

VSHRED

ULTIMATE

GUIDE TO OVERCOMING METABOLIC RESISTANCE





A SPECIAL MESSAGE FROM VINCE SANT, CO-FOUNDER OF V SHRED & SCULPT NATION

Congratulations on stepping up and deciding to take charge of your health and fitness!

The hardest part of doing anything is taking that first step. And you've just crushed that. What comes next... is life-changing results that you can feel good about. Results that won't fade, but will stick with you and become your new lifestyle.

If you've tried everything, but haven't seen the progress you've expected, then this **Ultimate Guide to Overcoming Metabolic Resistance** is for you.

How do I know this? Because I've seen it. Out of the millions of people my team of elite trainers and I have coached.. I've noticed a common problem: people tend to do too much, and burn out too quickly, and move onto the next thing without ever realizing how to truly put in the work in a way that will give their body real results.

I'm talking about things like keto, intermittent fasting, cutting calories, and grueling 7 day a week workouts. All for minimal results. Or, results that quickly stall out because your body can't keep up with what you're doing.

But what if I told you that all of this can be fixed by one simple thing? All by simply resetting your metabolism and overcoming the resistance that it has built up over the years.

Believe me, resetting your metabolism doesn't have to be complicated. And it doesn't have to involve crazy fad diets, restricting your favorite foods, or spending hours in the gym.

Because if something feels too difficult, it probably is.

Resetting your metabolism begins with understanding how YOUR metabolism works. And making adjustments based on your needs.

It's all about fueling your body with the right types and amounts of food so that your body can utilize carbs, protein, and fat in a way that builds lean muscle, torches fat and calories, and helps you feel your absolute best.

So keep reading, and get ready to learn exactly how to overcome metabolic resistance and finally start seeing the results you've wanted for so long.

Congrats again on taking this important step towards better health and a better body!

I'm thrilled to have you be a part of V Shred and know you're going to get a lot out of this!

