

Avatar

Male aged 20-30, single, lives in morocco.

Pains:

Frustration: Seeing slow progress or feeling like results aren't coming fast enough can be frustrating.

Discouragement: Comparing themselves to others online or in the gym can lead to discouragement.

Boredom: Repetitive workouts can become boring, making it hard to stay motivated.

Lack of confidence: Feeling self-conscious at the gym, especially when starting, can be a major pain point.

Body image issues: Stubborn fat or not seeing the desired changes can negatively impact self-esteem.

Decision fatigue: Trying to figure out the right diet, workout plan, and information overload can be overwhelming.

Comments on his own words: "I swear I've been hitting chest every week, but I still don't see any definition. Starting to feel like I'm just wasting my time here."

"Walking into the gym can be intimidating. Everyone else seems to know exactly what they're doing, and I feel like a lost puppy."

Goals/ Desires:

Improve overall health and well-being, Build a sustainable fitness routine, Increase functional fitness, Boost confidence and self-esteem, Achieve a balanced physique, Being successful with ladies.

These are some comments with his words expressing his goals/desires: "I just want to finally feel comfortable taking my shirt off at the beach this summer."

"Man, if I could just bench press my bodyweight, that would be a huge accomplishment." "I'd love to learn how to build muscle without getting bulky. A toned and defined physique is my dream." "I wish I could stick to a healthy meal plan without feeling deprived. There's gotta be a way to make healthy food taste good." "More than anything, I want to feel strong and capable again. Carrying groceries shouldn't be a struggle."

Challenges:

Finding the time to exercise: Between work, social life, and other commitments, carving out dedicated gym time can be difficult.

Staying motivated: The initial excitement can fade, and maintaining consistent effort over time requires discipline and strategies to combat plateaus.

Dealing with boredom: Repetitive workouts can become monotonous, making it hard to stay engaged and motivated.

Sticking to a healthy meal plan: Fast food and unhealthy choices can be tempting, especially with a busy lifestyle.

Learning about proper nutrition: There's a lot of conflicting information online, making it challenging to develop a sustainable and effective diet.

Managing cravings and emotional eating: Resisting unhealthy temptations and emotional triggers can be a constant battle.

Learning proper exercise technique: Improper form can lead to injuries and hinder progress.

Finding the right information: With so much fitness advice available, it can be difficult to distinguish reliable sources from fads or misinformation

Overcoming self-consciousness: Especially when starting out, going to the gym surrounded by experienced individuals can be intimidating

Dealing with frustration and plateaus: Slow progress or lack of visible results can be discouraging

Maintaining a positive body image: Comparing oneself to others online or in the gym can negatively impact self-esteem.

Comments on his own words: "I get bored with the same workout routine after a while. Need to find a way to keep things interesting."

His own words:

"Healthy food can get expensive, and fast food is just so convenient after a long day." (Diet and cost)

"There's so much conflicting information online about what to eat. It's confusing!" (Nutrition knowledge)

"I'm a little nervous about going to the gym for the first time. Everyone else seems to know what they're doing."

Current State:

He's Interested, But Uncertain:

He recognizes the benefits of improved fitness, like better health and increased confidence.

He might have some experience with exercise, but hasn't fully committed to a consistent routine.

He Faces Challenges:

He juggles work, social life, and other commitments, making it difficult to find dedicated exercise time

He might feel intimidated by the gym environment, especially if he's a beginner.

He struggles with maintaining a healthy diet due to busy schedules and cravings.

He Has Room for Improvement:

He might feel he lacks the energy or stamina he desires.

He might be unhappy with his body composition, wanting to lose some weight or build muscle.

He might struggle with some basic physical skills, like flexibility or coordination.

He's Looking for a Change:

He's motivated by the potential benefits of fitness and wants to feel better about himself.

He's open to learning about proper exercise and nutrition.

He might be looking for ways to make fitness more enjoyable and sustainable.

Dream State:

Effortless Consistency:

Exercise becomes a natural part of his routine, like brushing his teeth. He wakes up feeling energized and excited to move his body

He finds activities he genuinely enjoys, like playing sports with friends or exploring nature on hikes.

