

WHERE DO I START?

VSHRED

HI THERE!

Welcome to V Shred!

It's completely normal to feel a bit overwhelmed when starting out, but we are here to help guide you through your first steps.

1. Start with Your Program: Begin by accessing your program in your user profile. You'll find your workouts and meal plans there. If you're having trouble accessing it, check your email (including spam) for your username and temporary password, or reset your password [here](#).

- If you need additional assistance please contact our support team at support@vshred.com
- There will be ads to try our supplements but you do not need them to see results -- our programs stand on their own and will see the results based off the work you put in.

2. Familiarize Yourself with the Basics:

Take full body photos of yourself so you can track your progress. Understand that the scale is not your only source of measuring your progress. How you feel in your clothes is a great indicator.





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Workouts:

Follow the workout schedule provided. Typically, workouts are 3-5 days per week. You can also add HIIT workouts on the same days.

Identify which workout program you purchased:

- Fat Loss Extreme
 - For Him or For Her
- Toned in 90 Days
- Ripped in 90 Days
- Clean Bulk 90 Days
- Custom Diet Plan

Identify the extras:

- Recipe Guide
- Booty Builder (Female programs)
- Big Arms Program (Male programs)
- Six Pack Shred
- Supplement Guide

Nutrition:

Stick to your meal plan as closely as possible. If the portions seem too large, it's okay to adjust based on your comfort. Stay hydrated and eat plenty of fibrous vegetables.

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Tracking:

- Download the app “My FitnessPal” and log your meals each day.
- Keep a food diary and write down everything you eat and drink each day.
- Measure portions using a kitchen scale or measuring cups to ensure accurate portions.
- Track your macros and Calories -- focus on meeting your daily goals for proteins, carbs, and fats.
- Take Photos: Capture photos of your meals to visually track your eating habits.
- Weekly Reviews: Review your food log weekly to identify patterns and make necessary adjustments.
- Stay Consistent: Track consistently to see what works best for you

Remember, progress is about consistency and making healthier choices over time!

3. Take it Step-by-Step:

Workouts: Start with the exercises in your plan. Don't worry if they seem tough at first; modify them to suit your fitness level. The key is consistency.

Nutrition: Focus on eating balanced meals. Use the recipes provided and adjust portion sizes to meet your goals. Remember, it's okay if everything doesn't match perfectly.





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4. Utilize Available Resources:

Community Support: Join the V Shred Facebook group for support from other members and trainers:

- [Click here for the Men's Facebook Group](#)
- [Click here for the Women's Facebook Group](#)

Educational Content:

Watch the videos and read the articles provided in your program. They offer great tips on exercise modifications and dietary adjustments.

Masterclasses:

Join weekly Masterclasses to kickstart your fitness journey and have all of your questions answered by our certified trainers.

[Click here to learn more about our Masterclasses](#)

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5. Stay Consistent and Adjust as Needed:

Track Your Progress:

Measure inches lost, compare selfies, and judge by how your clothes fit, not just the scale.

Overcome Plateaus:

If you hit a plateau, consider adjusting your diet or workout intensity. It's all part of the process.

Remember, the journey to fitness is a marathon, not a sprint. Take it one day at a time, and don't hesitate to reach out for help when you need it.

[Click here to read V Shred
Member Advice](#)

Feel free to reach out if you have any questions at support@vshred.com

YOU GOT THIS!

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