



**R.I.P.P.E.D.**  
Resistance Intervals Power Plyometrics Endurance Diet  
THE ONE STOP BODY SHOCK

## *Training*

with Shiri Briseno

R.I.P.P.E.D is a "Plateau Proof Fitness Formula" that helps you to create continuity, consistency, and challenge in each and every class. It is plateau proof because each component of the workout provides a uniquely different emphasis or system response so your body never gets accustomed to it. This workout masterfully combines the components of **Resistance, Intervals, Power, Plyometrics, & Endurance** as the workout portion along with **Diet** suggestions to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective for any age and fitness level. This class gets you in, out, and on with your day having burned 750-1,000 calories. A detailed flyer, interest sign up, and reminders are now available at the Athletic Desk.

***Tuesdays and Thursdays***  
***6 am***