

# Boot Camp For Bands builds strength, stamina and confidence

By Michel Sorrentino-Poole, [Runonheart Personal Training](#)

Although the concept was relatively obscure just a decade ago, today you'd be hard pressed to find a professional sports team or elite athlete who does not use the services of a functional trainer.

Functional training works to strengthen the body by using movement without machine assistance. The exercises are integrated and utilize muscle groups rather than isolation because the body works and moves in an integrated fashion.

But how does functional training translate to the field where marching bands compete?

Pretty well, according to the Lincoln-Way East High School Griffins, who have two Illinois state marching band championships in their pocket.

"The inclusion of core and strength training in the marching program at Lincoln-Way East has transformed our students in remarkable ways," said band director Cliff Smith. "In addition to a significant increase in stamina, the students now have a far better understanding of the relationship between their own personal strength and their ability to move well on the field."

Read the full story on [Marching.com](#)



A balance disc helps build stability, which is especially useful for playing an instrument while marching a fast-moving drill.