



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 | <b>Start here after your first 8 weeks of Slim to Me!</b><br><b>SLIM SERIES EXPRESS</b><br>Cardio Sculpt! Express | <b>SLIM SERIES EXPRESS</b><br>Cardio Core! Express                 | <b>SLIM SERIES</b><br>Tear It Up!                                  | <b>SLIM SERIES EXPRESS</b><br>Cardio Sculpt! Express + 8-Minute Abs! | <b>SLIM SERIES</b><br>Shape It Up!                                 | <b>SLIM SERIES EXPRESS</b><br>Cool It Off! Express | Rest day.                    |
| Week 2 | <b>SLIM SERIES</b><br>Tear It Up!                                                                                 | <b>SLIM SERIES EXPRESS</b><br>Cardio Core! Express                 | <b>SLIM SERIES</b><br>Tone It Up!                                  | <b>SLIM SERIES EXPRESS</b><br>Cardio Sculpt! Express + 8-Minute Abs! | <b>SLIM SERIES EXPRESS</b><br>Cool It Off! Express                 | <b>SLIM SERIES</b><br>Firm It Up!                  | Kick up your feet and relax. |
| Week 3 | <b>SLIM SERIES</b><br>Mix It Up!                                                                                  | <b>SLIM SERIES EXPRESS</b><br>Cardio Sculpt! Express               | <b>SLIM SERIES EXPRESS</b><br>Cardio Core! Express + 8-Minute Abs! | <b>SLIM SERIES</b><br>Tear It Up!                                    | <b>SLIM SERIES EXPRESS</b><br>Cool It Off! Express + 8-Minute Abs! | <b>SLIM SERIES</b><br>Tone It Up!                  | No workout today.            |
| Week 4 | <b>SLIM SERIES</b><br>Shape It Up!                                                                                | <b>SLIM SERIES EXPRESS</b><br>Cardio Core! Express + 8-Minute Abs! | <b>SLIM SERIES</b><br>Firm It Up!                                  | <b>SLIM SERIES EXPRESS</b><br>Cardio Sculpt! Express + 8-Minute Abs! | <b>SLIM SERIES</b><br>Cool It Off!                                 | <b>SLIM SERIES</b><br>Tear It Up!                  | Take it easy today.          |

Remember to take your "before" and "after" photos and measurements. Submit your Success Story at [TeamFlexToBody.com](http://TeamFlexToBody.com). We want to see your transformation.

# Slim In 6 Guide Book

**Frank Burtnett**



## **Slim In 6 Guide Book:**

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