

Strength Coaching Experience

(Confidential Application)

Name:

Cell Phone:

Email:

Skype Handle:

Age:

Male or Female:

Height:

Weight:

Are you an athlete?

If yes, what sport(s)? and position(s)?

Are you currently working out?

What does your current strength program consist of?

- 1. How many days a week?**
- 2. How long are your workouts?**
- 3. What type of training are you performing?**
- 4. Are you doing it on your own?**

Where would you be working out? (i.e.) home gym, health club

What equipment you have access to?

1. Equipment 1
2. Equipment 2
3. Equipment 3
4. Equipment 4

What are your goals?

1. Goal 1
2. Goal 2
3. Goal 3
4. Goal 4

Are you currently following a nutrition plan?

Do you play sports? which one and what position?

Any injuries? IF so, what and how long ago?

Of Years Experience Working Out:

Briefly Describe Why You Feel You're A Good Candidate For The Next Available Strength Coaching Experience Spot:

List 3 Strengths That Will Help You Succeed In Reaching Your Strength Training Goals:

1. Strength 1
2. Strength 2
3. Strength 3

List 3 Weaknesses That You Need My Help To Overcome:

1. Weakness 1
2. Weakness 2
3. Weakness 3

What Is Your Current Schedule Like And How Many Hours Are You Able To Devote To Strength Training Each Week?

How Bad Do You Want This And How Soon Would You Like To Start, If Accepted?

Make sure you've filled out this entire application completely and honestly, then "save" and email to: Support@WickedStrengthTraining.com as an attachment. This is the only way you'll be considered for the Strength Coaching Experience opening.

Also know that payments are non-cancelable and non-refundable. You'll be notified by email within 24 hours whether or not you've been accepted.