

Personal Trainer Job Description

5:17 Total Body Transformations, LLC

Summary

The purpose of the Personal Trainer position is to work with clients of 5:17 Total Body Transformations, LLC. The role of the Personal Trainer is to be a coach for the client and work closely with her to inspire and guide her towards the success she desires.

Additionally, the Personal Trainer will receive on-the-job training in a variety of topics that relate directly to interacting with the client and the business side of the Company. We are an equal opportunity employer and value the diversity of our clients and staff.

Remember, knowledge can be obtained. It is important to note that **we value who you are more than what you know** or what credentials you have (or lack). We're looking for candidates who embody characteristics and traits that foster an inclusive, encouraging training environment for our clients and staff. We believe the only failure is not trying. If you truly care about the health and well-being of others, we encourage you to apply, even if you do not meet all of the requirements.

Characteristics and Traits

- Detail oriented
- Personable and able to engage in small talk
- Well organized in self-expression and in executing work tasks
- Empathetic toward others
- Approachable, good at building rapport
- Demonstrates healthy and holistic self-care, including non-use of illegal drugs or tobacco

Essential Job Functions

- Able to arrive to Campbell studio location on time for each session
- Able to lift a minimum of 50 pounds and stand at least an hour or more at a time
- Attention to detail and able to take notes
- Ability to focus on the same task for 45 to 60 minutes
- Able to learn new skills and apply them relative to the requirements of the position
- Use a computer keyboard for at least 20 minutes at a time

Skills and Qualifications

- Excellent written and verbal communication skills
- Able to pass a written skills test relating to kinesiology, anatomy, physics and related fields (upon completing orientation)
- Able to pass a practical hands-on assessment of a client's physical movement (upon completing orientation)
- Able to use basic math
- Excellent relationship building skills

Tasks

- Assess client's current physical state and abilities
- Perform an analysis of the client's assessment results in order to develop a plan to help the client reach her fitness goals
- Ensure the client is using correct form while working out
- Help the client stay motivated in order to achieve her goals
- Take notes as needed in order to keep track of the client's workout plan and achievements
- Make adjustments as needed
- Work with the client to ensure retention of business with 5:17 Transformations
- Perform sales activities with prospective clients

Education and Certifications (not required to apply)

- Certified through the NASM, NSCA or comparable organization prior to working with clients
- Obtain CPR/AED certification prior to working with clients