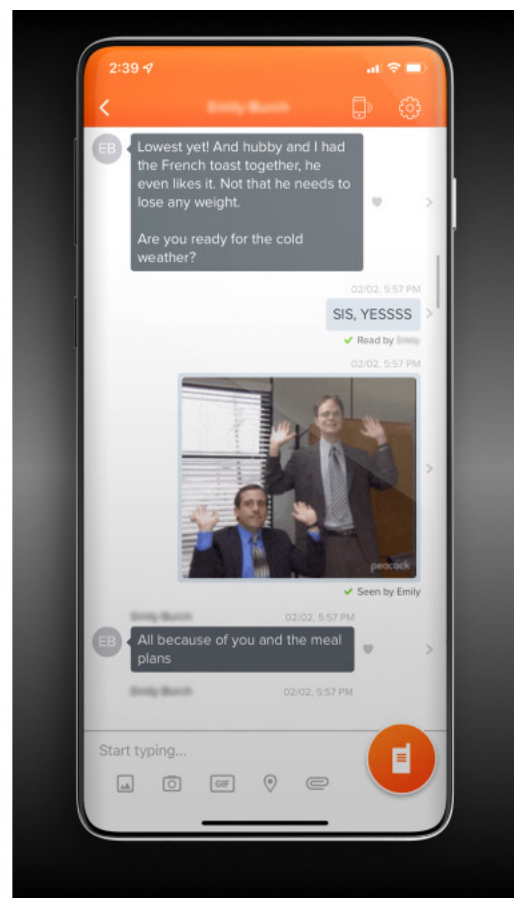


VSHRED

WELCOME TO THE V SHRED VIP COACHING PROGRAM!





A SPECIAL MESSAGE FROM VINCE SANT

Co-Founder of V Shred & Sculpt Nation

Hi, I'm Vince Sant, Co-Founder of V Shred and Sculpt Nation.

I wanted to take a moment and **congratulate you** because you have just made a great decision to join our VIP Coaching Program!

You're about to undergo a BIG transformation over the next 6 months and I know you're going to LOVE the results.

Making the first step is often the hardest part of any lifestyle change...

And by choosing to join this program, the hardest part is behind you! Now, you can focus on all the great things that await you over the next year...

More energy...dropping a few sizes...better eating habits....and ALL the support you need as you go.

Our team wants you to get EXCITED. Because this next year is going to be life changing. **And we're setting you up for success with a special BONUS - 7 Days of Audio Coaching Sessions with me!**

[Access your Bonus Coaching Sessions with me right here! >>](#)

Now, a lot of our clients start seeing results as soon as the FIRST week of working with their Coach. And you can, too.

All you have to do is start with an open mind, be ready to learn and put in the work.. And stick with your plan. If you can do this, you WILL succeed, and you WILL see results.

One thing to keep in mind...

We're going to be **changing your metabolism at the cellular level**. This is a high level of "reprogramming" using scientifically proven methods. Which means this isn't just a fad or a quick fix. Instead, we're here to help you get REAL results, that will last.

So welcome! Motivation, accountability, support, success are waiting for you!

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

WHAT TO EXPECT OVER THE FIRST 90 DAYS...


We break down the first 90 days into three phases. This sets the stage for your success the remainder of the year and is a CRUCIAL part of your journey.

Your Coach will be following a Metabolic Correction Protocol, designed specifically for you, that will help “reprogram” your body and metabolism so that fat burning gets easier and easier.

Here’s what you can expect from each phase:

Phase 1: Reset

PHASE 1:
RESET



- Reset and revive a sluggish metabolism
- Prepping the body and mind for maximum fat loss
- “Reprogramming” the hormones for sustainable results
- Reducing appetite while increasing energy levels
- Noticeable results in the mirror and your clothes!

Phase 1 is where we start to lay the groundwork for all the changes you’ll start to notice over the course of your program. It’s based on the science-backed principle of resetting and reviving a broken metabolism, so that we can prepare your body and mind for maximum fat loss.


You probably joined our VIP Program because you’re sick of working so hard but not seeing results, right? All of that is about to change.

