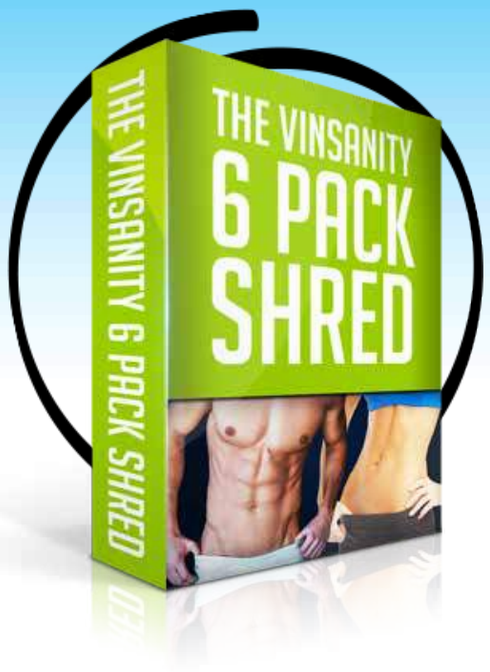
FINALLY AN **EXACT BLUEPRINT** FOR A SHREDDED 6 PACK!

THE VINSANITY SIX-PACK SHRED DELIVERS **PROVEN RESULTS!**



DO MY VERY BEST WORKOUTS WITH ME.

I'M HOLDING **NOTHING** BACK. YOU ARE ABOUT TO HAVE MY WORKOUTS, MY DIET, MY CARDIO SYSTEM...**EXACTLY** WHAT I DO TO HAVE ONE OF THE BEST 6 PACKS IN THE WORLD!

HERE'S HOW GUYS AND GIRLS AROUND THE WORLD ARE SAYING GOOD-BYE TO THEIR GUT FAST!

ARE YOU TIRED OF WORKING ON YOUR ABS AND BEING DISSATISFIED WITH THE RESULTS?

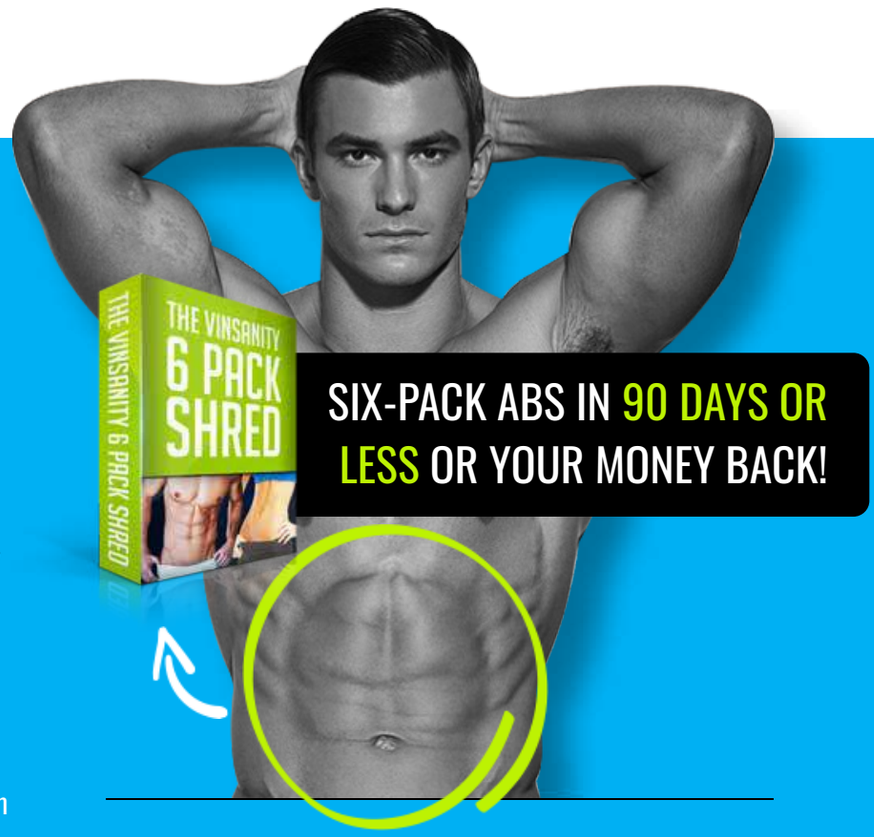
IT'S NOT YOUR FAULT!

