



Spring 2020 Training Internship

Performance Enhancement Professionals (PEP) specializes in training elite professional athletes. We are located in Scottsdale, Arizona. Our programs prioritize strength and speed development via the precise application of a wide array of dynamic free weight, plyometric, and sprint training protocols. This centered around accurately manipulating schemes, densities, volumes and intensities suited for high performance training that occurs in all planes of movement. This is further enhanced through the recovery process that completely integrates performance therapy, targeted nutrition and customized macro and micro nutrient supplementation.

Dates of Internship January through May 2020. Flexible start and end date.

Intern Opportunity

The training intern will have an opportunity to observe and assist in preparing professional athletes for the upcoming 2020 NFL season.

Intern Requirements

- Excellent work ethic
- The ability to work 6 days a week maintaining a flexible and demanding schedule when necessary
- Pass a background check
- Previous experience working with competitive athletes is a plus

The Intern will assist in and be exposed to

- Athlete Assessment
- Program Design
- Exercise Technique Instruction
- Facility Operations
- Injury Management and Recovery
- Recovery and Regeneration Techniques
- Speed & Agility Training Sessions
- Field Workouts Position Specific Drills
- Diet and Nutrition Plans
- Weekly Q&A Sessions and Progress Reports

The Intern Responsibilities will be

- Arrive at designated time
- Complete daily & weekly responsibilities
- Follow directions as given
- Facility operations and management
- Abide by intern conduct codes
- Responsibilities will be assigned as they are earned



To apply

To apply for this internship please send your resume and cover letter to Brian@PEP-AZ.com with your name and Spring 2020 Training Internship in the subject.

This is an unpaid internship. No monetary compensation, housing, or meals available at this time. Successful candidates will receive valuable hands-on experience observing and working with professional athletes. Course credit is also available if offered by an applicant's institution and their institution approves. Applicant needs to evaluate their unique situation, if you are financially unable, please do not apply. More information can be found on www.PEP-AZ.com