



## APPLICATION FOR ASSISTANT MASTER TRAINER

### Contact Information

- Full Name:
- Email:
- Home Studio Location:

### Experience

- How Long have you been a True40 Instructor?
- How many classes per week do you currently teach (on average)
- Have you mentored or supported new instructors before? If so, how?

### Short Answer questions (3-5 sentences each)

- Why are you interested in becoming an assistant master trainer?
- What qualities or skills do you bring that make you a strong fit?
- How do you approach giving feedback in a constructive and supportive way?
- Are you committed to consistently teaching in alignment with True40 guidelines (only using the material provided on the instructor portal) and to holding fellow instructors accountable for doing the same?
- What does the True40 brand mean to you, and how do you embody it?

- Are you able to commit an additional 5–10 hours per month, outside of your regular instructing schedule, to assistant master trainer responsibilities? Additionally, are you available and willing to assist during training weekends in April and/or August of 2026?

#### Overview

The Assistant Master Trainer will support the Master Trainer in developing and implementing new program guidelines and postures, training new instructors and evaluating current trainers. This role requires strong leadership, excellent communication skills, and integrity when it comes to sticking to True40 guidelines and principles.

#### Responsibilities

- **Support Trainer Development:** Assist the Master Trainer in onboarding, pre-training, in-person and post-training procedures.
- **Quality Assurance:** Monitor instructor classes to ensure adherence to studio standards and provide constructive feedback to instructors. Able to communicate with studio leadership about feedback and implement plans for quality control when needed.
- **Operational Support:** Assist with scheduling and performing evaluations for community classes, 3-month evaluations, and program changes for new instructors. Support Master Trainer with Express and Cardio Certifications. May be called upon to create continuing education content for current instructors.

#### Qualifications

- **Experience:** Minimum of 1 year of experience as an instructor preferred
- **Skills:**
  - Strong knowledge of anatomy, physiology, and exercise science.
  - Exceptional leadership, communication, and interpersonal skills.
  - Ability to motivate, inspire, and develop a team.
  - Problem-solving and organizational abilities.
  - Willingness to provide feedback and instruction for fellow instructors
- **Availability:** Flexible schedule, including certification weekends, as required by studio operations. Hours are not set, more on an as needed basis.

Signature

By signing below, I certify that the information provided in this application is true and complete to the best of my knowledge.

**Applicant's Signature:** \_\_\_\_\_

**Date:**

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