FAD DIETS AND EXERCISE PROGRAMS MAY HELP YOU LOSE A FEW POUNDS, BUT THEY DON'T GIVE YOU THE SHREDDED ABS YOU DESIRE!

Hi!

My name is Vince Sant and I'm a professional model and personal trainer, whose photos have appeared in the pages of the world's most prestigious magazines. My job requires that I stay in shape and sustain the perfect abs day in and day out. After years of testing new programs and workouts to get impeccable abs, I finally developed a system to lose that stubborn belly fat and gain the perfect Hollywood six-pack!

Over the years, I've helped people of all types and ages transform their stomach from flabby, to shredded. I've had clients as young as 16 and as old as 58 years old, use my Vinsanity Six-Pack Shred system to get absolutely ripped. I've even taken more advanced clients and pushed them from a flat stomach to a head-turning six-pack. I'm humbled and honored to take you on this journey. I poured my heart and soul into this system so I could deliver a system that gives you maximum results without wasted time or effort. I teach you only the things that are proven to work and won't waste your time with unnecessary exercises just to pass the time.



SIX-PACK ABS IN 90 DAYS OR LESS OR YOUR MONEY BACK!

There are not many people who can say they've truly ever had a six-pack that woman love and men respect. You are 90 short days away from joining an elite club of people who have the ideal shredded stomach! I can't wait for you to join me there!

– Vince

"VINCE **I'VE WANTED A 6 PACK MY ENTIRE LIFE** AND FEEL LIKE NO MATTER WHAT I DO IT NEVER HAPPENS."

1. ARE YOU DOING COUNTLESS ABDOMINAL WORKOUTS BUT NOT GETTING THE RESULTS?

2. AFTER TRYING A MYRIAD OF DIETS, ARE YOU STILL STUCK WITH THAT STUBBORN BELLY FAT?

3. DO YOUR TOP FOUR ABDOMINAL MUSCLES DEVELOP, BUT THE BOTTOM TWO JUST NEVER COME IN?

If you answered "yes" to any of those questions, the Vinsanity Six-Pack Shred System is the solution you've been looking for!

Don't be ashamed to take your shirt off or wear that sexy bikini at the beach. Ditch the fad diets and ineffective workouts and get with a system that is proven to give you Hollywood abs!

Fitness fad products and diet pills only sell you a dream.

The Vinsanity
SIX-PACK
Shred System is for people who want
RESULTS!

THE VINSANITY **SIX-PACK SHRED SYSTEM** GUARANTEES..

- YOU WILL LOVE HOW YOU LOOK AT THE **BEACH, POOL, AND IN THE BEDROOM.**
- YOU CAN **STOP BUYING FAT BURNERS AND FAD DIET PILLS** – THEY DON'T WORK AND YOU DON'T NEED THEM.
- **YOU WON'T HAVE TO STARVE YOURSELF** OR GO ON ANY WEIRD DIET.
- **NO TWO-HOUR WORKOUTS** THAT MAKE YOU HATE THE GYM. 15 MINUTES A DAY WITH THE VINSANITY SHRED SYSTEM WILL GET YOU RIPPED!
- YOU WILL GET THOSE STUBBORN LOWER ABS TO TO POP OUT **SO YOU HAVE A SUPERIOR SIX-PACK.**
- **YOU WILL HAVE AN ACTUAL ROCK-HARD SIX-PACK IN 90 DAYS** IF YOU FOLLOW THE SYSTEM, DOING JUST 15 MINUTES PER DAY OR YOUR MONEY BACK.

HERE'S EXACTLY

WHAT YOU WILL RECEIVE

IN THE VINSANITY SIX-PACK SHRED SYSTEM:

THIS IS **ALL YOU WILL EVER NEED** TO TO GET A PERFECT 6 PACK.

BEGINNER, INTERMEDIATE, AND ADVANCED

15 MINUTE VIDEOS

This is the heart of the system. The second you download these videos you can begin doing LITERALLY THE EXACT workouts Vince does every day to get one of the best 6 packs in the world! This workout promises to get you a perfect stomach stupidly fast! This is the exact system normal guys and girls all over the world are using to change their lives!

(If you do what he says in these videos for 90 days it will completely transform your abs).

- **I TAILORED THESE WORKOUTS TO EACH FITNESS LEVEL, SO NO MATTER IF YOU ARE IN GREAT SHAPE ALREADY OR INCREDIBLY OVER WEIGHT, THIS SYSTEM HAS YOU COVERED.**
- **START AT ANY LEVEL YOU FEEL COMFORTABLE AT SO YOU CAN GET MAXIMUM RESULTS WITHOUT HURTING YOURSELF OR OVER TRAINING AND WORK YOUR WAY UP TO ADVANCED. FOR THE ADVANCED USERS, YOU CAN JUMP IN AND CARVE UP THOSE LAST FEW PIECES YOU ARE MISSING!**
- **I WALK YOU THROUGH EACH WORKOUT AND DEMONSTRATES THE PROPER FORM, REPS, SETS, AND TELLS YOU HOW MUCH REST YOU SHOULD BE TAKING IN BETWEEN.**
- **EACH MODULE COMES WITH A PDF SUMMARY OF EVERY WORKOUT, PICTURES FOR REFERENCE ON FORM, AND AN AREA TO MAKE NOTES AND TRACK YOUR PROGRESS.**

DIETING FOR A SIX-PACK

BOOK + 2X DVD

$97 (value)

This is my baby! This book alone is worth the price of the entire product! Countless years of knowledge, trial and error and the best science in the industry condensed into one easy-to-follow guide.

This book is one of the most comprehensive diet plans ever written, aimed with the specific intent of achieving a six-pack. There are tons of diets out there, but there are NONE with one specific goal – to get the perfect abs.
Dieting For A Six-Pack is so important, it is a must read to get the maximum results from the program.

THE BOOK COVERS:

- **THE EXACT SCIENCE BASED NUTRITION THAT RESULTS IN ABS.**
- **THE COMMON DIETING MISTAKES THAT RUIN YOUR 6 PACK AND HOW TO AVOID THEM.**
- **WHAT FOODS TO AVOID AND WHICH ONES TO EAT.**
- **WHAT FOODS NATURALLY BURN FAT.**
- **WHAT TIME OF THE DAY TO EAT CERTAIN FOODS.**
- **EXACTLY HOW TO TWEAK YOUR DIET TO BURN FAT FAST.** (THERE IS AN EXACT SCIENCE TO THIS I MAKE IT SIMPLE TO FOLLOW).

Following the diet in this book alone will cut your body fat percentage and obliterate the fat from your stomach area! (This is the EXACT diet plan I follow to maintain low body fat and perfect abs year round). **THE VINSANITY SIX-PACK SHRED DELIVERS PS!**

CARDIO AND H.I.I.T

(HIGH INTENSITY INTERVAL TRAINING)

$47 (value)

I don't remember the last time I stepped on a treadmill or did long slow cardio. I do cardio 3 or 4 times a week MAX! And I never do more than 15 to 20 minutes. I want you to do the same. I will have you doing the exact cardio I do. The science behind it is incredible. In a 15 minute session of HIIT (High Intensity Interval

Training) you will activate what scientists call the "after burn effect" and your body will be burning fat for you up to 48 hours after one session! Nobody has the time or energy to run or walk for miles and miles every day.

One 15 minute session of my cardio will burn 3 times the fat and calories than 1 hour of walking or slow jogging! My goal is not to keep you sweating in the gym for hours and hours. Let's do the "minimum effective dose" that gets the maximum results the fastest, not waste our time and energy being in the gym, just to be in the gym. Most people think the more cardio you do, the better. That is actually a myth. All you need is targeted cardio that is done correctly. No more and no less.

Did you know that running miles at a slow pace every day will actually slow down your metabolism and hurt your ability to lose stomach fat? This module is packed with the exact information you need to do the bare minimum of cardio for the maximum fat loss effect.

- **THE SCIENCE BEHIND H.I.I.T. TRAINING. WHAT IT IS, HOW IT WORKS, WHY IT'S SO EFFECTIVE.**
- **LEARN WHY STEADY STATE**
- **LEARN HOW TO BURN 3 TIMES THE FAT OF NORMAL CARDIO IN 1/3 THE TIME.**
- **YOU'LL GET 3 DIFFERENT STYLES OF H.I.I.T. TRAINING OPTIONS TO CHOOSE FROM.**

If you combine my ab routines, my diet system, and my H.I.I.T. training, you will be using the exact formula that less than 1% of the world knows and uses! And guess what, the 1% using this combo are the ones who are **SHREDDED!**

FREE BONUS GIFTS

JUST TO MAKE SURE WE UNDER PROMISE AND OVER DELIVER, I WANTED TO GIVE YOU A FEW BONUSES TO PUSH YOUR SUCCESS OVER THE EDGE AND GIVE YOU ZERO EXCUSES NOT TO SUCCEED!

SCIENCE OF A SIX-PACK VIDEO ($47 VALUE)

This video contains everything you need to know about how your body works, the reason why fat is stored so easily in the abdomen and how each abdominal muscle works.

You'll also learn why our system works so well, how our cardio course is specifically designed to target your abs, and the exact diet that works best for having an incredible six-pack. The video will blow your mind and give you information only the top fitness professionals know about how to develop and maintain the perfect six-pack.

SHOPPING LIST: ($25 VALUE)

Confused about EXACTLY what foods you can and can't eat to get a 6 pack?

I have you covered. You can literally print this guide and take it with you to the grocery store. This is a list of foods I approve and a list of foods I strongly disapprove for people who are serious about getting an amazing stomach. One of the most common mistakes people make when trying to get a 6 pack is buying the wrong foods. I have a list of approved and disapproved carbs, proteins, fats, drinks, and sauces. With this guide you can stop guessing and stop wasting your time hoping you are buying the right foods. (This is the exact list I use when shopping every week)

ON THE GO TRAVEL 6 PACK ABS WORKOUT ($47 VALUE)

This is an intense workout you can do literally anywhere. Vince filmed this while traveling to show you guys that you can get a great workout in from anywhere.

This is a powerful full ab workout. You could do this in your hotel room, in your office, or in your bedroom. This 15 minute travel workout hits every muscle group of your abs and you will feel it!

Don't let a busy schedule or traveling keep you from getting the abs you want.

THE MOST COMPREHENSIVE 6 PACK ABS SYSTEM EVER CREATED

YOU'LL KNOW MORE THAN MOST TRAINERS AFTER YOU FINISH THIS…
ALL FOR LESS THAN THE PRICE OF ONE MONTH AT YOUR GYM!

Ever wonder why you only get a "4 pack" despite killing your abs day after day?

Are you over training your hip flexers on accident? This will ruin your lower abs!

Are your workouts hitting every crucial ab muscle evenly

or are you over working some and under working others?

I'll show you a few simple tricks I do that turns your body into a fat burning furnace even when you sleep.

Discover the EXACT nutrition secrets my fit- ness model friends and I do to keep our body fat percenta- ge low while retaining all our hard earned muscle. (It's not

See behind the curtain and see the secret workouts that I do every day to carve specific secti-

I'll give you an exact formula to measure what you should be putting in your body each day. You'll know

DON'T WASTE YOUR TIME DOING THE SAME INEFFECTIVE WORKOUTS.

THE VINSANITY SIX-PACK SHRED SYSTEM IS THE REAL DEAL! JUST ASK OUR CLIENTS

"I had literally tried everything! I'm not a newbie. I was used to do a million crunches a day and doing endless cardio and I still never had a six-pack. Vinsanity Shred gave me a step-by-step blueprint that was half the effort and half the time. I've never had abs like this." - **Kevin**

"Before getting the Vinsanity Six-Pack Shred System, I hadn't seen my abs since I was probably 12 years old. I just assumed only body builders and random genetic freaks had six-packs. I wish I would have known about this program back in college! It wasn't easy the first few weeks, but once I got used to making myself follow the system, and when the pounds of fat started melting off my stomach – I was hooked! This is the best my stomach has looked in 20 years and I'm not even on the advanced program yet!" - **Sara**

"I've always stuck to a strict diet and worked out religiously; I hovered around 12 to 15 percent body fat. I've had decent abs for years, but I've never been able to get that perfectly cut look fitness models, athletes and actors have. I've always had a good diet and hit my abs hard, so it was so frustrating when I could never breakthrough and gain the six-packs you see on TV. Ten minutes into watching the Vinsanity Shred System I had several light bulb moments. I noticed how I had missed simple things were keeping me from an amazing six-pack. The three-pronged attack they give you is so easy to follow. If you do it you will be shredded – it's really that simple! This is an incredibly efficient program and I just regret that all this time I could have been twice as ripped with half the effort!" - **Nick**

"I've lost 50lbs so far. This system is melting fat off me and I've only been on it for 60 days. The diet and the HIIT training have been a game changer for me. I thought I was eating ok and I jogged a few miles a few times a week. Finally understanding how my diet should be and using the HIIT training a few times a week and the pounds have been falling off. Can't wait to see how far I can take this! - **Chuck**"

THE **VINSANITY SIX-PACK SHRED SYSTEM** IS THE ONLY ABDOMINAL PROGRAM GUARANTEED TO OBLITERATE STOMACH FAT, CARVE CHISELED ABS, AND **TRANSFORM YOUR STOMACH INTO A HEAD TURNING SIX-PACK** IN 90 DAYS OR YOUR MONEY

OVER THE **NEXT 90 DAYS** TO GET A SHREDDED SIX-PACK, YOU JUST NEED TO FOLLOW VINCE SANT'S THREE-PRONGED ATTACK:

1. Follow the Vinsanity Six-Pack Shred 15-minute workouts:

Start with the beginner workout to condition your abs and get them ready for what's to come in the intermediate and advanced videos. Each video is specifically designed to safely

FOLLOW THE **THREE-PRONGED ATTACK** AND WE GUARANTEE YOU WILL HAVE:

- ☑ A SHREDDED SIX-PACK JUST LIKE VINCE'S!
- ☑ THAT SEXY "V" THAT OUTLINES YOUR ABS GOING DOWN TO YOUR WAIST.

guide your body at the right pace to day 90 for perfect abs. Every month you'll graduate to the next level, systematically building the individual abdominal muscles that come together to create a washboard stomach.

- INCREDIBLY CHISELED MUSCLES AND A FLAT STOMACH THAT GETS THE LOOK.
- A MASSIVE DECREASE IN BODY FAT AND AN INCREASE IN MUSCLE SIZE AND TONE.
- A PROVEN SYSTEM THAT WORKS YEAR AFTER YEAR!

2. Follow the step-by-step plan in the Dieting for a Six-Pack Book:

The old saying, "abs are built in the kitchen" is true! There is a science to eating for a six-pack and it took us years of analyzing to perfect the plan. Take the guesswork out of dieting – just follow the plan and your stomach fat will begin to disappear! Don't worry about starving yourself either; you'll have plenty of healthy options. The plan is a muscle building fat burning diet aimed at a lean, toned mid section. Not all diets are created equal, so it's crucial that you follow the plan!

3. Follow the Vinsanity Six-Pack Shred Ab carving cardio system:

Ab work alone is not enough to burn the stubborn belly fat off certain areas.
Only a specific diet and certain cardio can get that last layer of fat off.
Vince gives you his exact cardio routine designed to obliterate belly fat and

HOW MUCH WOULD YOU PAY FOR THE ULTIMATE 6 PACK SYSTEM EVER CREATED?

You could hire a certified personal trainer for thousands of dollars or join your local gym and get poor results. We're offering you years of research and proven results at a fraction of the price! Not to mention.....your trainer probably doesn't have abs like mine to prove he lives the results his preaching to you. And MOST importantly, there isn't a trainer or gym on the planet that offers a **90 day 100% money back guarantee!**

NORMALLY WE WOULD BE OFFERING THE VINSANITY SIX-PACK SHRED SYSTEM (WITHOUT THE BONUSES) FOR $200. BUT ORDER TODAY AND THE ENTIRE SYSTEM INCLUDING THE BONUSES IS YOURS FOR JUST $47!

YOU GET LITERALLY THE EXACT SYSTEM I USE TO GET A PERFECT 6 PACK FOR

If you are serious about getting this area of your life handled once and for all, then click on the **"I Want A 6 Pack Now"** button and let's get started now! You are literally 90 days from the sexiest head turning 6 pack you've always wanted!

I WANT A 6 PACK NOW!

ACT NOW WHILE IT'S ONLY $47

100% MONEY BACK GUARANTEE

THE VINSANITY SIX-PACK SHRED

AND DON'T FORGET: IF YOU AREN'T BLOWN AWAY BY MY SYSTEM AND YOUR RESULTS AFTER 90 DAYS, I'LL GIVE YOU EVERY PENNY OF YOUR MONEY BACK! I'M THAT CONFIDENT.

REGULAR PRICE ~~$341~~ **NOW ONLY $47**

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