

# **Equilibrium Fitness, Inc.**

## **Kinesiology Internship/Apprenticeship Program**

### **Apprenticeship Stage 1a: Practical Training**

1. Shadow a Manager in each department for a total of 8 hours per department.
  - i. Front Desk Director/Customer Service Representative
  - ii. Group Exercise Director
  - iii. General Manager
  - iv. Fitness Director
  - v. Owner(s)

**40 Hours**
2. Shadow veteran personal trainers 5 hours per week for a total of 40 hours. Keep a log of exercise ideas, techniques used, motivational cues, personality attributes, administrative duties etc. Submit a copy of all notes to manager.
  - i. Ten Initial complimentary sessions should be viewed
  - ii. Five Group Training complimentary sessions should be viewed
  - iii. Ten advanced programming clients should be viewed
  - iv. Ten special condition clients should be viewed
3. Work out in the facility 5 hours per week
  - i. Learn how to use each cardio-vascular piece of equipment
  - ii. Learn how to use each piece of muscle conditioning equipment
  - iii. Learn how to use each piece of balance and functional conditioning equipment

**40-50 Hours**
4. Watch each of the videos in the training resource library. Submit a copy of all notes to manager.
5. Read each of the books/manuals in the training resource library. Submit a copy of all notes to manager.
6. Begin attending all Personal Training meetings
7. Train 4 people for 5 sessions. Client will be assigned. After each session, notes are to be reviewed by manager.

**30-40 Hours**

### **Apprenticeship Stage 1b: Relationship Developing**

1. Learn and memorize the name of clients each and every opportunity (at least 5 each visit to the studio)
2. Say hi to and inquire about clients' programs each and every opportunity (at least 2 each visit to the gym)
3. Introduce yourself to all SFFW/EQ Personal Training Customer Service Representatives, Management, Personal Trainers etc...
4. Get involved with all Extra-curricular activities
5. Attend Group Training sessions

**20 Hours**

### **Apprenticeship Stage II: Business Training**

1. Read the Personal Training manual twice.
2. Schedule 3 separate "Sales Training" appointments with manager.
3. Schedule an "Initial Complimentary session" training appointment with manager.
4. Schedule a "Group Training Complimentary session" training appointment with manager.
5. Schedule a "Learn how to use all the Client Forms" appointment with manager.

**30-40 Hours**