

Tips for Landing Externships in Personal Training



Set your goals and objectives.

For instance, decide before your search begins if you are looking to focus on general training, or something more specialized like nutrition, group fitness, or exercise therapy. This will help narrow the focus of your search.

Search for gyms with externship programs.

Some gyms have structured and organized internship or externship programs. For these, you will probably have to apply and be prepared with a resume and references.

Ask your favorite trainer.

You can look for trainers and gyms advertising positions, but don't limit yourself. Ask at gyms and with trainers you know or admire, even if they are not advertising that they need interns or externs. You never know who may be willing to take you on.

Practice interviewing.

If an externship or internship program requires that you complete an interview, you need to be ready to present yourself professionally. Get a friend or family member to help you practice answering questions.

Ask questions.

An interview is also your chance to ask questions. Doing so will show that you are interested and will also help you be sure this is the right position for your goals.

Follow up after interviews. Another way to show you're serious is to follow up with emails or phone calls, just to say thank you for giving you the chance. Trainers and program managers will appreciate this, and it sets you apart from other candidates.