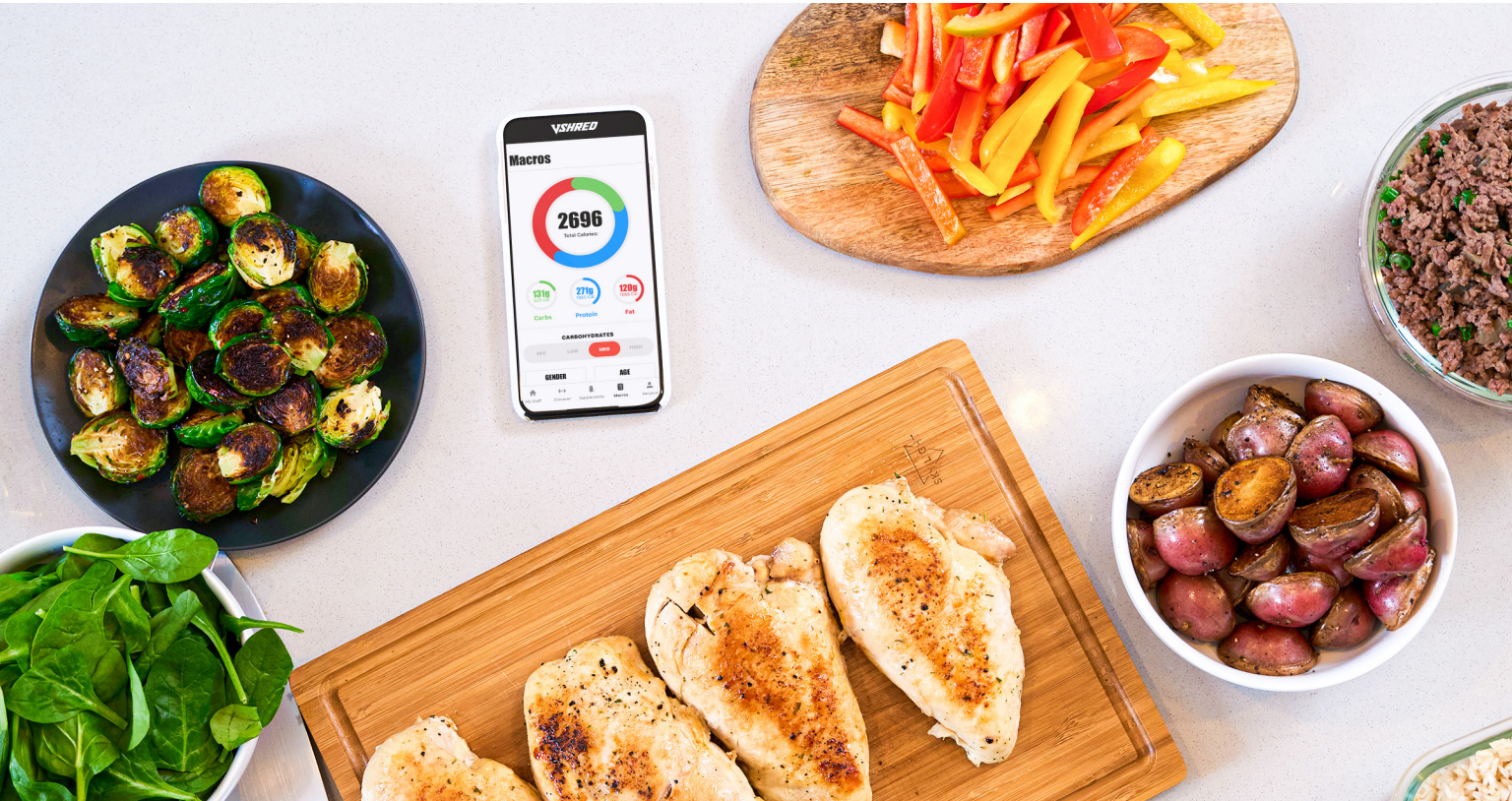
A handwritten signature in black ink, appearing to read 'Vince Sant', with a tilde symbol (~) to its left.

Vince Sant
*Co-Founder of V Shred
and Sculpt Nation*

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WHAT IS "METABOLIC RESISTANCE"?



In order to understand what metabolic resistance is, you first have to understand what your metabolism is and how it functions.

“The metabolism” refers to the chemical reaction in the body’s cells that convert calories from food into energy that the body can use.

The calories in the food we eat is made up of three macronutrients: protein, carbohydrates, and fat. Each nutrient is broken down in the body and carried to our cells where it’s utilized as energy that our body can use.

CARBS

PROTEIN

FAT



A fast metabolism is when your body is able to start processing those calories immediately and using them for fuel. Someone with a fast metabolism will even burn more calories while resting. A slow metabolism, on the other hand, does the exact opposite.

It's the slow metabolism, or the person with Metabolic Resistance, that burns fewer calories during rest and activity, and often ends up storing those calories in fat tissues, muscle, or in the liver.

Your Metabolic Rate, or the rate at which your body utilizes calories for energy or storage, is a very individualized process and is different for everyone.

But, there are definitely some other factors besides genetics that play a role in how your metabolism works.

IT'S NOT ALWAYS AS SIMPLE AS "CALORIES IN, CALORIES OUT."

6 FACTORS THAT AFFECT YOUR METABOLISM



Sex: Our gender and genetics do play a role in how our body utilizes calories. For instance, we would typically see a faster metabolism in a man with less body fat and more muscle mass than a woman of similar age, height, and weight.



Age: As we age, our metabolism tends to slow down, and our muscle mass often decreases.



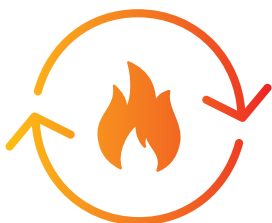
Body composition (muscle mass vs. body fat, height, and overall build): Those with a larger frame naturally burn more calories.



