

INTERNSHIP CURRICULUM OVERVIEW

Our intern curriculum is designed to take you from foundational knowledge to real-world application, with assessments, reviews, and strategic progress checkpoints to assess learning at each stage.

Weeks 0-2	Foundations (Acclimation, Hospitality & Anatomical Foundations)
Getting to Know T4TG:	
<ul style="list-style-type: none"> • Introduction to facility maintenance and operations, gym equipment, and hygiene standards as part of daily facility strategies • Familiarize yourself with our coaching staff, core values, programs, and membership offerings 	
Hospitality First:	
<p>Learn how to create memorable client experiences through meaningful connections and support.</p> <ul style="list-style-type: none"> • Develop key strategies for greeting clients, remembering names, assisting with equipment, and building trust • Understand the importance of team hospitality through collaboration and support during daily operations • Essential Reading: <i>The Coffee Bean</i> and <i>The Energy Bus</i> to guide leadership and mindset development 	
Introduction to Human Anatomy:	
<p>Key fundamental structures to provide the foundation for future learning related to movement, biomechanical assessments and training.</p>	
Melt and Mold – Principles, Strategies and Techniques:	
<ul style="list-style-type: none"> • Self Myofascial Release basics • Stretch Cage/True Stretch basics 	
Weeks 3-7	Building On Foundations
Introduction to Matrix Systems:	
<ul style="list-style-type: none"> • Defining the fundamental human movements • Planes of Motion/Vectors • Matrix as a strategy to Groove fundamental 3D movement 	
Assessments and Progress Reviews:	
<p>Regular evaluations covering:</p> <ul style="list-style-type: none"> • Human structural anatomy proficiency • Equipment utilization and maintenance protocols • Core values application in team and client settings 	

Introductions to:

- Tissue work and Stretch cage basics
- 3 planes of motion (Position, Action, Feel) as part of our movement strategy framework
- The Matrix Training System to create multidimensional, functional movement exercises

Reviews:

With coaches to reinforce key concepts and practical application.

Weeks 8-10

Practical Coaching and Application

P.A.F Coaching Cues Implementation:

Learn how to effectively deliver **Position, Action, and Feel** cues to guide clients through layered improvement in exercise execution.

Introduction to Symmetrical Locomotion:

- Fundamental movement building blocks
- Sequencing fundamentals to locomote
- Patterning locomotor movements

Strategic Assessments:

- Locomotion (knowledge and application assessment of symmetrical sequences and patterned breakdowns)
- Table stretching proficiency
- Advanced Matrix Training strategies to intentionally Enhance and Challenge 3D movement

Hands-on Coaching Practice Sessions

To build confidence and adaptability in real-time settings.

Weeks 11-14

Specialized Knowledge

Youth Athlete Programming and Strategy:

Understand the unique needs of youth athletes and implement targeted coaching strategies that improve performance and motivation.

Nutrition Fundamentals:

- Explore nutrition strategies related to performance, recovery, and overall health
- Review key topics, including trending diets, supplements, and gender-specific considerations

Business and Operations Insight:

Discussions with T4TG leadership to understand how every part of your business—sales, retention, training, and facility operations—is interconnected, and how intentional, adaptable systems can elevate both our team and clients.

Weeks 15-16

Introduction to Program Design and Coaching Intangibles

Program Design:

Develop and execute customized workout strategies tailored to group sizes, equipment availability, and performance objectives:

- Warm-up strategies focusing on flexibility, mobility, and stability
- Session formats optimized for flow and efficiency
- Strategic exercise selection based on population needs and goals

Mastering Intangibles:

Identify and develop critical coaching behaviors, leadership and teammate traits including:

- **Professionalism:** Consistency in preparation and presence
- **Presence:** Command sessions with confidence and energy
- **Passion:** Maintain a growth mindset and commitment to continuous learning
- **Hospitality 2.0:** Consistently deliver service in an exceptional service to both clients and teammates

Final Week

Q&A and Next Steps

- Participate in review sessions to assess readiness for the Assistant Coach Program
- Receive personalized feedback and guidance on applying your learning to real-world coaching scenarios

READY TO DEFINE YOUR FUTURE?

This internship isn't just a program—it's your first step on a clear and proven path to success in fitness coaching. If you're ready to grow, contribute, and stand out, **apply today**.

Please contact Chris Braden with further questions or interest at:

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