Time management becomes effortless. He can efficiently fit in workouts without feeling overwhelmed or sacrificing other commitments.

Effortless Nutrition:

Healthy eating feels delicious and intuitive. He enjoys a balanced diet filled with fresh, whole foods that fuel his body and satisfy his taste buds

He no longer struggles with cravings. He has developed healthy habits and makes conscious choices about his food.

Meal prep becomes a breeze. He has a system in place for preparing healthy meals that saves him time and keeps him on track.

Effortless Confidence

He looks and feels strong and healthy. He carries himself with confidence and self-assuredness.

He no longer compares himself to others. He appreciates his own body and the progress he's made.

He exudes positive energy. His improved physical and mental well-being radiate outwards, positively impacting all aspects of his life.

Effortless Performance:

Physical activities feel easy and enjoyable. He has the stamina and strength to keep up with any task or sport he desires.

He accomplishes his fitness goals Whether it's running a marathon, completing a challenging workout, or simply feeling comfortable playing with his kids, he achieves what he sets his mind to.

He feels a sense of accomplishment and pride. He's proud of the dedication and hard work that led him to this point.

1st email:

Subject: Is This Your "Before" Picture? (Let's Smash It!)

Hey NAME,

Imagine that feeling: hitting snooze five times, dragging yourself out of bed, and already dreading the gym.

You glance in the mirror – that familiar "ugh" escapes your lips. (We've all been there, right?) The thought of another bland workout followed by the same old struggle against cravings... **BORING!**

But what if your mornings started with the sun warming your skin, a surge of **refreshing energy** coursing through your body?

Picture yourself throwing open the curtains, taking a deep breath of fresh air, and feeling ready to conquer the day!

Imagine walking into the gym with your head held high, not intimidated, but **inspired** by the challenge ahead.

Sounds pretty good, doesn't it? This could be your reality.

But most guys get stuck. They fall prey to boring routines, confusing fitness advice, and the fear of getting lost in the world of fitness.

That's where I come in. I'm Mehdi Kamal, a Hybrid Fitness Coach who specializes in helping guys like you **smash through those barriers** and build the body (and life!) they deserve.

My program is anything but boring. We'll create a **personalized plan** that keeps things exciting, with **proven strategies** that get real results. (Think record-breaking pull-ups – like mine! But hey, we all start somewhere, right?) You'll be part of a **supportive community** that keeps you motivated and on track.

Worried about getting hurt or feeling judged? We've got that covered. My program emphasizes **safe techniques** and building confidence, so you can focus on crushing your goals, not what others think.

Time constraints? No problem. My workouts are efficient and effective, giving you maximum results in minimal time.

Ready to ditch the "before" picture and step into your "after"? This isn't just about information.

This is about experiencing a transformation.

Imagine the **satisfying burn** in your muscles after a challenging workout, a sign of progress and growing strength.

Stay tuned for my next email where I will reveal you a game changer secret in the world of Fitness.

Mehdi Kamal
Hybrid Fitness Coach

P.S. Curious about my record-breaking pull-ups? Check out this quick video (link to short video showcasing Mehdi's pull-up skills). It might just inspire you to reach for your own fitness goals!

2nd email:

Subject: The Day My Fitness Journey Hit a Brick Wall (and How I Discovered a Secret Weapon)

Hey Name,

Picture this: Me, covered in sweat, muscles screaming, staring down at a pull-up bar that suddenly felt like it was made of lead. I was training for a brutal obstacle course race, pushing myself to the limit... but for weeks, nothing.

My progress had flatlined faster than a punctured tire. Frustration? You bet! I felt like Sisyphus, forever condemned to roll that boulder uphill.

Then, one day, I vented to a grizzled old athlete (think Gandalf meets Mr. T). He stopped me cold, a knowing glint in his eye. "Son," he rumbled, "the gym's just one piece of the puzzle. True fitness is about understanding your body and mind as a whole."

Intrigued, I dove headfirst into research. Sleep, nutrition, stress – it turns out these things are like a secret handshake your body and mind use to unlock peak performance.

