



**Job Title:** Trainer

**Job Description:** The Trainer position reports directly to the Program Director and is responsible for designing, conducting, and supervising individual workouts that support the goals of the client as well as align with Push to Walk’s client training program. The Program Director may periodically assign other administrative tasks relevant to client workouts and advancing Push to Walk’s mission.

**Roles & Responsibilities:**

- Perform initial evaluations for new clients and perform reevaluations for current clients
- Be knowledgeable in FES (Functional Electrical Stimulation) and other training modalities to create individualized workouts effectively and efficiently for client sessions
- Maintain detailed notes of client sessions
- Attend and participate in monthly staff meetings
- Keep up to date with certifications and licenses, including Nationally Accredited Certified Personal Training Certificate or equivalent, First aid, CPR & AED
- Follow research studies, new trials, and medical, pharmacological, and equipment advancements relevant to the diagnoses of our clients
- Support Push to Walk’s overall fundraising and outreach plans by periodically attending tradeshows, events, or conferences online or in person
- Participate in relevant initial and ongoing training for equipment such as FES
- Quarterly check-ins and an annual performance review with Program Director
- Communicate regularly and professionally with all staff members and clients
- Act in a professional, courteous, and friendly manner

**Knowledge, Skills & Abilities:** The position requires either an undergraduate degree in the health/fitness field of study or a current personal training certification from a nationally recognized personal training organization, and completion of the Push to Walk Neuro Fitness Training Program. The employee must also maintain current CPR and first aid certifications. The Trainer must be able to lift a minimum of 70 pounds, and capable of maintaining a moderate to strenuous workload for a sustained period of time. The employee is expected to have a flexible schedule to provide service to meet client scheduling needs.

The above is intended to provide a general description of requirements for the performance of this job. Therefore, it is not an exhaustive statement of duties, requirements, and responsibilities of the job title. The employee must be able to report to work capable of doing the job with or without reasonable accommodations.