



For those interested in pursuing a career in the fitness and the strength and conditioning industry this is the opportunity that you have been waiting for. An internship at NLP will give you the experience and expertise in how to apply exercise science in real life, critical situations. NLP Performance Specialist interns learn how to apply their knowledge in a fast pace and exciting environment at the NLP Performance Training Center in Manchester, NH.

Group workouts are an area that are rapidly gaining popularity with both the fitness and strength and conditioning industries. Personal trainers typically earn between \$20-60 dollars an hour. Successful NLP interns have the opportunity to earn as much as \$100 to \$200 an hour working with general and athletic populations once they complete their internship.

NLP interns learn how to work with group sizes ranging from: 1-3 clients, 4-8 clients, 8-16 clients and 16-30+ clients. Each group size requires similar but distinctively different coaching styles that can only be developed with experience and feedback from existing NLP staff.

Interns will learn how a Training Center is operated and how it is controlled by strength and conditioning professionals, not by business owners lacking a comprehensive understanding of exercise science. This is truly a type of experience that will help you be successful in the strength & conditioning and fitness industries.

Please read below for additional position requirements and description.

NLP Performance Specialist Internship Role Delineation

Job Description:

Interns may receive course credit for working at the NLP Elite Athletic Development Program sports summer camp through their accredited institution. The intern shall gain hands on, practical experience working with other strength and conditioning professionals, coaching athletes, as well as various training ideas and principles.

Job Requirements:

Interns will learn to instruct, coach, and evaluate athletes and general populations covering the following areas:

- Individual and group coaching
- Warm-up/Cool down/stretching
- Linear & Lateral Speed & Agility Mechanics
- Core and Olympic Lifts
- Auxiliary lifts (BW, Dumbbell, Barbell, etc.)
- General Conditioning Training
- Stretching and recovery techniques
- Abdominals/Core strength training
- Movement-Based Med ball work
- Plyometrics
- Adequate Work to Rest Ratios
- Injury prevention
- Hydration
- Nutrition
- General counseling
- Testing & Assessment including vertical & linear jumps, muscular endurance, sprint timing, agility, and cardiovascular endurance both anaerobic and aerobic, and more

Candidates will learn and must demonstrate proficiency in the following areas:

- Equipment maintenance and set up/pick up
- Active and open communication, coaching, and leadership skills
- Understand exercise progressions
- Program design that is reverse-engineered and scalable to all fitness levels
- Customer service
- Time management in concert with fellow staff members when administering workouts
- Ability to critically think and make smart decisions that fall within the training and program guidelines

Minimum applicant requirements for acceptance:

- Currently completing bachelors degree or higher in exercise related field
- Minimum college curriculum completed of exercise science, anatomy & physiology, and kinesiology
- Current CPR certification
- 8-10 hour long days lasting from 7AM to 7PM
- Accredited institution approval if enrolled in school. Current professionals please directly contact NLP.
- Minimum of 20 hours/week.
- Submit a full resume, cover letter explaining why you wish to be an intern along with what you hope to learn, and interview are mandatory.

Compensation: Summer interns working 40 hours/week will receive a \$1,000 stipend for 10 weeks. Other job advantages available too to be discussed during interview. Limited internship opportunities are available, advanced application is recommended.

Visit nlpstrength.com to learn more about our various programs.