



# DEFOREST AREA SCHOOL DISTRICT

Human Resources Department 520 East Holum Street DeForest, WI 53532 (608) 842-6520

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R.I.P.P.E.D.™

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R.I.P.P.E.D.™ is the one stop body shock! This total body, high intensity style workout utilizes free weights, resistance, and body weight which masterfully combines the components of R.I.P.P.E.D. — Resistance, Intervals, Power, Plyometrics and Endurance.