



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

Lingsheng Yao



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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 performance 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. They can also provide useful diagnosis. Continuous system simulation techniques are applied to systems described by sets of differential equations when difficulties are encountered. Therefore a simulation language for differential equations and algebraic equations.

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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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Rose Chronological Guide to the Bible Jessica Curiel, Len Woods, Rose Publishing (Torrance, Calif.), 2019-10-01 A Chronological Guide Packed with Over 40 Full Color Charts Maps and Illustrations This one of a kind resource is packed with dozens of full color charts maps and illustrations to help you explore biblical history It includes Three 24 inch chronology foldouts showing the Bible at a glance the life of Jesus and the kings and prophets of the Old Testament Chronology charts on popular Bible topics such the temple in Jerusalem the ark of the covenant and more A harmony of the four Gospels Matthew Mark Luke and John side by side Full color maps showing the journeys of the patriarchs the exodus route where Jesus walked Paul's missionary trips and more Quick summaries of all sixty six books of the Bible and when they happened The Bible has 66 books and more than 1 100 chapters but they're not arranged in the order they happened in Deepen your understanding of the Bible as you see key events in the order they actually happened with the one of a kind Rose Chronological Guide to the Bible Featuring 170 pages of full color Bible charts maps and time lines this reproducible guide doesn't just cover when specific events occurred but why they matter Spiral bound for ease of use this is a must have for every pastor and teacher Just because the Bible starts with Genesis and ends with Revelation doesn't mean that it is in chronological order Look at the Bible in a fresh new way by viewing Bible events in the order they happened with Rose Publishing's classic highly visual format See all sixty six books of the Bible from Genesis to Revelation arranged chronologically at a glance You'll learn how the stories of key Bible characters like Abraham David Ruth and Paul fit into the larger story of God's unfolding plan of salvation through his Son Jesus Christ Why Study the Bible Chronologically

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All-in-One For Dummies, UK Edition Faith Glasgow,2012-02-27 The fun and friendly way to balance your books written especially for UK businesses Keeping track of the finances is fundamental to the success of every business but tackling the

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