



Debbie Sifers 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 Guide

David Abram, Rough Guides (Firm)



Slim In 6 Guide :

Continuous System Simulation D.J. Murray-Smith, 2012-12-06 obtained by simulation more quickly 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, not only to the steadily increasing demand for a much wider range of conditions than can be contemplated for the real system, but also to the 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 in other fields such as biomedical systems can 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 mathematical descriptions or to discrete event descriptions in a simple and straightforward fashion. They can also provide useful diagnostic information when difficulties are encountered. Therefore, a simulation language for differential equations and algebraic equations. *The Rough Guide to Great Britain* Rough Guides, 2015-06-09 The new full color Rough Guide to Great Britain is the definitive guide to Rough Guides home patch. Discover the best of what Britain has to offer with detailed accounts of the country's world class attractions from the British Museum to Edinburgh Castle, aided by crystal clear maps and plans. Get insider tips on Britain's vital restless cities from Bristol to Glasgow and enjoy the bucolic attractions of its countryside, hiking along its walkers trails or relaxing on its sometimes spectacular beaches. We also steer you toward all the best places to stay from boutique hotels to cool campsites and to eat and drink from Michelin starred restaurants and gourmet gastropubs to budget cafes and traditional pubs, giving you clear, balanced reviews for all budgets. You'll find lavish photography and color maps throughout the guide too, helping you to make the most of your trip with *The Rough Guide to Great Britain*. **Dragon Age Origins & Awakening - Strategy Guide** GamerGuides.com, 2015-10-27 You are a Grey Warden, last of a group of highly skilled warriors tasked to defeat the Archdemon and stop the Blight from spreading across the land. The Grey Wardens are the only ones capable of defeating the Archdemon and sending the Darkspawn back to the pits whence they came. Assemble a squad of highly memorable characters, each with their own personalities and skills, to help you in your task and save Fereldan before it is too late. This guide charts the adventures of the main walkthrough and all Downloadable Content and covers a complete walkthrough from start to finish. Every item and codex uncovered. A complete trophy achievement guide. Full coverage of all Downloadable Content including the massive DLC *Awakening*. **The Rough Guide to Colombia** Stephen Keeling, Daniel Jacobs, 2015-10-06 Home to a rich history, stunning scenery, and some of the continent's most welcoming and sophisticated people, Colombia is an unrivaled destination for travelers to South America. Tourism has surged to nearly 2.4 million in 2014.

the New York Times recently named Colombia the region's next affordable hotspot and called Cartagena Latin America's Hippest Secret Throughout The Rough Guide to Colombia you will find intuitive cultural content tips for what to see and what to skip and practical information on etiquette transportation food drink costs and currency and health plus a handy guide to the Spanish language Whether you want to explore the vibrant cultural scene of Cartagena trek to the archaeological ruins of the Lost City or stroll the sandy beaches of Parque Nacional Tayrona The Rough Guide to Colombia gives the honest advice you'll need to plan your trip navigate each adventure and make the most of your time in Colombia *OSCEs for the MRCOG Part 2: A Self-Assessment Guide* Antony Hollingworth, Janice Rymer, 2011-12-30 OSCEs for the MRCOG Part 2 is a thorough and practical self assessment guide that will prove invaluable as you prepare for your MRCOG Part 2 oral examination Based on the latest changes to the MRCOG syllabus Written by MRCOG examiners Ideal for revision and cramming with marking schemes provided for you to work through OSCEs for the MRCOG Part 2 is **The Rough Guide to England** Rough Guides, 2015-02-02 The full color Rough Guide to England is the definitive insider's guide to a country rich in history heritage and culture This fully updated Rough Guide to England has clear maps detailed itineraries and regional highlights There's practical information and advice on visiting England's beautiful countryside and coastline as well as the many diverse cities towns and picture postcard villages Don't miss a thing with up to date reviews of the best places to stay from boutique hotels to budget hostels the most authentic pubs and new on the scene restaurants and the most exciting activities and experiences Whether you're camping on a remote Cornish peninsula hiking in the Peak District being pampered in a spa town or browsing markets in London's East End explore every corner of this superb country with easy to use maps and detailed sights information Make the most of your time on Earth™ with The Rough Guide to England *Pokémon Ultra Sun and Moon - Strategy Guide* GamerGuides.com, 2017-10-15 In this retelling of the critically acclaimed Pok mon Sun and Moon games it's time to return to the vivid and lush Alola region as a new Pok mon trainer Like before your goal is to go on an unforgettable adventure with your Pok mon companions traveling across the four islands of Alola while aiming to surpass the Island Trials The Ultra in the games titles refers to the many new additions and enhancements such as an expanded Alola Pok dex new Ultra Beasts plus brand new minigames such as Mantine Surf and Ultra Warp Ride Perhaps you may also finally uncover the secrets behind the mysterious Legendary Pok mon Necrozma Version 1 0 A full story walkthrough covering every aspect of Alola's famous Island Challenge Complete encounter tables showing all the Pok mon you can catch in each given location No stone left unturned Every single sidequest explained and all hidden item locations In depth gameplay tips for beginners and advanced Pok mon trainers alike Full list of all the Totem Stickers TMs Z Crystals Z Moves and more Detailed overview of the various side activities including the new Mantine Surf and Ultra Warp Ride Version 1 1 Full postgame walkthrough featuring all the activities you can do after becoming Champion **Insight Guides Belize (Travel Guide eBook)** Insight Guides, 2015-11-02 Insight Guides Inspiring your next adventure This new edition of Insight Guide Belize is a

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Proceedings of the Ocean Drilling Program Ocean Drilling Program, 1991

Suggested Management Guides United States. Small Business Administration, H. Earl Sangston, 1962

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