1

Watch the Welcome to MAPS SPLIT! video.

2

Under MAPS SPLIT TRAINING watch the MAPS SPLIT PHASE I INTRO and download the Phase I Blueprint.

3

Under MAPS SPLIT TRAINING watch the NEAT INTRO video.

4

Under MAPS SPLIT WORKOUTS watch the PHASE I EXERCISES videos that correspond to your first workout.

5

Complete your Phase I, Day 1 Workout and NEAT and follow the workouts as outlined in the **Phase I Blueprint** for days 2 - 6.

6

On day 7, under MAPS SPLIT MOBILITY MOVEMENTS watch the MOBILITY MOVEMENT INTRO & MOBILITY MOVEMENT videos. Perform the mobility movements as outlined in the Phase I Blueprint.

1

Repeat Phase I Workouts, NEAT and Mobility Movements for a total of four weeks then move to Phase II.

# Slim In 6 Quickstart Guide

**Elaine Weinmann, Peter Lourekas** 

#### Slim In 6 Quickstart Guide:

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