



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	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 Eating Guide

Holly Berry Irving



Slim In 6 Eating Guide:

Sexy in 6 Tracey Mallett, 2007-11-27 By a top rated Exercise TV star a quick and easy fitness program to lose stubborn pounds proven effective for women of all body types *Flat Belly Diet! Pocket Guide* Liz Vaccariello, 2009-04-14 A companion to the Flat Belly Diet features quick and easy meal solutions shopping and food storage tips advice on how to stick to the plan when traveling or dining out and lists of serving sizes and calorie counts Dr. Nieca Goldberg's Complete Guide to Women's Health Nieca Goldberg, 2009-01-13 Dr Nieca Goldberg provides information to help women understand the changes in their body discusses problems that plague women starting in their mid thirties and offers advice on finding the right doctor for optimal health care **The 500 Eating Plan** Robert Langford, 2013-12-05 There are thousands of diet books published and yet the statistics tell us that we are all getting fatter The conclusion can only be that diets do not work or this would not be the case The 500 Eating Plan is not a diet but more a radical rethink that looks at weight management in the 21st century It accepts that we eat the foods we do through choice and so phony contrived diets that require us to eat differently are unsustainable as perversely we all return to our foods of choice even though they are the foods that made us overweight in the first place Just wanting to be slimmer is not enough You need a Plan not a diet A Plan that allows you to eat the foods you like and yet still lose weight Trials have proven that the 500 Eating Plan does just that This unique self help guide will enable you to understand the simple science of becoming overweight and also how to reverse it It will empower you to successfully take control of your weight once and for all Welcome to the 500 Eating Plan and to a slimmer healthier you The Complete Idiot's Guide to Total Nutrition, 4th Edition Joy Bauer, 2005-11-01 Good health starts with good nutrition With all the constant debate over diet fads proper nutrition is slipping through the cracks This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition from daily vitamin and mineral intake and facts about fats and cholesterol to advice on shopping for healthy foods and much more Includes updates to the USDA's Food Guide Pyramid New numbers for blood pressure and sodium intake A section on helping overweight children New fiber recommendations for kids A new section on macrobiotics and raw diets

Encyclopedia of Diet Fads Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of Encyclopedia of Diet Fads includes many updated expanded and completely new

entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to evaluate diets and recipes

Be Fit For Life: A Guide To Successful Aging - A Wellness, Weight Management, And Fitness Program You Can Live With Steven R Gambert, 2010-01-21 Be Fit for Life A Guide to Successful Aging is a self help book for anyone interested in living a happier and healthier life Aging is a life long process and the sooner one accepts this and better prepares for the years ahead the more successful his her aging process will be Dr Gambert a noted authority in the field of aging and medicine takes the reader on a journey that provides information and practical advice on how to best prevent an accelerated aging process avoid disease and recognize and treat problems early This book also offers practical information to help the reader choose the right diet exercise plan and lifestyle that will help promote a more successful aging process

God-given Foods Eating Plan: for Lifelong Health, Optimization of Hormones, Improved Athletic Performance Gary F. Zeolla, 2007-03-01 This book studies different food groups with a chapter devoted to each major classification of foods First the Biblical evidence is considered then modern day scientific research Foods are classified as God given foods and non God given foods A healthy eating plan is composed of a variety of God given foods and avoids non God given foods Unlike other books on this subject this book does not promote a vegetarian diet since God gave us meat for food and meat eating is assumed throughout Scripture with no negative connotations Moreover meat poultry and fish can and should be included in a healthy eating plan The proposed eating plan is also designed to optimize hormones such as testosterone growth hormone and insulin This can produce dramatic differences in a person s health and well being and can lead to a gain in muscle mass and a loss of body fat It can also lead to improved athletic performance This book also looks at other aspects of athletic nutrition

Ebony ,1976-03 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 *Ebony* ,1975-11 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

Notices of Judgment Under the Federal Food, Drug, and Cosmetic Act United States. Food and Drug Administration, 1963 The Rough Guide to New Zealand Laura Harper, Tony Mudd, And Paul Whitfield ,2006 Rough Guides har eksistert i mer enn 30 r og er kanskje verdens mest popul re reiseh ndbokserie Guidene gir informasjon om stedets kultur historie og severdigheter De er kjent for gi detaljerte opplysninger om overnatting restauranter sport og aktiviteter ogs for lavere reisebudsjetter *TV Guide* ,1994 **The Rough Guide to Tunisia** Rough Guides, 2008-11-01 The Rough Guide to Tunisia is the definitive guide to this Afro Mediterranean destination The full colour introduction covers the mile long beaches of the distinctly European northern coast as well as the fortified kasbah s of the

mountainous interior and the sub Saharan oases There are lively accounts of all the sights from Roman remains and Islamic monuments to the ancient Medinas of Tunis Sfax and Sousse You ll find two full colour sections that highlight Tunisia s striking architecture and varied wildlife information on the best resorts and exciting excursions into the mountains and desert The guide is fully updated with expanded listings of restaurants accommodation and nightlife for all budgets as well as all the practical grittiness you d expect from a Rough Guide Make the most of your time with The Rough Guide to Tunisia

The Natural Menopause Solution Editors of Prevention,Melinda Ring,2013-03-26 The editors of Prevention and integrative medicine specialist Ring distill research into the easy to follow 30 day slim down cool down diet which can help women lose 21 percent more body weight **Ebony** ,1975-10 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

Long-Term Conditions Sue Randall,Helen Ford,2011-04-18 Long Term Conditions is a comprehensive textbook for all nursing and healthcare students and practitioners that explores the key issues surrounding caring for patients with chronic diseases or long term conditions Divided into three sections this book explores living with a long term condition empowerment and care management Rather than being disease focused it looks at key issues and concepts which unify many different long term conditions including psychological and social issues that make up a considerable part of living with a long term condition Within each of the chapters issues of policy culture and ethics are intertwined and case studies are used throughout linking the concepts to specific diseases Key features A comprehensive textbook on the principles and practice of caring for people with long term conditions User friendly in style with learning outcomes further reading useful websites and case studies throughout linking to specific conditions Moves away from a disease focused medical model and takes a needs led approach Uniquely explores the overarching issues of living with one or more long term conditions Focuses on the importance of multi disciplinary team work and collaborative teamwork in the management of long term conditions

Weekly World News ,2002-01-15 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site Superhealth Steven Pratt,Sharyn Kolberg,2009-01-01 Outlines scientifically supported methods for losing weight fighting disease and improving energy levels by eating strategic food combinations describing a six week program for embracing a healthier lifestyle and detoxifying the body *Nutrition Education Materials* Holly Berry Irving,1987

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