



QUICKSTART GUIDE

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**.

7

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

Slim In 6 Quickstart Guide

Elisa Zheng Covington

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Slim In 6 Quickstart Guide:

The Enigmatic Realm of **Slim In 6 Quickstart Guide**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Slim In 6 Quickstart Guide** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

<https://movement.livewellcolorado.org/files/virtual-library/default.aspx/the%20russians%20ultimatum%20mills%20boon%20modern.pdf>

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