

MAPS

ANABOLIC

QUICKSTART GUIDE

1

Go to the drop down **Menu** (upper left hand corner of membership site page) and click on **MAPS Anabolic Training**. Watch the **Welcome to MAPS Anabolic!** video. Once you have watched the video click "Back to MAPS Anabolic Training" directly above the video.

2

Depending on your experience starting out, download your **MAPS Anabolic Pre-Phase** or **Phase I Workout Blueprint** PDF found under **MAPS Pre-Phase** or **MAPS Phase I** (Under MAPS Anabolic Training). Click "Back to MAPS Anabolic Training" when done.

3

Watch all the **MAPS Foundational Exercises** and **MAPS Anabolic Triggering Exercises** videos (Under MAPS Anabolic Training). (Reference the Pre-Phase or Phase I Workout Blueprint while watching the training videos)

4

Following the instructions on your **MAPS Pre-Phase** or **Phase I Workout Blueprint** complete you first MAPS Foundational Workout. Tomorrow you will complete your first **MAPS Anabolic Triggering Workout**.

5

Once you have completed **Pre-Phase** or **Phase I** (3 weeks) download the next **Blueprint** and begin the next **Phase**. Once you completed all Phases through **Phase III**, cycle back once again to **Phase I** and repeat the program.

6

SPECIAL NOTE: All pertinent training and support documentation, as well as **FAQs** are easily accessible from the drop down **Menu** in the upper left hand corner of the MAPS Anabolic Membership Portal. There is also a **Search** field at the top right of the page to quickly access specific training or training videos.

Please address your technical (not training) questions to support@mindpumpmedia.com. For help with your specific training questions it is highly recommended that you become a Mind Pump Private Facebook Forum Member.

Slim In 6 Quickstart Guide

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Decoding **Slim In 6 Quickstart Guide**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Slim In 6 Quickstart Guide**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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