

VSHRED



FAT LOSS BLUEPRINT

**YOUR "SHORTCUT" TO WAKING UP YOUR METABOLISM
AND LOSING THAT STUBBORN FAT!**

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FAT LOSS
BLUEPRINT



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

Nice work stepping up and deciding to take charge of your health and fitness.

We know losing weight is NOT easy. You've probably already tried countless diets, spent hours working out, and maybe you're just frustrated with your body. And if you're over 40, you know it gets even harder as you get older. Your metabolism just isn't working like it's used to and it feels like everything you try just doesn't work.

How do I know this? Because 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.

That's why my team and I created this Fat Loss Blueprint. In this short little guide, you'll discover the TRUTH about your metabolism and some easy ways to start releasing some of that stubborn fat.

So let's dive right in!

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

DO YOU HAVE “METABOLIC RESISTANCE”?

“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.



PROTEINS



CARBS



FATS

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 something we call “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 INFLUENCE METABOLISM



1. **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.
2. **Age:** As we age, our metabolism tends to slow down, and our muscle mass often decreases.
3. **Body composition (muscle mass vs. body fat, height, and overall build):** Those with a larger frame naturally burn more calories.
4. **Muscle mass:** The more muscle you have, the more calories your body will burn. Even at rest.
5. **Physical activity:** The more active you are, the more calories your body will need to produce energy.
6. **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..
WHICH CAN MAKE FAT LOSS NEARLY IMPOSSIBLE.**

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

FOODS THAT WEAKEN YOUR METABOLISM AND MAKE FAT LOSS HARDER

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...

10 WARNING SIGNS OF A “BROKEN” METABOLISM

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.

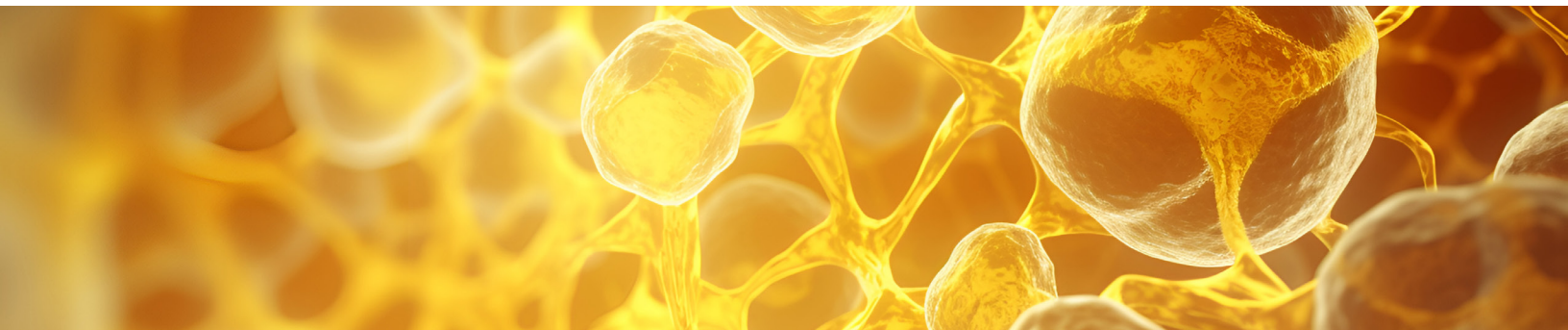
There are actually a lot of common signs of a weak or broken metabolism, and they’re so common they often go overlooked.

HERE ARE THE TOP 10 MOST FREQUENT SIGNS OF A WEAK OR “BROKEN” METABOLISM:

1. Weight gain and/or difficulty losing weight
2. Ongoing fatigue
3. Difficulty sleeping
4. Increased sugar cravings or appetite
5. Memory loss
6. Headaches
7. Trouble concentrating
8. Thin hair, brittle nails, dry skin
9. Decreased testosterone levels
10. Decreased sex drive



And one of the BIGGEST reasons why your metabolism is breaking down like this comes down to something we call, **“hormonal misfiring”**. This is when your body isn’t producing enough fat burning hormones...and way too many fat *storing* hormones.



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!

DOS AND DON'TS OF WORKING OUT WITH METABOLIC RESISTANCE

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

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 send you a full report about what's going on with your metabolism right now and tips for turning things around!

THE RIGHT WAY TO EAT CARBS FOR FAT LOSS

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 carbs, 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.

"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 Seth

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.

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.

AN EXAMPLE OF A CARB CYCLING WEEK:

Monday: low carb day

Tuesday: medium carb day

Wednesday: high carb day

Thursday: low carb day

Friday: medium carb day

Saturday: high carb day

Sunday: low carb day

Repeat!

Creating Metabolic Confusion with carb cycling is a **PROVEN** way to get out of a plateau...no matter what your body type is.

