



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 Quick Start Guide

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User's Guide, 1985 *Continuous System Simulation* D.J. Murray-Smith, 2012-12-06 obtained by simulation more quickly
effect Computer simulation of dynamic systems is a topic which is growing steadily in importance and cheaply than by
experimentation and testing of the real system System perform in the physical sciences engineering biology and medicine The
reasons for this trend can also be investigated using simulation relate not only to the steadily increasing demand for a much
wider range of conditions than can be contemplated for the real system power of computers and the rapidly falling costs of
hardware but also to the availability because of operating constraints or safety of appropriate software tools in the form of
requirements Similar factors can apply in simulation languages Problem oriented languages and other fields such as biomedical systems
languages of this kind assist those who are not engineering specialists in computational methods to transform System simulation
using digital computers can relate either to models based on continuous time mathematical description into a simulation
program in a simple and straightforward manner using variables or to discrete event descriptions in a different fashion They can also provide useful
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Mid-Atlantic Getting Started Garden Guide Andre Viette, Mark Viette, Jacqueline Heriteau, 2015-05-01 Even beginner gardeners can select plants to create a stunning garden as unique as the mid Atlantic region with expert help to ensure success Mid Atlantic Getting Started Garden Guide is a plant selection guide perfect for when you re choosing plants and starting a garden in a climate that can be as challenging as it is beautiful Choose the right plants and care for them properly with help from two of the area s most highly respected and experienced plantsmen Andre and Mark Viette and horticulture writer Jacqui Heriteau The authors top picks for plants that will thrive in or in spite of the regions s heat humidity winter cold soil coastal climate and other unique growing conditions guarantee success for the area gardeners and home landscapers Plants are divided into easy to browse chapters including Annuals Bulbs Groundcovers Ornamental Grasses Perennials Shrubs Trees Lawns and Vines Each plant is highlighted in its respective chapter with a large full color photograph and tips on how when and where to plant Mid Atlantic Getting Started Garden Guide doesn t stop at plant selection Methods for preparing soil watering fertilizer application and pest management are also covered in detail Along with the nitty gritty of tending your garden the authors share their inspiration for garden

design offer ways to incorporate your plants into the landscape and name some favorite cultivars or species Their sound practical advice is clothed in beautiful descriptions of each plant that will inspire you to get your hands dirty

The Complete Guide to the NEXTSTEP™ User Environment Michael B. Shebanek, 1993-09-17 This book is about the advanced object oriented NEXTSTEP™ user environment for NeXT and Intel based computers It is intended for those who already own a computer running NEXTSTEP and want to quickly learn what it can do and how to get the most out of it with the least effort It is also for those who are considering the purchase of NEXTSTEP but want to learn more about how it works before making an investment Why a book on NEXTSTEP When I set out to learn how to use NEXT STEP several years ago I found it extremely difficult to find information from the usual sources such as books magazines user groups and authorized dealers NEXTSTEP users were scarce and finding a computer store that sold NeXT related products was even more rare There were also only a handful of NeXT user groups in existence and those that did exist met so far away that joining one of them was impractical The manuals I received from NeXT were helpful but I had the feeling there must be something more to it than what was written in the User's Reference It didn't describe many of the shortcuts that experienced users had found or the public domain and shareware utilities that were popular and how I could use them to make my work even easier and more fun

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