Imagine this: You're fueling your body with greasy burgers and barely catching any shut-eye. No wonder you're feeling sluggish!

Here's the shocker: You could lift weights until your biceps look like overinflated pool floats, but if you're neglecting these other areas, you're seriously limiting your progress.

This revelation was a game-changer. I started prioritizing sleep, fueling my body with real food (think juicy steaks, not mystery meat burgers), and finding ways to chill out (yoga by the beach, anyone?).

The results were mind-blowing. Not only did I finally smash through that plateau, but I felt like a brand new person – energized, focused, and ready to conquer anything.

The moral of the story? Fitness isn't just about the gym. It's about treating your body like the incredible machine it is. By understanding these interconnected elements, you can unlock your true potential and achieve results that go beyond just looking good (although that's definitely a perk!).

Stay tuned, my friend. In the next email, I'll be dropping some serious knowledge bombs on how to integrate these holistic elements into your own fitness journey. We're talking sleep hacks, sneaky ways to sneak in healthy food (don't worry, it won't taste like cardboard!), and stress-busting techniques that'll leave you feeling like a zen master.

See you in the next email!

Best,
Mehdi Kamal

3rd email:

Subject: Sleepless & Stuck? Your Dream Body Blueprint

Hey Name,

Ever picture yourself with that dream bod – the one that stops traffic and makes you feel like a superhero? Yeah, me too. But hold on – there can be some sneaky saboteurs lurking on the path to that physique, waiting to trip you up. Let's expose these hidden culprits and show them who's boss!

Roadblock #1: The Sleep Saboteurs - Nightmares of Missed Gains!

Imagine this: You're crushing it in the gym, pushing your limits. But then, night falls, and you're tossing and turning like a fish out of water.

No bueno! When you're sleep-deprived, your body struggles to repair those hard-earned muscles, strength gains stall, and hormones go rogue – all crucial ingredients for progress vanish into thin air.

Solution: Let's transform your bedroom into a sleep fortress! Create a pre-bed routine that puts your mind and body at ease – think warm bath, calming music, and ditching the phone's hypnotic blue light. Aim for a consistent sleep schedule, even on weekends, so your body knows exactly when to power down and when to unleash the beast within! **Picture this:** Waking up feeling refreshed, energized, and ready to conquer the day!

Roadblock #2: The Calorie Conundrum - Farewell Bland Chicken and Broccoli Hell!

Is "healthy eating" synonymous with bland chicken and joyless broccoli for life? Absolutely not!

Restrictive diets are more like ticking time bombs – they leave you feeling deprived and vulnerable to late-night pizza raids.

Plus, your body needs the right amount of fuel to build muscle and crush your gym sessions.

Solution: Ditch the boring food and embrace a world of delicious, nutrient-rich options! Think vibrant fruits and veggies that pack a punch, lean protein sources that keep you feeling full, and healthy fats like those found in avocados and nuts to keep your energy levels soaring. Imagine satisfying meals that nourish your body and fuel your fitness goals.

Think "lean and mean eating machine," not "bland food torture chamber!"

Roadblock #3: The Stress Monster - Tame the Gremlin That Steals Your Gains!

Life can be stressful, no doubt. But chronic stress acts like a gremlin messing with your body's chemistry, leading to increased muscle breakdown and making it harder to burn fat.

Plus, feeling stressed all the time can zap your motivation to even drag yourself to the gym, let alone lift weights.

Solution: Time to fight back and unleash your inner zen master! Find healthy ways to manage stress – meditation can help you find calm, deep breathing exercises can cool you down in a flash, and spending time in nature can be a literal breath of fresh

air. Prioritize activities you enjoy, and don't be afraid to say no to things that drain your energy. You deserve to feel cool, collected, and ready to dominate your fitness journey!

Remember, these are just a few of the hidden foes that can slow you down. By understanding them and taking action, you can clear the path and unleash your inner beast!

Here's where things get interesting. Most guys settle for an "average" physique. They get by, but they never truly command respect or turn heads.

