

Research Template: [Market Research Template \(Hendri\) - Google Docs](#)

Newsletter Email

Email 4 (PAS)

SI: I owe you an apology...

Hey {firstname},

Three emails ago I took something away from you...

Let me quickly remind you,

Three emails ago I showed you a hack to speed up your progress without changing a single thing in your workouts.

That hack is taking advantage of the second most influential aspect that influences your calisthenics progress.

“Nutrition”

By improving your nutrition you can progress and recover faster while also improving your energy levels and sleep.

But...

Nutrition by itself is a complex subject...

...heck it is a whole field of study.

And because of its complexity I wanted to make it as easy as possible for you and help you out on this one.

I gave you the chance to book a completely free call so I can PERSONALLY give you advice and tips for your nutrition.

But there was a problem...

I gave you a calendly link to schedule a call which literally had a description something along the lines of:

“In this call my goal is to give more in depth information about my coaching and how it works”

You clearly see the issue here...

Before any of you jump on me I want to say this,

This was not intentional, I attached the wrong link.

And because of this I want to make it up to all of you who wanted to book a call but didn't because you thought that I wanted to sell you on my programs instead of delivering what I promised.

I don't want to profit from it and I want to take full responsibility for my actions.

So, if you want to get a chance to get full uncensored advice from an expert in bodyweight training and diet,

Then, book a free 30-minute call and I will personally help you progress faster and fine tune your health.

Book your free 30-minute call here.(link)

Yours in relentless pursuit of greatness,

[Your Name]

P.S. I will also answer any other question that is bogling your mind about calisthenics if you have any.