

## Message 1

**SL:** Your online classes are free?

Hey Makis,

I'm thinking about starting to do calisthenics.

I was researching people that could help me online, like programs or online classes, etc...

And I wanted to know if you sell any course and if your online classes are free or if you just offer the first one?

Thank you bro!

Daniel

**HE REPLIED (Basically he was trying to sell me a call and told me the benefits of doing a personal training)**

**His response:**

Hello Daniel and thank you for reaching out!

I am really glad you are interested in starting Calisthenics.

It is really common for athletes to struggle with progress when following the generic online programs, as they are not built around their specific goals and needs and don't focus on their weaknesses and strengths.

This is why I chose the path of personal training!

My Online Calisthenics Training program is customized around your a) main goals, b) time you are able to commit to training and c) background/experience with training.

It includes one-on-one online training sessions with me (Calisthenics coach and athlete for more than 9 years), using just your own bodyweight!

Following my program you will get stronger, more flexible and learn to better control your body, by unlocking it's true potential, throughout movements like the handstand, L-sit and various body levers!

My online classes are not free of charge of course, but affordable and I can make discount for bulk purchase.

The first online class is free though...

So let's book your first free online session together!

What day and time will work better for you?

Kind regards,

## **Message 2**

Hey Makis,

Thank you for clarifying my doubt.

Why don't you slap that information on your main page?

It would be way easier to book a session with you, if that is your main focus of course.

I thought your website was just a blog page, with all the featured posts all over your page.

I only found out that you do personal training at the end of a featured post page.