



Debbie Siskers designed the Slim Series program to take your body to the next level after you've completed Slim in 6®. Each routine will tone lean muscle, shed fat, and burn calories. Use Slim Series for the ultimate slimming transformation.

This is a high-intensity program based on the Slim in 6 protocol of Slim Training. It's extremely high-intensity and should only be done for four weeks before taking a recovery week. Good luck!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WORKOUT	SHAPE IT UP!	FIRM IT UP!	MIX IT UP!	TONE IT UP!	COOL IT OFF!	TEAR IT UP!	STRETCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Start here after your first 8 weeks of Slim to Me! SLIM SERIES EXPRESS Cardio Sculpt! Express	SLIM SERIES EXPRESS Cardio Core! Express	SLIM SERIES Tear It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express + 8-Minute Abs!	SLIM SERIES Shape It Up!	SLIM SERIES EXPRESS Cool It Off! Express	Rest day.
Week 2	SLIM SERIES Tear It Up!	SLIM SERIES EXPRESS Cardio Core! Express	SLIM SERIES Tone It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express + 8-Minute Abs!	SLIM SERIES EXPRESS Cool It Off! Express	SLIM SERIES Firm It Up!	Kick up your feet and relax.
Week 3	SLIM SERIES Mix It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express	SLIM SERIES EXPRESS Cardio Core! Express + 8-Minute Abs!	SLIM SERIES Tear It Up!	SLIM SERIES EXPRESS Cool It Off! Express + 8-Minute Abs!	SLIM SERIES Tone It Up!	No workout today.
Week 4	SLIM SERIES Shape It Up!	SLIM SERIES EXPRESS Cardio Core! Express + 8-Minute Abs!	SLIM SERIES Firm It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express + 8-Minute Abs!	SLIM SERIES Cool It Off!	SLIM SERIES Tear It Up!	Take it easy today.

Remember to take your "before" and "after" photos and measurements. Submit your Success Story at TeamFlexToBody.com. We want to see your transformation.

Slim In 6 Food Guide

Caroline M. Apovian, Carine M. Lenders

Slim In 6 Food Guide:

Embark on a transformative journey with is captivating work, **Slim In 6 Food Guide** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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Table of Contents Slim In 6 Food Guide

1. Understanding the eBook Slim In 6 Food Guide
 - The Rise of Digital Reading Slim In 6 Food Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Slim In 6 Food Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Slim In 6 Food Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Slim In 6 Food Guide
 - Personalized Recommendations
 - Slim In 6 Food Guide User Reviews and Ratings
 - Slim In 6 Food Guide and Bestseller Lists
5. Accessing Slim In 6 Food Guide Free and Paid eBooks
 - Slim In 6 Food Guide Public Domain eBooks
 - Slim In 6 Food Guide eBook Subscription Services
 - Slim In 6 Food Guide Budget-Friendly Options

6. Navigating Slim In 6 Food Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Slim In 6 Food Guide Compatibility with Devices
 - Slim In 6 Food Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Slim In 6 Food Guide
 - Highlighting and Note-Taking Slim In 6 Food Guide
 - Interactive Elements Slim In 6 Food Guide
8. Staying Engaged with Slim In 6 Food Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Slim In 6 Food Guide
9. Balancing eBooks and Physical Books Slim In 6 Food Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Slim In 6 Food Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Slim In 6 Food Guide
 - Setting Reading Goals Slim In 6 Food Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Slim In 6 Food Guide
 - Fact-Checking eBook Content of Slim In 6 Food Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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