

**Title: Gold Nuggets**

Hey(name)

Thanks for downloading your copy of the program!

To truly experience the sensation of your arms filling your t-shirt sleeves and feel the subtle pressure on your arm when reaching into your pocket to pay,

My name is () and I'm a personal trainer/fitness coach and writer based in the United States.

Now as you can imagine, while assisting numerous clients on their path to discovering their Heroic selves, I have come across invaluable insights—the golden nuggets—that have profoundly transformed my perception of the human body.

Of course, there are countless insights I could share, like The Secret sauce for recovery and Gorilla gains, that you can miss out on if you did keep an eye on the future email.

Name