

Who is your avatar?

Steven, 21, getting into bodybuilding, he is a uni student and has been at a plateau in his workouts which has further negatively affected his mental health and studies. He is unsure on how to progress as he feels as if trying something different with no guaranteed results may stunt his plateau longer.

What is their dream outcome?

His dream outcome is to break his plateau and continue making rapid progress. This would make him more confident and motivated to push himself harder in his training as well as improving his studies.

What pains do they experience in their current state? And how do they feel about it?

He has hit a plateau and feels as if he has been prevented from reaching his desired muscular, toned body. He feels frustrated and unmotivated in both his workouts and his studies.

What roadblocks do they face?

He can't seem to break the plateau in progressing (his weight and reps) in his training and has tried many different methods but nothing seemed to work.

What is the solution? - Should be 1 thing

A coach that can provide advice, things to change and most importantly ways to prevent a plateau from holding him back again.

PAS - Online Coaching

Subject Line: How To Blast Through Your Plateau's With Ease

Your plateau holds you back, doesn't it?

Your normal weight doesn't go up, your muscles fatigue with higher volume, and you don't seem to recover...

Heck, has it ever gotten so bad that your strength bled out and you started to feel weaker?

There's a way to change that...

A way to break your plateau,

To get that muscular, toned physique.

And to emulate a different presence among the room entirely.

This starts with building a reservoir of confidence rooted deeply within you.

So to build this, we had to dig deeper.

We came together to test approaches we could use to rewire our athletes.

But then we found it.

The “Rewire Desire” approach that made the word “Plateau” simply not exist.

And with a brotherhood of people that helps hold you accountable to level up.

But you could be part of that brotherhood too.

So join your brotherhood in getting that muscular, toned physique to...

>>>>[Stop Facing A Plateau And Start Building Your Sturdy Physique!](#)<<<<