Muscle mass: The more muscle you have, the more calories your body will burn. Even at rest.



Physical activity: The more active you are, the more calories your body will need to produce energy.



Thermogenesis: Calories consumed provide energy for our body to complete the process of digestion and utilization of protein, carbohydrates, and fat.

Genetics aren't the only thing that play a role in how fast, or slow our metabolism works. Things like hormonal imbalances, toxins from the environment, and endocrine disorders can also affect your metabolism.

If you've:



Hit a plateau and can't seem to shed the extra weight



Struggled with your diet and exercise for years



Experience strong cravings that make your dieting harder



Are tired of spinning in the same hamster wheel without seeing results



THEN CHANCES ARE HIGH THAT YOU HAVE METABOLIC RESISTANCE.

Keep reading and I'll share some tips on how to turn things around...

10 WARNING SIGNS OF A “BROKEN” METABOLISM



So how do you know if your metabolism is in need of a reset? If you've spent years yo-yo dieting or endless hours doing cardio, then there's a pretty high chance you've experienced **the aftershock of a broken metabolism**. Maybe without even realizing it.

But, don't stress. Because there **IS** a way to help fix it. And a way to jumpstart progress so you can see results again. Results that you'll be able to maintain.

There are actually a lot of common signs of a weak or broken metabolism, and they're so common they often go overlooked.

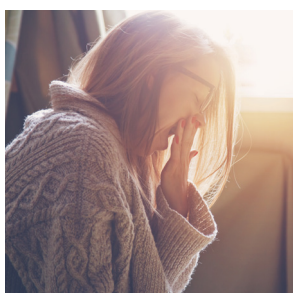
Here are the top 10 most frequent signs of a weak or “broken” metabolism so you can recognize them and take action to correct them:



1.
Weight gain
and/or difficulty
losing weight



6.
Headaches



2.
Ongoing fatigue



7.
Trouble
concentrating



3.
Difficulty
sleeping



8.
Thin hair, brittle
nails, dry skin



4.
Increased sugar
cravings or
appetite



9.
Decreased
testosterone
levels



5.
Memory
loss



10.
Decreased
sex drive

Worried about any of these warning signs?
[Click here to take our FREE Metabolic Assessment
and find out your Metabolic Score.](#)

Thousands of people have already taken this
short quiz and are SHOCKED by their results!

FOODS THAT WEAKEN YOUR METABOLISM



One of the worst things you can do for your metabolism is to create too big of a caloric deficit (aka, not eating enough). Restricting calories may give you temporary or short-term results, and yes, to lose weight you need to be in a caloric deficit, but eventually, your body is going to stall out.

You never want to create such a drastic restriction that cuts out your favorite foods, or food groups.

Because when you do, chances are high that you'll fall back into that vicious cycle of yo-yo dieting with a little bit of weight loss, followed by binge-eating, and then gaining back what you lost. Plus some.

Learning how to fuel your metabolism begins with understanding how the foods we eat affect us physically and mentally.

Foods that weaken your metabolism are ones that have a negative impact on gut health:



- **Processed foods and sugar:** Diets high in sugar and processed foods are a feeding ground for the bad bacteria that like to hang out in our gut. When there's a negative balance of good vs. bad gut bacteria, all sorts of things can be affected. Things like our metabolism, immune health, our sleep, energy levels, and more.
-



- **Low fiber diets:** When you don't eat enough insoluble fiber, then your good gut bacteria aren't able to thrive. Ensuring you get enough fiber on a daily basis can help with overall gut health as well as your metabolism.
-



- **Low fat and low protein diets:** Healthy fats and protein help keep you feeling fuller, longer. When you're not eating enough of either, your body typically starts feeling hungry and you may experience more cravings. Ensuring adequate protein and fat intake on a daily basis is one of the best things you can do for your metabolism.

Carbs also play a huge role in how fast, or slow your metabolism runs. But they're so important they're worth dedicating a lot more time to learning about.

