Be-More Training Internship

- Learn proper exercise technique in the use of barbells, kettlebells and calisthenics
- Learn basic strength training programming (group fitness vs personal training)
- Observe Functional Movement Screen and corrective exercise strategy's
- Conduct client demographic analysis and market research
- Assist with marketing strategy
- Write essay on Functional Movement & Strength Programming
- Students will also have the opportunities to meet and discuss anything relating to the business of personal training

Students should submit a one page essay introducing themselves and explaining why they would be a good candidate for this internship opportunity

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