



INTERNSHIP
INFORMATION PACK

Anatomy in Motion are Sydney's leaders in Strength & Movement education.

We built AIM in 2018 to create an environment like no other. A fun place for our Tribe to learn, play and grow. A place completely different to your typical gym, where the environment and personalisation of information is so special, we thrive on education, connection and quality.

Our intention is to provide superior quality of life through quality movement. From the outside everyone sees we build our beastly movers who are strong, supple and savage. It's the gains other than the physical; the personal growth, mindset and confidence our Tribe develop which help them dominate life outside of our studio.

A big part of our intention is to educate coaches and develop them into walking talking badass movers and leaders. We work with coaches new to the industry and experienced coaches keen to level up. We do this by teaching you the AIM Method and immersing you in the learning environment we've created at AIM. This means you experience what we do as both as a mover (you DO it) and as a coach (you TEACH it) and get practical experience doing both. It's the best way to learn.

We build coaches who lead and we do this in three key areas:

- We build you to be strong, supple & savage in your own movement practice.
- We teach you the art & science of coaching arming you with the skills and experience to be a leading Strength & Movement coach.
- We mentor you to grow personally & professionally helping you be a better human and coach.

The AIM Internship is a 20 week educational program for coaches, exercise physiologists, trainers and health professionals to learn all aspects of the AIM Method to train and coach strength & movement.

We welcome applicants who are keen to explore a role in the AIM coaching team on completion.

The program has two phases:

Phase 1: 8 Week Online Coaches Development Program

Phase 2: 12 Week AIM Coaches Immersion at AIM Studio Sydney

Completing an internship with AIM may lead to a job offer for standout coaches on completion.

The team at Anatomy In Motion are welcoming applications for growth minded interns to spend 20 weeks with us learning all aspects of our signature system, the AIM METHOD.

Learning outcomes

Through weekly theory and practical coaching you learn:

Strength;

- Key principles on how to build strength across different modalities (eg weight training, gymnastics, calisthenics, mobility).
- How to use varied tools and strategies to get strong in and out of alignment.
- How to coach different body types and personalities; preparing bodies for higher skilled work and everyday life, as well as rehabilitation work.

Movement;

- Learn the fundamentals of disciplines such as gymnastic, martial arts, mobility and weightlifting.
- Work and develop skills such as coordination, balance, rhythm and timing.
- Most importantly, learn how we program strength & movement together in a personalised training and class based program.
- How to use unstructured work to aid structured work and vice versa.

Mindset;

- Importance of understanding and being clear on intentions, how we incorporate individual intentions in a group environment.
- Knowledge of how to mentor a Tribe.
- Leadership development; both as a business leader and a coach.
- Learn the backend (training model/sales/branding/marketing) processes of a successful and growing strength and movement facility.

Education;

- Learn the art and science of coaching; combining programming & periodization with context, connection and intent being at the forefront.
- How to lead and structure workshops and masterclasses.
- Clear understanding of how we program for personal and tribe work.

Tribe;

- How to connect, coach and lead people from all walks of life, who want to grow together.
- Learn the importance of community & culture in building a brand & most importantly, impacting the lives of your clients for the better.

PHASE 1: 8 Week Online Coaches Development Program (\$897 AUD)

Learn how we train and coach the Foundations & Fundamentals of strength & movement in our 8 week online training program.

You walk away with a deep understanding of;

- The principles underlying the AIM Method
- How we connect, asses and educate our Tribe in Strength & Movement
- How and why we choose the movements and cue the movements as we do
- Programming for everyday people

PART 2 – AIM IMMERSION (\$1997 AUD)

You are fully immersed in our business, team and Tribe for 12 weeks. You need to commit to 10 – 15 hours per week at AIM Studio, the hours are flexible dependent on your availability.

The week is split between:

- Shadowing & delivering coaching sessions (personalized and group classes)
- Attending AIM Team sessions, Coaching huddles covering Tribe program design and mentorship of the AIM Tribe towards their individual intentions
- Leadership & personal development, both hands on and classroom-based learning working through our in-house Leadership Program the Art of Coaching, covering sales, marketing, soft skills and personal development.
- Training as part of our in-house Coaches Development Program moving alongside other awesome coaches (valued at \$1300).
- Being mentored personally by Vik and the wider AIM coaching team.

AIM Studio address is:

Level 1
296 Willoughby Road
Naremburn, Sydney 2065

AIM's Promise

You'll walk away with a solid framework of the AIM METHOD – why, how and what we teach our tribe to help them live a high quality of life through the strength and movement approach.

You will gain hands on experience to be able to coach your own clients from the ground up with optimal technique and the knowledge of what goes into a successful program, from both a strength/movement and Tribe/community perspective!

We wholeheartedly commit to developing you to be the best coach you may be on completion of the program. This means not only arming you with the knowledge and resources, but supporting and challenging you. We will consistently provide honest feedback throughout the program as we don't believe in sugar coating.

Whilst completing an internship position with AIM does not guarantee employment, it may lead to a job offer on completion of the program.

Who We're Looking For



You don't need to know everything about strength & movement before applying. We'll train you up, we're looking for guys and girls with an amazing attitude, work ethic and passion to learn and grow. A passion to learn and grow personally and professionally, as a coach and as a mover. Plus you need to know how to have fun..we're a social bunch.

Individuals who are/have a;

- Thirst for knowledge and willingness to learn - learning and development mindset.
- Commitment to supporting and growing a TRIBE community.
- Interactive and engaging, can form solid relationships with clients and peers.
- Keen interest in personal and professional growth.
- Enthusiasm to coach and be coached, asks questions and can give and receive feedback.
- Dedicated and shows initiative in and out of the studio.
- Desire to continually expand own toolbox; both as a coach and a movement enthusiast. We admire individuals who profess we're all eternal students and welcome those who want to continue their learning journey as part of the AIM Team.
- Bring their own unique combination of professionalism and personal training style/methods.
- Is fun and keen to have fun; appreciates learning & playing.

Entry Criteria

The most important factor to get into the program is an awesome attitude. We're looking for people who want to observe, ask questions, apply themselves and learn multiple coaching techniques.

We have a growth mindset and live for the growth of our Tribe. You'll need to demonstrate your dedication to your own growth and to others' growth.

You must;

- Have experience in the industry, and/or be qualified (Cert 3 & 4 or international equivalent), and
- Be able to get yourself to AIM Studio to do the hours per week, including having accommodation.
- International visitors are welcome to apply - you need to be able to work in Australia for longer than 12 months to be considered for the program.

How To Apply

Complete and return the [application form here](#).

If you have questions prior to applying e-mail Sarah on info@anatomyinmotion.com.au.

You'll be contacted within two weeks with feedback and an invitation to connect with Vik on Zoom, or if you are unsuccessful progressing to a chat with Vik, we'll still be in touch thanking you for your application.

We look forward to welcoming you to AIM

The AIM Team