



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 Quick Start Guide

Lauren Gardner



Slim In 6 Quick Start Guide:

User's Guide ,1985 *Continuous System Simulation* D.J. Murray-Smith,2012-12-06 obtained by simulation more quickly effec Computer simulation of dynamic systems is a topic which is growing steadily in importance tively and cheaply than by experimentation and testing of the real system System perfor in the physical sciences engineering biology and medicine The reasons for this trend mance can also be investigated using simula relate not only to the steadily increasing tion 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 lan other fields such as biomedical systems guages of this kind assist those who are not engineering specialists in computational methods to trans System simulation using digital computers can relate either to models based on continu late a mathematical description into a simula tion program in a simple and straightforward ous variables or to discrete event descriptions fashion They can also provide useful diag Continuous system simulation techniques are applied to systems described by sets of differ nistic information when difficulties are encountered Therefore a simulation lan ential equations and algebraic equations

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Technology in Diabetes,An Issue of

Endocrinology and Metabolism Clinics of North America Grazia Aleppo,2020-01-22 This issue of Endocrinology and Metabolism Clinics guest edited by Dr Grazia Aleppo will cover key topics in Technology in Diabetes This issue is one of four selected each year by our series consulting editor Dr Adriana G Ioachimescu Topics discussed in this issue will include Evolution of Diabetes Technology Diabetes Technology in children Diabetes Technology in adults with type 1 and type 2 Diabetes Benefits and challenges of Diabetes Technology use in older adults Integration of Diabetes Technology in Clinical Practice Diabetes Technology in the inpatient setting for management of hyperglycemia Standardization of CGM reports Diabetes Technology and Exercise Psychosocial Aspects of Diabetes Technology use Automated insulin delivery and Glucagon among others

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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

HWM, 2002-11 Singapore's leading tech magazine gives its readers the power to decide with its informative articles and in depth reviews

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 Imagine

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Redeemed: Seeing the Messiah in the Book of Ruth Leader Guide Word Of Messiah Ministries,2014-06-17 The book of Ruth is about love and friendship on the surface however more profoundly it is the story of people of Israel and the need for a Redeemer In this Bible study learn the historical and biblical background of the book of Ruth from one of today s most solid Messianic Jewish teachers Dr Sam Nadler Through this study discover God s desire to redeem your past and restore your future so that you may find fulfillment in His gracious love This is the Leader Guide only It contains background information key terms charts discussion questions and application items For the full DVD study see ISBN 9781596369511 For the Participant Guide see 9781596369535 **Ebony** ,1975-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

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task yourself can be intimidating Help is at hand however with this complete guide to small business money management created especially for the UK market Packed with expert advice on all aspects of business finance including basic bookkeeping and accounting monitoring profit and performance managing payroll tackling tax and forecasting for growth Small Business Finance All in One For Dummies UK Edition helps you to take control of your finances stay on top of the paperwork and keep the cash flowing

English Grammar For Dummies Lesley J. Ward, Geraldine Woods, 2013-03-15 If you're confused by commas perplexed by pronouns and plain terrified by tenses English Grammar For Dummies will put your fears to rest Packed with expert guidance it covers everything from sentence basics to rules even your English teacher didn't know if you want to brush up on your grammar this is the only guide you'll ever need Discover how to avoid common grammatical errors get to grips with apostrophes structure sentences correctly use verbs and find the right tense and decide when to use slang or formal English

Managing PCOS For Dummies Gaynor Bussell, 2011-03-31 Don't be held hostage by Polycystic Ovary Syndrome with the right diet and effective exercise you can minimise its impact on your day to day life and future wellbeing Packed with realistic advice from a qualified nutritionist this guide takes you through everything from picking which treatments to try and which to avoid to thriving with PCOS superfoods and finding resources and support to help you stay positive and maintain your focus

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