



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

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located on the right side of the light blue bar.

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biomedical systems gauges 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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