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

HOW THESE PEOPLE BEAT METABOLIC RESISTANCE (IN LESS THAN 90 DAYS!)



ANTHONY B

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 Hudgins. 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 J

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 T

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 D

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!

Results may vary. See our Testimonial Support Page for typical results.

YOUR SHORTCUT TO OVERCOMING METABOLIC RESISTANCE & SPEEDING UP FAT LOSS

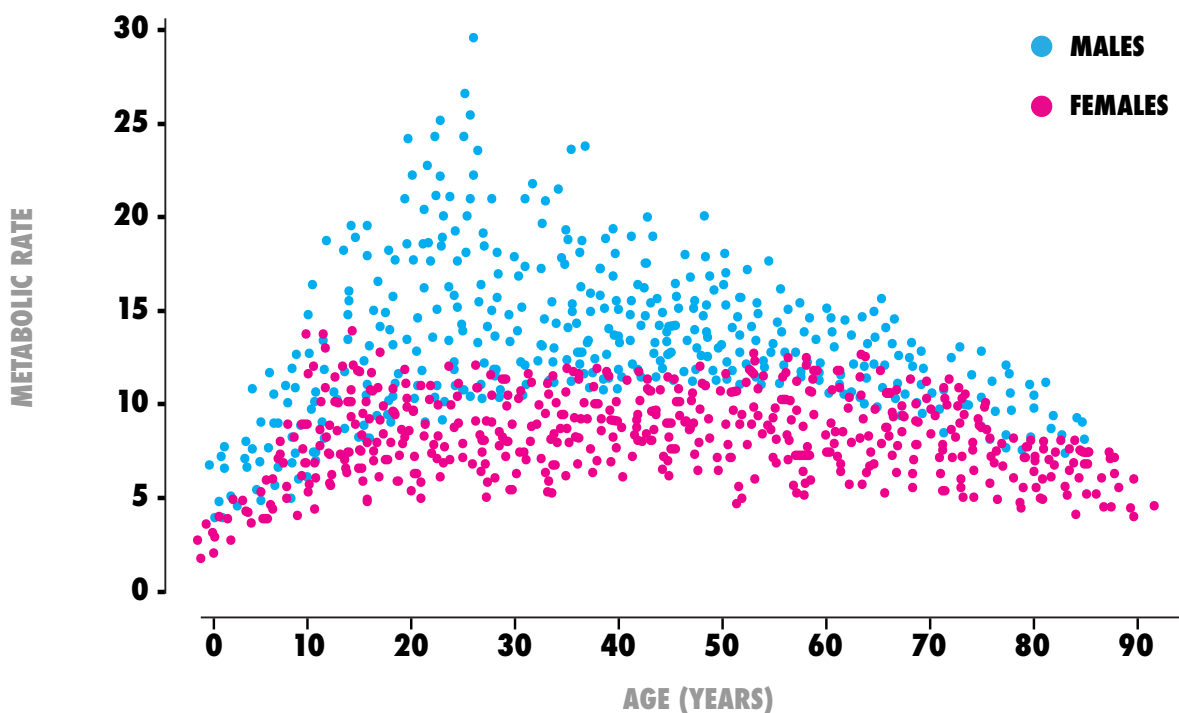
Imagine if you could eat all your favorite foods, like chocolate, pizza, ice cream, and even red wine...

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.



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! >>](#)**



BRANDON
LOST
59 LBS!



ZABRINA
LOST
53 LBS
& 10 DRESS
SIZES!



Iolee
LOST
42 LBS!



RENNE
LOST
22 LBS!
BIKINI READY!

SUMMER W.
LOST 70 LBS
IN 7 MONTHS



AMY
LOST
17 LBS!
LOOK AT
THOSE ABS!

RYAN
LOST 60 LBS
IN 9 MONTHS



CONRAD
LOST
186 LBS!



RICH
LOST
72 LBS!

Click here to take our FREE Metabolic
Assessment and find out your Metabolic Score

GET YOUR SCORE NOW!

SPECIAL OFFER

SUPERCARGE YOUR METABOLISM WITH OUR ULTIMATE FAT LOSS STACK!



Get a jumpstart on your fitness goals, all from home? Combine our most popular fat-burning stack with the 30 Day MOVE At-Home Workout Program to give your body that boost it needs!

Just **follow along to the simple workouts with Vince** for the next 30 days...take our popular Burn Evolved 2.0 daytime fat burner and Burn PM nighttime fat burner each day. Power up your days with Turmeric Black...

And **in just 30 days**, you can look forward to some **GREAT results!**
Pick up this stack now and claim your 2 FREE Bonuses!

Includes:

🔥 1x Burn Evolved 2.0

🔥 1x Burn PM

🔥 1x Turmeric

🔥 MOVE 30 Day At-Home Workout Program

★ BONUS GIFT #1: Recipe Guide

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