



What is FitRanX™?

FitRanX™ is a comprehensive and standardized ranking system used for gauging individuals' fitness levels. This is not a system based on how long you have been at a facility or how much your trainer thinks you have improved. This is a REAL ranking system that took years to develop and perfect.

How does FitRanX™ work?

FitRanX™ works through standardized fitness testing. There are 8 FitRanX™ levels with corresponding colors that represent each level. That means a level 5 in Los Angeles, CA has to accomplish the same thing as a level 5 in London, England. The levels are as follows:



Our **Revolutionary Fitness Ranking System** keeps you motivated and gives you clear and specific goals to strive for while ensuring that you are achieving balanced, full-body fitness. You get maximum results under the supervision of the most qualified fitness instructors.

I KNOW WHAT YOU ARE THINKING...

- You hate working out for hours at a gym.
- You don't know what you should be eating to lose weight.
- You have trouble sticking to a fitness routine.
- You have limited time for yourself to get in shape.

Unlike big gyms, you will never be intimidated or have to deal with overcrowding. This program is for all fitness levels. If you are a beginner that has never been in a gym or a top-level athlete looking for your next challenge. The FitRanX™ program is the right choice for you!

In order for you to progress from one level to the next, you must participate in a fitness test that uses specific exercises to determine strength within the exercises' respective muscle groups. There is also a conditioning portion required for each level's advancement. Through scientific testing and months of development in the FitRanX™ system, these exercises have been proven to allow you to demonstrate personal fitness growth in each major muscle group, as well as cardiovascular conditioning.

As you pass through the FitRanX™ system, you wear the color of your corresponding fitness level in RanX Band™ form whenever you are at the facility or out in town.



Why is FitRanX™ a good fit for me?

FitRanX™ keeps you motivated. It gives you clear and specific goals to strive for while ensuring that you are achieving balanced, full-body fitness. It also provides a sense of healthy competition and peer accountability.

Why would I care about a World Wide Ranking Data Base?

Some healthy competition is good for everyone. With FitRanX™, you are not just competing with your team in your gym, but now you have the ability to compete with people all over the world.

You are able to participate in fun competitive events that will keep you wanting to strive for more.

Talk about motivating....

Wouldn't you like to know that you are only 1 of 5 level 6's in your community?

Now that's some bragging rights.



- We help keep YOU **MOTIVATED!**
- We give you an abundance of short term goals to reach.
- The testing days develop such positive energy, everyone wants a part of it.
- With our variety of workouts, you will never be bored again.
- You become part of the team. Everyone helps and encourages one another.
- Rock Solid Wellness Studio with FitRanX™ helps get YOU **RESULTS!**