So keep reading because we'll cover that here as well...

SECTION 4

DOS AND DON'TS OF WORKING OUT WITH METABOLIC RESISTANCE



So you realize you have Metabolic Resistance. Now what? You might be thinking you need to start a new workout program... but how much should you push? Should you be doing low impact workouts instead?

We know this can be a little confusing.

So here's a quick guide on what to do... and what NOT to do to get things on track:

✓ DOs

- Combine movements to create more full body exercises
- Involve your legs with your exercises
- Rest just long enough to be able to put strong energy into the next exercise
- “Bump” your threshold (aim to challenge yourself when you can)
- Mix in quick cardio intervals into your work
- Combine exercises so that strength movements in a circuit produce a cardio challenge
- Alternate the pattern of your movement (i.e. push, pull, upper, lower, combined, etc.)
- Focus on lifting weights or bodyweight resistance training

✗ DON'Ts

- Rest long enough that you are “comfortable” before the next exercise
- Push past your “threshold” or maximum
- Do lots of the same direction of movement right after the other exercise
- Push so hard you can’t do the next exercise
- Go so easy that you are eager for the next exercise
- Rest long (if at all) when going from cardio to strength movements and from strength to cardio
- Spend endless hours doing low intensity cardio (think treadmill, elliptical, etc)

Want to turn your metabolism around the EASY way?

[Click here to take our FREE Metabolic Assessment and find out your Metabolic Score.](#)

Thousands of people have already taken this short quiz and are SHOCKED by their results! We'll show you what your score is and some tips on how to improve it.

THE RIGHT WAY TO EAT CARBS FOR A BETTER METABOLISM



THE TRUTH ABOUT CARBS.

Carbohydrates serve as our main energy source, and they help fuel our body not only for exercise, but for our regular daily activity as well.

There are two main types of carbs: simple, and complex carbs.

Simple carbs are often what get us into trouble. They're things like processed white sugars, white breads, cakes, cookies, candies, etc. Complex carbs are whole grains, beans, quinoa, potatoes, and

vegetables. Complex carbs are also high in fiber, which is essential for digestive health.

So even though we're talking about food from a quantitative standpoint - meaning paying attention to the overall caloric total, or macro total of your daily carbohydrate intake, paying attention to the qualitative side of things matters, too. Aka how whole or nutrient dense your daily menu is.

But the good news is you don't have to give up your favorite foods for nothing but chicken and broccoli every day. Understanding the right total of carbs you need on a daily basis will give you the freedom to add those things you can't live without into your regular menu, while still seeing results.



HOW? BY CARB CYCLING.

With carb cycling, you can still create a caloric deficit, but one that supports the exercise and activity you're adding into your routine with your V Shred program. And, with carb cycling, the trick is to keep your protein and fat intake the same each day, but cycle through low, medium, and high carb days.

This creates "metabolic confusion," and solid research backs this strategy to be optimal for leptin production - the hormone that affects our metabolic rate.

"One of my favorite tools for weight loss or body recomposition is carb cycling. Carb cycling can also help optimize hormone production as well, which is so important for overall health!"

*Elite Trainer and Physical Therapist
Asst Coach Tyler*

HOW DOES IT WORK?

The extra calories from carbohydrates that you eat on high carb days will temporarily boost your leptin levels, which leads to a boost in your metabolism. It also helps you feel fuller heading into your low carb day, and allows for extra fat burn.

CARB CYCLING SAMPLE WEEK*

MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb
MONDAY Low-carb	TUESDAY Med-carb	WEDNESDAY High-carb	THURSDAY Low-carb	FRIDAY Med-carb	SATURDAY High-carb	SUNDAY Low-Carb

Creating metabolic confusion through carb cycling has proven to be successful in helping those with more of an endomorph body type lose weight. Not sure what your body type is, or if carb cycling is the right answer for you?



