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Aug 15, 2013 Slim in 6 Diet Plan Last Updated: Aug 16, 2013 | By Corinna Underwood. Slim in 6 is a diet plan marketed by a company called Beachbody. The plan consists

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Team beachbody - slim in 6 workout program

Slim in 6 includes: Start It Up! Introduces you to the basic Slim Training moves for burning calories and reshaping your body. (36 minutes) Ramp It Up!

Debbie siebers healthy eating tips - youtube

Mar 02, 2011 Debbie Siebers, Beachbody Trainer and Creator of Slim in 6, shares her healthy eating tips for National Nutrition Month.

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Getting the Most out of Slim in 6. Slim in 6 Success Tip # 6: Eat a post-exercise snack. especially during Slim in 6. Go Back to the Slim in 6 Guide page.

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