

Strength & Conditioning Coach (UKSCA Accredited)

Battersea Park & Wimbledon Park · Self-employed · Part-time with a path to full-time · Clients provided

StrengthLabLDN is growing.

Since 2019 we've built one of South West London's leading strength coaching businesses across two private studios in Battersea Park and Wimbledon Park. We coach 1-to-1, 2-to-1 and small groups, and every client is on a personalised programme delivered through our own coaching app.

Our mission is simple: help people return to strength, build performance, and train for life.

The role

You'll coach a ready-made client base — athletes and lifters, busy professionals, and people returning from injury.

- Deliver high-quality 1-to-1, 2-to-1 and small group sessions
- Write and progress structured strength programmes in our app
- Run movement and performance assessments, and re-test them
- Support clients with injury prevention and return-to-strength training
- Build long-term client relationships that renew

What you get

- Clients provided — we fill your diary, you coach
- Pay that rewards good coaching: session fees rise with group size, a premium for 2-to-1 sessions, a referral bonus for new PT clients you bring in, and incentive points (bonus, time off or kit) for high coaching standards, tracked in the app
- A clear path from part-time, self-employed coaching to full-time and a salaried role as the business grows
- Our own coaching app — programming, live session logging, client progress and assessments in one place
- Two private strength studios, not a commercial gym floor

What we're looking for

- UKSCA Accredited Strength & Conditioning Coach (required)
- Experience coaching in a strength or performance environment
- Confidence coaching athletes and general-population clients, including return-to-strength after injury
- Degree in Sports Science, Exercise Science or a related field (desirable)
- Right to work in the UK, your own PT insurance and a valid first aid certificate

This role is not for coaches who

- Want to casually coach a few sessions without investing in their development
- Prefer generic templates to structured programming
- Are uncomfortable working with clients returning from injury

How to apply

Send your CV to info@strengthlabldn.com with the subject "S&C Coach — UKSCA". We review applications weekly, and shortlisted coaches do a paid trial session.