

Subject line: “*Revealed!*” This unknown principle will ELEVATE  your ‘gains’ to the next level.

Dear [Insert name]

Thanks for being part of our community. We hope our free diet guide is helping you skyrocket your gym progress.

Today, I want to introduce you to an unknown and unexplored fitness principle that 90% of gym-goers aren’t aware of, it’s a game changer that will and can skyrocket your ‘gains.’ And no it’s not any principle you’ve heard time and time again, like, ‘progressive overload.’

Let's satisfy your curiosity.

This principle is called mind-muscle connection.

Now, what the hell is mind-muscle connection, and why should you care?

Mind-muscle connection is essentially focusing your mind on the specific muscle group you are targeting, e.g., focusing on engaging your biceps during a bicep curl.

Imagine this:

Every contraction of your muscle becomes like a stroke of a master artist, painting and sculpting your Greek God physique.

The satisfaction of knowing your training technique is scientifically proven to improve your results in the gym.

Wanna know all the benefits?:Heres a sneak-peek

✔ Boosts overall muscle activation
growth

✔ Stimulates hyper muscle

✅ Improved form (No more injuries)

And that's just the beginning.. there is so much more

By Utilizing this overlooked principle will put you ahead of 90% of other gym-goers. Prepare to be asked, 'What's your training plan?' when they witness your exponential gains.

I won't sugarcoat it to you, applying this principle is not a brisk walk in the park , but its rewards are unfathomable. Bringing speedy progress towards your fitness goals.

Wishing you the best of luck.

Yours sincerely,

(P.S: In the next email, I am going to dive deep into my personal journey, my challenges in understanding and implementing mind-muscle connection into my training, and exactly how you can do the same to SKYROCKET  your progress.)