indoor cycling instructor

2022

Emergency first aid at work (2025)

Skills

- Client assessment and goal setting
- Strength, conditioning and weight loss programmes
- Group exercise teaching
- Marketing and client retention