



# WORKOUT CALENDARS

PHASE	WORKOUT	WEEKS
1	<b>THE START IT UP! DVD</b> is designed to teach you the basic moves. You'll start getting leaner, slimmer, and fitter from the moment you Push Play.	1-2
2	<b>THE RAMP IT UP! DVD</b> builds on your foundation, taking you to the next level of fat burning and body slimming. You should notice the pounds dropping away and your clothing getting looser.	3-4
3	<b>THE BURN IT UP! DVD</b> accelerates your fat loss and puts the finishing touches on your 6-week transformation.	5-6

## SLIM IN 6 / SLIM SERIES® EXPRESS!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Start here after your first 6 weeks of Slim in 6!						
	<b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	<b>SLIM IN 6</b> Burn It Up!	<b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express + 6-Minute Abs!	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	<b>SLIM SERIES EXPRESS</b> Cool It Off! Express	Rest day.
Week 2	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	<b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express + 6-Minute Abs!	<b>SLIM IN 6</b> Burn It Up!	<b>SLIM SERIES EXPRESS</b> Cool It Off! Express	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	<b>SLIM IN 6</b> Slim & Limber + Slim & 6-Pack	Kick up your feet and relax.
Week 3	<b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express	<b>SLIM IN 6</b> Burn It Up!	<b>SLIM SERIES EXPRESS</b> Cool It Off! Express + 6-Minute Abs!	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	<b>SLIM IN 6</b> Slim & Limber + Slim & 6-Pack	<b>SLIM SERIES EXPRESS</b> Cardio Sculpt! Express	No workout today.
Week 4	<b>SLIM IN 6</b> Burn It Up!	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	<b>SLIM SERIES EXPRESS</b> Cool It Off! Express + 6-Minute Abs!	<b>SLIM IN 6</b> Slim & Limber + Slim & 6-Pack	<b>SLIM IN 6</b> Burn It Up!	<b>SLIM SERIES EXPRESS</b> Cardio Core! Express	Take it easy today.

Remember to take your "before" and "after" photos and measurements. Submit your Success Story at [TeamBeachbody.com](http://TeamBeachbody.com). We want to see your transformation.



# WORKOUT CALENDARS

Debbie Siebers 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.

## SLIM SERIES®

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!	STRECH

## SLIM SERIES® / SLIM SERIES® EXPRESS!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Start here after your first 6 weeks of Slim in 6!	SLIM SERIES EXPRESS Cardio Core! Express	SLIM SERIES Tear It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express + 6-Minute Abs!	SLIM SERIES Shape It Up!	SLIM SERIES EXPRESS Cool It Off! Express	Rest day.
	SLIM SERIES EXPRESS Cardio Sculpt! Express						
Week 2	SLIM SERIES Tear It Up!	SLIM SERIES EXPRESS Cardio Core! Express	SLIM SERIES Tone It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express + 6-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 + 6-Minute Abs!	SLIM SERIES Tear It Up!	SLIM SERIES EXPRESS Cool It Off! Express + 6-Minute Abs!	SLIM SERIES Tone It Up!	No workout today.
Week 4	SLIM SERIES Shape It Up!	SLIM SERIES EXPRESS Cardio Core! Express + 6-Minute Abs!	SLIM SERIES Firm It Up!	SLIM SERIES EXPRESS Cardio Sculpt! Express + 6-Minute Abs!	SLIM SERIES Cool It Off!	SLIM SERIES Tear It Up!	Take it easy today.

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