**Take our FREE
Metabolic Assessment
and find out today.**



SECTION 6

HOW THESE PEOPLE BEAT METABOLIC RESISTANCE



Anthony Blair

In just three months, Anthony Blair has dropped 20 lbs from 240 lbs to 220 lbs while working with his Elite V Shred Trainer, Justin Hudginsv. Despite his extremely busy schedule, this father of four and grandfather has been able to

fit his V Shred program into his schedule in a way that works for him. He's experienced higher energy levels, and has successfully lowered his blood pressure and cholesterol levels. He's also reversed his sleep apnea, and no longer experiences intense sugar cravings. Not only do his clothes fit better, but Anthony says he feels stronger, and his "metabolism is through the roof!"



Srajan Jain

Srajan Jain went from 226 lbs to 208.9 lbs, and his body fat dropped from 43% to 31% in just one month! All with the help of his Elite V Shred Trainer Mitch Nielsen. As a vegetarian, Srajan was still able to gain lean muscle

mass while boosting his metabolism and burning through fat.



Corie Tarello Powell

Corie's story is so similar to that of many others: a busy mom of two who tried every diet without the success she wanted. After deciding to give our V Shred Accelerator Program a try, she was paired with V Shred Trainer

Seth Scrimo, and dropped 40 lbs and 30 inches in just 90 days.

"I've just had a really good experience with V Shred. It has taught me it's not short-term, it's long-term. It is a lifestyle change."



Melissa Dukes

Melissa Dukes has lost 23 lbs in 4 months with the help of her Elite V Shred Trainer Tihana Car. In spite of having to be on bedrest after a knee surgery, she was still able to see results and remain consistent with her nutrition by

simply adjusting her meal plan to her changed activity levels. Melissa still enjoys a glass of beer every Friday night and is still able to see and maintain results!

This customer utilized a Custom Diet Plan in conjunction with the help of a V Shred Trainer. This is a unique regimen customized for this customer and your results may vary. For typical results for the Custom Diet and Training Plan please see our Testimonial Support Page.

YOUR SHORTCUT TO OVERCOMING METABOLIC RESISTANCE



Imagine if you could eat all your favorite foods, like chocolate, pizza, ice cream, and even red wine...

Without worrying about the scale. Because you knew whatever food you ate, your body would just burn it all off.

This is what we call having your metabolic accelerator shift into full gear.

Remember when you were younger it felt like you could eat whatever you wanted without having to worry? But then as you started getting older you probably noticed some things shifting. And now your body doesn't quite handle those foods the same way it used to?

That's because as we age, our metabolism naturally slows.

AN AGING METABOLISM



And if you don't prime your metabolism, then this can become a huge obstacle in your weightloss journey. And ultimately affect how you feel.

The metabolism can be a powerful tool that's capable of working efficiently no matter how old you are. And.. certain hormones in the body can work like spark plugs for the metabolism to shift it into high gear while helping you shed weight, decrease cravings, and keep you feeling your best.

Once you know what these hormones are and how to activate them, you'll automatically be on the path to weight loss success, by putting those results on autopilot, allowing you to enjoy all the foods you love without the guilt.

It's a way to get your life back so you can spend more time doing the things you love, and less time worrying about the scale or struggling with confidence.

If you're ready to learn what your metabolic score is, and learn a scientifically-proven SHORTCUT to fast track your results, just

[CLICK HERE! >>](#)





"I have slimmed down and gone down to a weight that I probably haven't been to since I was in college!"
~ Lynnsey C.



"I've become a much better version of myself, and I wanna keep going."
~ Jake K.



"I had some adversity, overcame it and, you know, now it's just, hey, you can do that, you can do anything."
~ Steve B.



"I felt so proud to be able to go in and sit at the restaurant and know, and not be tempted."
~ Lisa A.



"My face is, like, completely changed. I've- I've walked into work and my coworker goes, "You look so bright."
~ Ashley C.