But imagine this: You walk into a room, and the energy shifts. People notice you – not just because of your physique, but because you **radiate confidence and success.**

That's the power of building a dream physique. It's not just about aesthetics; it's about **elevating your status** and becoming the best version of yourself.

In my next email, we'll dive into a secret weapon most trainers keep under wraps. This strategy can supercharge your sleep, fuel your workouts, and melt away stress – all while helping you build the physique you deserve.

Get ready to unlock your full potential! Stay tuned for the next email to discover this game-changing strategy.

Let's go!

Mehdi Kamal

4th email:

Subject: The "X-Factor" That Separates Champions From Wannabes (This Might Surprise You)

Hey Name,

Remember that conversation about sculpting your dream physique? The one that makes jaws drop and confidence radiate from within?

Here's the truth bomb: most guys get stuck in a cycle of frustration. They follow the "right" advice, hit the gym religiously, but progress stalls. Why? They're missing the **X-Factor**.

This isn't some mystical mumbo jumbo. It's a **powerful strategy** that separates champions from wannabes. It's the secret sauce that unlocks hidden potential and accelerates results faster than you ever thought possible.

I almost didn't share this with you. This strategy is reserved for a select few – those truly committed to pushing their limits and achieving extraordinary results.

But, there's a flicker in your emails that tells me you're different. You have the potential for greatness, but something's holding you back. **Is it the X-Factor?**

Here's the thing: this strategy isn't for everyone. It demands a warrior spirit, a willingness to dive deep and uncover your true potential.

But if you're serious about shattering limitations and building a physique that commands respect, then this could be the missing piece you've been searching for.

I can't reveal all the details here (it's that powerful!), but let me tell you this: it goes beyond the gym floor. It's a **holistic approach** that unlocks peak performance by addressing sleep, nutrition, stress, and even your mindset.

Intrigued? Do you have that burning desire to finally crack the code and achieve the physique you deserve?

If you answered yes, then click the link below. There, I'll unveil the X-Factor and how it can transform your journey.

[Link to consultation page]

Don't let this opportunity slip away. This could be the key to unlocking your true potential and building a physique that leaves everyone speechless.

Ready to discover your X-Factor? Click the link and let's chat.

Mehdi Kamal

Hybrid Fitness Coach

P.S. Spots are limited, and I only work with clients who are hungry for results. If you're ready to take action, don't hesitate!

5th email:

Subject: Is Your Mirror Lying? See Yourself Reflected in Your Dream Physique

Hey Name,

Remember that dream you have, burning bright – the one where you walk into a room and **command attention** with your **chiseled physique**? The confidence that radiates from you, the strength that makes you feel **unstoppable**?

Yeah, I see it too. But here's the harsh reality: most guys get stuck in a rut. They fall prey to the same roadblocks – sleep saboteurs, bland food torture, and the stress monster. **The result?** Frustration, plateaus, and that dream physique fading into a distant memory.

However, this doesn't have to be your story.

Imagine this: You wake up feeling **energized**, ready to conquer the day. You crush your workouts, pushing your limits and **seeing visible progress**. You turn heads at the beach, not with envy, but with **admiration**. This, my friend, is what's possible.

My coaching program is the key to unlocking it. It's more than just workouts.

It's a **personalized roadmap** to your dream physique, with proven strategies for sleep, nutrition, and stress management.

Plus, you'll be part of a **supportive community** of guys who are on the same journey, holding you accountable and pushing you to reach your full potential.

Here's the catch. Spots in my program are limited. I only work with a select few clients to ensure everyone gets the **personalized attention** they deserve.

This is your chance to stop dreaming and start living the life you deserve. Don't let this opportunity slip away.

Click the link below to schedule your free consultation and let's discuss how my program can help you become the strongest, most confident version of yourself:

[[Link to consultation page](#)]

Limited spots available! Don't miss out on this chance to work directly with me and a dedicated group of motivated guys.

Remember, the longer you wait, the further away your dream physique becomes.

Take action today and start your transformation journey now!

Still hesitant? I offer a **money-back guarantee**. If you're not satisfied within the first 30 days, you get your investment back. No questions asked.

Best,

Mehdi Kamal

Hybrid Fitness Coach