

Becoming a TRX Course Instructor

Fitness Anywhere has an extensive instructor development process to uphold the quality of our education. This includes a 3-day instructor training, up to 5 live evaluations with passing scores and over 100 hours of practice.

The first step is to fill out an instructor application form (resume's will not be accepted). **The applicant must meet the following minimum requirements:**

- Has attended a TRX Suspension Training Level 1 Course
- Proven leader in the fitness industry (conference presenting, published articles, DVD titles)
- Bachelor's Degree in Exercise Science, Kinesiology or related field
- National certification (s) (e.g., ACE, NASM, NSCA etc.)
- 2-3 years of presentation experience
- 6-8 years experience in one or more of the following areas: fitness presentation, physical therapy, strength & conditioning coaching, group fitness or personal training.

Fitness Anywhere's Faculty will identify top instructor candidates from their trainer applications to attend a three day "Train the Trainer" event. These applicants will be ranked by presentation and industry experience, as well as TRX knowledge and chosen based on company need.

After you submit an application, you enter the process as a potential instructor. If one is invited to the Train the Trainer then they are now an Instructor Candidate. At the Train the Trainer event, instructors will receive a score which lets them know their next step in the process.

Course Instructor Application Form

For use by anyone interested in becoming a TRX Course Instructor. Fitness Anywhere will review only this application in the selection process (no CVs). Remember to keep a copy of this form for your records.

Type directly onto this electronic file and email it to instructorapplication@fitnessanywhere.com or print it out and send via fax to: 415-651-9127

NAME: _____ DATE: _____

ADDRESS: _____ PHONE: _____

COUNTRY: _____

EMAIL: _____

Formal Education: High School Associates Degree Bachelors Degree Masters Degree

Field of Study: _____

Years of Experience in Fitness Industry: None 1 to 3 yrs 4 to 5 yrs 6 to 10 yrs 11+ yrs

List Work Experience:

Certifications: NSCA NASM ACE CHEK Other _____

PTA Global AFAA Yoga _____ Pilates _____

Other _____

Conference Presentation Experience: None 1 to 2 yrs 3 to 5 yrs 6 to 9 yrs 10+ yrs

Conference/Event	Title/Subject Matter	Date

Video Titles: None 1 to 3 videos 4 to 6 videos 7 to 9 videos 10+ videos

Video Title	Subject Matter	Date

Published Articles: None 1 to 5 6 to 10 10+ 20+

Title	Publication	Date

Fitness Anywhere Course Completion:

Course Type: (STC, GSTC, MSTC, R4) _____	Date: _____
Instructor: _____	Location: _____

List Group Exercise Formats Taught (ie. Sports Conditioning, Boot Camp, Spinning, Zumba)

Why do you want to be a TRX® Course Instructor?

Additional Information: