My client does not want his personal life to be in the copy so this is the best I did without it.

Push ups: https://rumble.com/v4399ph-december-25-2023.html?playlist_id=watch-history

Email sequence:

 $\underline{https://docs.google.com/document/d/1NkZjivCZAat3aoCXzCUVdpuA1kWwjQQbumaurgOT}\\ \underline{uVY/edit}$