



## **R.I.P.P.E.D.- The One Stop Body Shock®**

### **Evolution Fitness Conference**

- Welcome & Congratulations
- Don't let the name scare you!
- R.I.P.P.E.D. – The Story

### **Workshop Learning Objectives**

- What is R.I.P.P.E.D.?
- Why the R.I.P.P.E.D. Fitness Formula?
- Construction and knowledge of the different components of R.I.P.P.E.D.
- Get the **R.I.P.P.E.D. EXPERIENCE!**

### **What is R.I.P.P.E.D.?**

- **R = Resistance**
- **I = Interval**
- **P = Power**
- **P = Plyometrics**
- **E = Endurance**
- **D = Diet & Nutrition**
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### **Overall Benefits**

- Relieves stress & tension
- Improves body shape, self-esteem, overall health (physical, social, spiritual, mental)
- Physically challenging and some friendly competition
- Performance in sports enhances
- Enjoyable and FUN!
- Delivers RESULTS!

### **R.I.P.P.E.D. Program Overview**

1. The teaching of the R.I.P.P.E.D. program follows the order of the acronym for the initial program (approx. 6 weeks), or, can be taught using the R.I.P.P.E.D. Shuffle or R.I.P.P.E.D. Re-mix to continue “shocking the body”
2. Length of each segment: approx 6-9 min. segments and varies with each Season
3. Use free weights, resistance tubing or body weight
4. Seasonal program taught for 3 to 4 months
5. Pre-engineered music with correct Beats Per Minute (BPM) to match each activity segment
6. Instructors have flexibility in the multiple venues where R.I.P.P.E.D. can be taught. The Format can be adapted to: facility-based group ex program, personal training one-on-one, small groups (10-15), large groups (50+). It can be taught at a park, community center, in a garage, basically anywhere as long as you have a system to play the soundtrack and free weights or resistance tubing.
7. Designed for all fitness levels and ages by providing modified and advanced movements.

### **How to get R.I.P.P.E.D.!**

- Visit our website at [www.RIPPEDusa.com](http://www.RIPPEDusa.com)!
- Make sure to become a R.I.P.P.E.D. fan on Facebook at [www.facebook.com/RIPPEDfans](http://www.facebook.com/RIPPEDfans)
- Follow us on Twitter at [www.twitter.com/rippedusa](http://www.twitter.com/rippedusa)

THANK YOU!!!!