

Internship Site:

PROGRESSIVE PERFORMANCE

**Website:** <https://progressiveperformance.com/>**Site Contact:** Ellen Smith
(Ellen@progressiveperformance.com)
(425) 686-4369**Location:** Woodinville, WA 98072**Categories:***Variable: Strength & Conditioning; Personal Training***Description:**

Progressive Performance is a small group personal training gym that focuses on science based progressive strength training with a specialty in postural and corrective exercise movement pattern programming. Our demographic is predominantly busy working professionals over 30 years old with small cohorts of youth athletes, competitive powerlifters and advanced aging populations. We pride ourselves in conducting our business around progressive training models that are backed by scientific principles in a collaborative team based environment.

Other Notes:

In this internship you will:

- Learn to run small group training sessions independently
- Develop interpersonal relationship skills that allow you to provide customer service and quality customer experience
- Learn arthrokinematics of the hip, shoulder and diaphragmatic breathing and how it affects our population
- Learn about the scientific principles that govern program design

How to apply?

- Send resume and set up a facility tour with Ellen Smith (contact above)
- Complete program designs for 2 case studies (specified within contact)
- Record 3 exercise demonstration videos and send to Ellen Smith (specified within contact)