We’ll dive into reprogramming hormones, and changing your daily habits so that they serve you in a more effective way. **Remember this is all about a RESET from the inside out.**

This is the phase where your V Shred Trainer will help you start to make the small changes needed on a daily basis to form better habits, and change your mindset.

Phase 2: Build

PHASE 2:
BUILD



- Priming the metabolism for RAPID results
- Building strength while triggering fat loss
- Better appetite control and fewer cravings
- Triggering more fat-burning hormones
- MORE visible results in the mirror and your clothes!

Phase 2 will start to build upon the foundation you’ve laid in Phase 1, priming your metabolism for RAPID results.

This is where you’ll start to visibly see those changes in the mirror, AND in the progress photos you’ve been taking.

Seeing results, and starting to feel better, both physically and mentally, which will help you stay motivated to finish out this phase strong.


You’ll also start to notice that your exercise performance is improving. Maybe you’re able to hold a plank longer than last

month, or you're able to add in dumbbells to a move you could only do with bodyweight before. Maybe you're not feeling as tired after a workout.

The wins will start to stack up, so celebrate them along the way. They'll be a driving force for you as you move into Phase 3.

Phase 3: Transform

PHASE 3:
TRANSFORM



- Carb cycling dialed in and metabolism on FIRE
- Building strength and continued fat loss
- Little to NO cravings, eating healthy is EASY now
- Fat-burning hormones are on OVERDRIVE
- BIG changes in the mirror and your clothes!

Here's where the fun really begins. Phase 3 is all about supercharging results. Your trainer will help you dial in your nutrition to really focus on the principles you've learned in the last two phases.

This is where your carb cycling or diet change efforts will really take off, setting your metabolism on FIRE. Most clients see the biggest changes in Phase 3, as they continue to build strength and shed fat.

This is the phase where your hormones will be in fat-burning OVERDRIVE. Losing weight will seem "easy" compared to how you felt before you started, and your confidence will start to soar.

You'll probably start getting asked by co-workers and friends WHAT it is you're doing, and everyone is going to want in on your secret weapon.

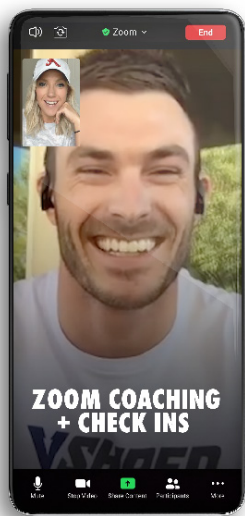
But it's not over yet. Finish this phase strong, and stay committed to the process. There are more wins around the corner just waiting for you.

If you're ever feeling lost, or have a question, take advantage of your VIP access to our Concierge Team, who will support you every step of the way!

GETTING STARTED WITH YOUR V SHRED CERTIFIED TRAINER

One of the best parts of the Challenge and the VIP Coaching Program is that you have a dedicated, Certified V Shred Trainer who will be with you every step of the way!

In order for you to get the most out of this experience, here are a few things to help you get set-up and started:

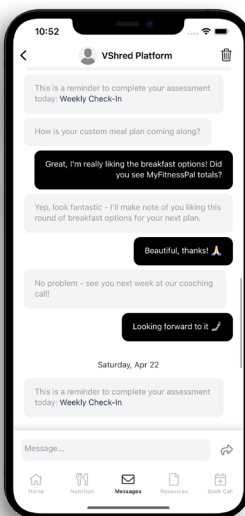


SET UP YOUR MONTHLY ZOOM CALLS

Each month, you'll get to meet face to face with your V Shred trainer over Zoom. This is the perfect way to build that connection with the person who is going to help you reach your goals.

You can schedule your calls right inside the VIP Coaching App!

Go ahead and sign up for all three Zoom calls right away, if you know your schedule. That way, you can get those dates added to your own calendar for accountability!



HOW WEEKLY CHECK-INS WORK

Each week, your trainer will send you a Push notification in the App as a reminder to submit your Weekly Check-In. This is your chance to send an update to your trainer letting them know how the last 7 days have gone.

