



# JUNIOR STRENGTH & CONDITIONING COACH

## AMP ATHLETIC

**Starting Salary:** £27.5k pa – reviewed at 3-months  
**Location:** Marylebone, Chelsea, Embankment  
**Contract Type:** Full time

**Additional:** All contracts come with holiday pay, pension contributions & discretionary AMP benefits.

**Closing Date:**

AMP Athletic is a gym that operates across 3 sites in London: Marylebone, Chelsea & Embankment. We deliver Small Group Personal Training that are centred around science-based approaches & delivering measurable results. We are looking for a highly driven coach that shares a strong work ethic & that thrives in a team environment.

**Role Description:**

As a junior strength & conditioning coach you would work closely within a team to deliver small group personal training sessions, a range of team-based fitness classes & external S&C based sessions. Your focus would be on the continual development of your coaching practise, striving towards the consistent delivery of AMP standard coaching with your own personal touch.

**Your Duties & Responsibilities:**

- Deliver Small Group Personal Training & Team Training Sessions.
- Work within a team to design, implement & deliver high quality exercise, rehab & athletic development programmes.
- Work with Physios & Sports Docs to help deliver S&C sessions for end phase rehab patients.
- Deliver external S&C based sessions to partnered schools & organisations.
- Conduct fitness assessments (movement screening & body composition) to establish client fitness & skill levels, identifying goals and tailoring exercise plans.
- Complete a variety of front of house/operational tasks.
- Opening hours; 6am-9pm Mon-Fri & 8am-8pm Sat & Sun
  - Your shifts could cover a selection of these timings.



## **Qualifications & Experience:**

### Essential:

- BSc in Exercise or Sports Science, Strength & Conditioning (or related).
- A drive to learn, develop & improve your coaching practise.
- Excellent communication & interpersonal skills.
- Competent written & IT skills.

### Desirable:

- MSc in Exercise or Sports Science, Strength & Conditioning (or related).
- UKSCA Accreditation (Started or completed).

## **To Apply:**

Please send a copy of your CV & a covering letter to [recruitment@amp.fit](mailto:recruitment@amp.fit)

- In your cover letter, please include 3 industry people who have shaped your practise over the years.