OUTRO:
TYING IT ALL TOGETHER
THE TOTAL PACKAGE

www.VinsanityShred.com
The 90 Day Clean Bulk program has now been laid before you. It provides you with a paint by numbers method to pack between 5 and 10 pounds of solid, lean muscle onto your body in the next 3 months. That may or may not sound like a lot of muscle mass to you, but, believe me, it will totally transform the look of your physique and how you feel about your body.

Your task now is to follow this program to the last detail. Set the goal right now to never miss a training session, to hit your nutritional targets each day and to keep it clean (apart from that one cherished cheat meal each week).

To gain success on this program, however, you've got to do more than simply show up each day and go through the motions. We challenge you to bring your ‘A’ Game to each and every workout. Strive for each workout to be more intense than the last. Stick to the tempo laid out to get the time under tension requirements. Lift with quality, not quantity.

We have shown you the way.

We now invite you to make the 90 Day Clean Bulk program your own – and use it to create the body that you deserve.

LAST BUT NOT LEAST

You’re about to make some pretty outstanding differences in the way you look and feel. I promise you at the end of this you’re going to wish you would have documented how you looked before and how far you’ve come. Make a “Vinsanity Shred Day 1” sign and take a couple before pictures to have on file, to use as motivation, and as we all know, to crop together in a little Instagram #transformationtuesday ;)

Take them in shorts with your shirt off holding the day 1 sign. One picture...
from the waist up, one picture full body, one from the side, one from the back, and one flexing.

Then, if you really want to document something that nobody can call “photoshop” (damn internet trolls), have someone take a full body video of you doing a slow 360 degree turn. Can’t fake that.

Alright! Enough talking. Get to bulking!