Just answer a few questions and leave any notes for your Coach!

The more information you can provide, the better. That way your coach can get a clear picture of how you're doing, and make recommendations or changes to your plan as needed



TAKING BEFORE AND AFTER PHOTOS

Taking before photos (and progress photos along the way) is essential to capturing the full picture of how you're doing.

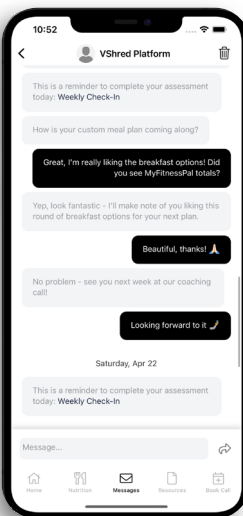
We recommend getting a before photo from three angles: a front view, a side view, and a back view.

It's up to you how often you repeat these photos, but being able to share these with your trainer will also help them see how you're doing.

[Here's a handy Guide to Taking good Progress Photos](#)

If you're not ready to share, that's okay! Keep them for your eyes only. But still take your progress photos and repeat weekly, bi-weekly, or monthly.

Sometimes, changes aren't noticeable when you're looking in the mirror day after day. But being able to compare photos from when you started, to where you are now, can be eye opening.



IN-APP MESSAGING: BEST PRACTICES

Being part of the VIP Coaching Program also means you also have access to VIP perks, like UNLIMITED in-app messaging with your Coach!

This app works similar to text messaging on your phone. You can send text messages at any time, to ask questions, or seek support and advice.


A great example of how to use this feature: when you're grocery shopping for this week's meals but your store is out of some key ingredients. Shoot a quick message to your trainer and your trainer can help you select some alternatives.

Don't hold back from messaging your coach. If you're having a bad day, worried about an obstacle that just popped up, or not sure how to handle a weekend out with friends... Sending off a quick message to your trainer is key. They'll be able to provide the feedback and support to help you through any situation that comes up.

WHAT PEOPLE ARE SAYING ABOUT THEIR V SHRED JOURNEY...

Get ready to be AMAZED with some transformations that will blow you away.

These men and women started out just like you... but look at how their lives have changed with the VIP Coaching Program!




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



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



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



"My face is, like, completely changed. 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 felt so proud to be able to go in and sit at the restaurant and know, and not be tempted."
~ Lisa A.



"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.

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.

7 TIPS FOR RAPID SUCCESS ON YOUR HEALTH AND FITNESS JOURNEY!

I hope you're getting excited! Our team can't WAIT for that first check-in from you! But before you get started, here are 7 ways you can make sure you get the MOST out of your program:



TIP #1: COMMIT TO THE WEEKLY CHECK-INS

Communication is key when working with your V Shred Trainer. So make it a goal that you will never skip a weekly check-in.

Your Coach is here to help. And the only way they can do that is if you tell them how you're doing. They'll answer questions and make adjustments to your plan if needed, so that you can make sure it continues to feel do-able, every single step of the way.



TIP #2: TAKE BEFORE AND AFTER PHOTOS

This one can often feel a little daunting, but take it from us... You will want to see those before pictures someday!

Even if you don't feel comfortable sharing your photos with anyone else, take them anyway. Because sometimes progress doesn't always show up on the scale when we want it to, but having those photos you can compare side by side week after week, and month after month, will truly show you just how far you're coming.

Pro tip: Get a before photo from every angle! This includes the front, side, and back.



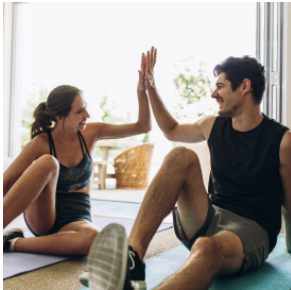
TIP #3: BE PATIENT AND KIND TO YOURSELF. THIS IS A JOURNEY.. NOT A SPRINT.