"And so carb cycling was something I'd never heard of, um, and it didn't feel like a diet."
~ Brittany S.



"I have never gotten results like this on any fad yo-yo dieting I have done in my entire life."
~ Corie Powell.



"It's not so much of a weight loss journey for me as it is a muscle-building journey."
~ Eric M.



"I can definitely tell that my metabolism has been really kick started and I know how to keep it going"
~ Melissa D.

Discover Your Metabolic Score Now! (It's Free) >>



This customer utilized a Custom Diet Plan in conjunction with the help of a V Shred Trainer. This is a unique regimen customized for this customer and your results may vary. For typical results for the Custom Diet and Training Plan please see our Testimonial Support Page.

BONUS! HOW TO CLEAN UP YOUR GUT FOR WEIGHT LOSS SUCCESS



Your health starts with the gut; it's basically your second brain. And 80% of our immune function starts with our gut.

It's home to over 50 trillion bacteria that make up your microbiome. When your microbiome is out of balance, you'll be dealing with digestion issues, poor nutrient absorption...and all the side effects that come with that.

So you want to make sure your gut stays in balance, with more of the good bacteria than bad bacteria!

THE GOOD NEWS IS YOU HAVE THE POWER TO DO JUST THAT WITH YOUR FOOD AND LIFESTYLE CHOICES!

Here's a quick gut health checklist to get you started:

- **Make sure you're getting enough fiber**, including insoluble fiber. These fibers are what the good bacteria in your small intestine like to feed on.
- **Eat fermented foods** like non dairy yogurt and sauerkraut, because they contain healthy bacteria that can replenish your gut microbiome. This is especially true if you have taken antibiotics, which can affect the balance of your gut bacteria.
- **Avoid processed foods and sugar**. The bad-guy bacteria like to feed on these!
- **Cut stress**. Meditate, journal, go outside for some fresh air. There's a direct connection (your vagus nerve) between your brain and your gut, each affecting the other!
- **Get regular exercise**. The more active you are, the happier your gut microbiome is!
- **Get enough sleep**. When your sleep is disrupted, so are the good bacteria in your microbiome. And vice versa!seeing results

And when it comes to weight loss success, **we also recommend "cleaning" up your gut as you go with the right nutrients...**

Just think about how your gut might be clogged up with toxins and junk that gets in the way of how you digest food...

When you have clean digestion, your body absorbs more nutrients from all the food you eat which in TURN helps manage cravings and keeps you fuller.

And you CAN heal your gut with a mini at-home reset.

That's why we created your metabolism reset secret weapon...



THE ULTIMATE RESET STACK



This bundle provides the essential supplements your body needs in order to clean up your gut health for ultimate weight loss success. Here's what's included:

GREENS



Our Greens are a nutrient-dense superfood that primes your body and brain to burn fat, build muscle, and increase performance. Packed with vitamins, minerals, antioxidants, and multi-purpose agents. like Collagen, Turmeric Root, and Rhodiola Root, this super supplement will cleanse and detoxify while providing immune support.

PROBIOTICS



What goes on in your gut and microbiome directly affects your entire body system. Which means gut health plays a huge role in your metabolism and transformation. SculptNation's probiotics are essential to supporting your Brain-Gut Axis and aiding in better digestion, a stronger immune system, decrease bloating, increased nutrient absorption, and fat loss.

ENZYMES



Enzymes are the key that pull all these other benefits together. Not only will enzymes help give optimal recovery from your workouts, but they'll aid your body in pulling more nutrients from your food and the other supplements in this stack.

BONUS: ACV GUMMIES



Our ACV Gummies support weight loss, control cravings, and boost energy. ACV Gummies are your low-calorie guilt-free snack that supports both digestion, and metabolism.

Get yours now and save BIG on this stack!



~~Reg. \$176~~

ON SALE TODAY FOR ONLY

\$97!

That's over 44% off!

GET THIS DEAL NOW >>!

