

WE WANT YOU...

If You Have What It Takes To Build A Real Fitness Career And Love The Idea Of Surrounding Yourself With And Becoming One Of The Top Fitness Pros In South Florida

Dear Prospective Fitness Trainer,

First, thanks for taking the time to visit this site. It's my hope that you have precisely the results-driven attitude we need in a fitness trainer so you can begin working in the fun and rewarding coaching position that we have available.

You should have arrived here because you saw our employment ad in the local paper or our on-line ad that reads like this:

Personal Trainer, excellent attitude, people person, team player, focus on client results. Starting at \$18.25/hr. with potential for significant growth based on performance.

Let me tell you more about our company and the position.

The founder and owner of **New Body Architects** is Dennis Sheppard. Dennis won the men's natural bodybuilding state championships in West Palm Beach in 2010 and numerous awards including 4 other 1st place wins. Still competing in his late 40's, Dennis continues to demonstrate a high standard in fitness. His continued studies in Nutrition and Fitness have made him an expert in his field. He opened **New Body Architects** with a single vision:

To be the absolute best place on the planet at helping others achieve RESULTS.

With this vision come high standards and expectations. This is not the type of job where just showing up is enough. Performance is everything. If you perform, you will be rewarded.

Because our reputation hinges on our quality of trainers and their performance on a day-to-day basis, we have a stringent hiring process. To be completely honest, most applicants don't make it through...because they don't have what it takes or they don't want it bad enough...

We have one location in Plantation, FL, 8958 Cleary Blvd, 33324

Here are the tasks you'll be expected to perform

- **Adhere to the New Body Architects Code of Conduct** (one of the key things that separate us from practically every other gym out there).
- **Develop Comprehensive Health & Fitness Programs For Clients:** You'll receive coaching and training on our fitness system and programs, but you'll have flexibility to incorporate your training style and knowledge.
- **Tracking Client Progress:** To ensure a client's success in our programs, you'll need to track weekly progress, current successes and challenges, review client nutrition and exercise log worksheets and more on a weekly basis. It will be your job to hold a client accountable to his/her health and fitness program to ensure the best results possible.
- **Perform Fitness Evaluations:** Ideally, you'll have some fitness assessment skills and can test for: body composition, bodyweight, girth measurements, heart rate and various strength and flexibility tests. You do not need previous experience, but if you do, that's a bonus.

- **Coach clients through 6,12 and 18 month programs:** You'll be responsible for weekly exercise sessions and keeping detailed monthly progress reports on the clients you're working with. If a client is having challenges throughout his/her program, you'll coach and motivate client and make appropriate changes to ensure consistent progress.
- **Demonstrate Proper Exercise Instruction:** This is a big one. I need you to be able to provide proper coaching, instruction, and motivation during a client training session. You should have a working knowledge of the human body (i.e. muscles, movements, functions, etc.) and can provide appropriate exercises for client's goals.

Required Skills

These are the skills you must already have to qualify for this position:

- **Good Communication Skills:** you will be talking with clients, who are VERY important to us. You must be comfortable conversing in-person and on the phone and know how to conduct yourself professionally, and deliver clear instructions to the clients. I'll teach you everything you need to do during a training session, but I can't teach you manners and professionalism.
- **People skills and personality - must LOVE working with people!** As mentioned above you must be very comfortable working with people. These are exciting studios and you must be able to show your clients energy and excitement while working with them.
- **Health and Fitness Education:** You will need personal training experience, and you should have a working knowledge of health and fitness

Bonus Skills

If you have these additional skills, your resume will go right to the top of the stack (but if you don't have these skills, you should still apply because these are not mandatory).

- **Basic nutrition knowledge**
- **National Certification**
- **Kinesiology Degree**
- **CPR & AED Certified**

How To Apply

We're looking to hire the right person **immediately**. So, if this sounds like a career opportunity that interests you, please apply by submitting a [cover letter, resume and reference page](#) to this email: Dennis@newbodyarchitects.com

In your cover letter tell us a little about yourself and why this position interests you.

Again, thanks very much for your interest in our company,

Dennis Sheppard

New Body Architects, Inc.