



The Bootcamp Band-Ranking System

This ranking system is designed for you, the bootcamp trainee, so that you may aspire to higher levels of fitness training beyond merely training for fat loss or general conditioning. This ranking system gives you focus in your training, gives you a standardized list of goals for promotion, and lays down a path of success for in your training.



White Band - Symbolizes purity and a new beginning. It takes a commitment in training to earn a white band.



Yellow Band - Symbol of the rising sun. You must have achieved an improvement in basic exercise technique, and seen measurable changes in strength and stamina.



Orange Band - Symbol of the mid-day sun. You are most likely to quit at this stage due to overconfidence or lack of confidence. Must show improvement in strength, balance, flexibility, and coordination as noted by instructors. Need to have maintained consistency with new health habits and have completed at least 2 cycles of training (1 cycle = 4-6 weeks).



Green Band - Symbolizes the forest. At this stage, you are now “rooted” in the training. This is when health and fitness lifestyle patterns really start to take hold. You must have gone through 6 or more cycles of training (4-6 weeks each) to earn the green band.



Purple Band - Symbolizes regality. Purple is also the bridge between green band, the physical training aspect (form and technique) to the mental/emotional side of blue band (mental toughness, perseverance, awareness and focus). People start looking up to you for advice and help at this stage. You may be asked to take on a leadership role, showing beginners proper form or technique. An understanding of the mental aspects of training begins to solidify here, such as the cultivation of mental focus and re-committing to goals.



Blue Band - Symbolizes the deep waters. A deeper understanding is required at this stage. This is where the training on the training floor becomes a microcosm for daily life. What you learn about yourself through training can be applied to your work life, home life and daily life. The mental/emotional aspects you develop at this stage strengthen you in all areas of living.



Brown Band - Symbol of the earth. Returning to what is important, you must find a way to give your fitness passion back to others in your community. Example - Join Team In Training, participate in an event that gives to charity, lead a fitness group, help out in your bootcamp class, help others start a fitness lifestyle, etc.



Red Band - Symbol of fire. Advanced training with direct supervision from lead instructor is required for a minimum of 3 months at this stage.



Red Black - The last stage before black band. 6-months to one year of advanced training. Customized goal setting and achievement is required.



Black Band - Congratulations! This is the highest level, but also a new beginning. Your instructor will customize a plan for you to achieve higher degree's of Black Band from this point. A Black Band student can either become an instructor or pursue other ways to share their passion for fitness with others, which includes being a role-model to family and friends.