Learn to give yourself grace. You will not go into your program 100% perfect from day one. That's impossible. You will have days where you mess up on your meal plan, or temptation gets the best of you. Or maybe you'll have a day where you find yourself just too tired to fit in that workout. And that's okay. When that happens (and it happens to all of us), you have to learn to forgive yourself, and to move on.

It doesn't mean you should beat yourself up over it, or "punish" yourself the next day with extreme restrictions or endless cardio.

Instead, keep your head held high, and get right back on plan. You got this!

If you find yourself having a lot of these days... Reach out to your trainer. That's what our team is there for!



TIP #4: CELEBRATE THE WINS - ALL OF THEM!

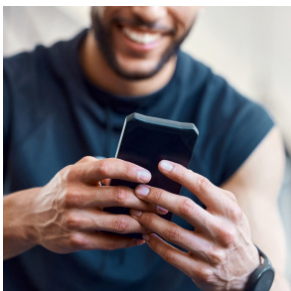
Learn to celebrate every single win along the way, no matter how big or small. Parked your car a little further from the door to get extra steps? Celebrate it! Crushed your water goal this week? Celebrate it!

It also helps to take your big goals and break them down into smaller goals. Want to lose 50 pounds? That's a great goal! But break it down into smaller ones, first. Set your first goal to lose 5 pounds. And then when you do, celebrate the fact that you reached your first milestone.

It'll make all those other goals feel that much more attainable.

Learn to recognize your achievements and get into the habit of telling yourself that you're doing a good job.

Doing so will help keep you motivated, and will start to shift your mindset into believing that anything is possible.

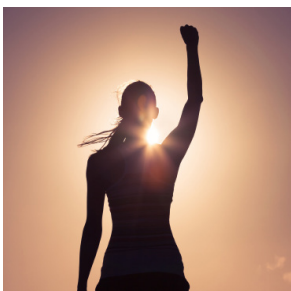


TIP #5: SHARE YOUR PROGRESS WITH YOUR TRAINER, AS WELL AS FRIENDS AND FAMILY TO SUPPORT YOU ON YOUR JOURNEY!

SHARE your progress! You can tell your trainer how you're doing (and you should!), but also include your friends and family.

Having a support system is a huge secret weapon when it comes to your transformation. Share what you're doing with those closest to you, and allow them to encourage you, support you, and help hold you accountable.

Who knows? You may just inspire them to make a change, too!



TIP #6: VISUALIZE YOUR SUCCESS

Mindset is a BIG part of this journey you're now on, and part of succeeding is believing that you can. This starts with visualizing how you're going to win, and seeing yourself achieve your goals.

You can do this by writing words of affirmation on sticky notes and posting them around your office or home where you're sure to see them on a daily basis, or even creating a vision board.

Include words and pictures of the person you're wanting to become, and the goals you're working hard to achieve.

The words you use will play a huge role in your mindset and believing that this is possible.

Don't just say "I want to lose weight," but claim it!

Saying things like, "I WILL lose 50 pounds," and, "I AM a fit, and healthy person," will prime your mindset for believing that you will see this through, and will help to remind you what you're capable of on the days where it feels a little harder.



TIP #7: BE PROUD OF THE NEW WAY YOU'RE TAKING CARE OF YOURSELF WHICH IN TURN HELPS YOU TAKE CARE OF YOUR FAMILY AND FRIENDS – YOU'RE BECOMING THE BEST VERSION OF YOU!

Be proud of what you're doing! It's okay to boast a little when you're doing something difficult and crushing your goals. Keep your head high and remind yourself that by putting yourself first, you're taking the necessary steps to live a healthier, happier life.

This new positive lifestyle will be the domino effect for everything else you do.. And the confidence that you'll gain will open up possibilities you never knew existed.

Make this YOUR year, and embrace the best version of you with open arms, and an open mindset!

CONGRATS!



Congrats again for taking this exciting step towards better health...a healthier weight...and a NEW YOU!

Be on the lookout for an email from your Trainer inviting you to the App and a Welcome Email from V Shred Coaching that breaks down next steps.

And thank you for choosing V Shred to be part of your fitness journey! We can't wait to show you what's possible and help you achieve some incredible results!