

(Review here)

Newsletter (Intro)

WRTCCC: Wiifm, **reason**, testimonials , **cta**, **cross roads**, **cta**

"Get fit with just 3 weekly training days for spectacular results."

Hey Luke,

You can quickly get all the results you need for your fitness goals.

All you need is the right fitness program that you can take full advantage of.

Here I will show how .

Now I know looking for shortcuts can be difficult.

Or that it might sound unrealistic.

That's why I've included unique progress *logs to* help you speed up your progress,

where everything is planned out for you.

You'll know exactly what to do, down to the smallest crucial details!

Without the need to look for vague tutorial videos that you have to constantly check every time.

And more.

Don't believe me?

Check out the testimonials.

Look at Gilles V:

"I have to say that I'm really glad that I found you on the internet! I have progressed so much in a short period of time thanks to your program 😊. After 1 month of following your program, my muscles have grown a lot!! Keep the good content coming man!"

He managed to make a ton of progress in just 30 days just following this program.(Fix too vague)

Or Thomas :

Thomas had been grappling with the challenge of cultivating discipline for a long time. He tried various routines, but none of them seemed to stick. He was determined to find a consistent routine that would help him develop the habit of discipline. He kept searching and experimenting until he finally discovered a routine that transformed his life.

I don't mean to beat the dead horse but...

If you want to see how much progress you can REALLY make in the next 30 days.

[Click here to see the results you can expect.](#)

So Luke it's up to you.

Choice A

Keep struggling for a good exercise routine.

Working out twice as hard as anyone else.

Choice B

Cut out all the BS.

[And learn the best way you can stick to an efficient routine in 30 days.](#)

Avatar: LUKE, age 17

Pains: Time-consuming search: Finding the right fitness program can be time-consuming, requiring extensive research and comparison of multiple programs.

Risk of injury: Without proper guidance and instruction, it's possible to perform exercises incorrectly, leading to injury.

Too skinny and finds it hard to exercise.

Unsure around women.

Less respect from people.

Roadblocks: Too many options online. Lack of guidance, Inconsistency, Inadequate guidance, Lack of credibility, vague free online vids.

Solution : Looking for an Instructor with the ability to communicate well with clients and to understand them.

Program that can keep him exercising consistently.

Flexibility: wants an online fitness course that are flexible and can fit into their schedules.

Accessibility: A good online fitness course should be accessible to anyone, regardless of their location or fitness level. It should be easy to access and use.

Professional and experienced.

DREAM OUTCOME/DESIRE

- What enjoyable new experiences would they have?

More respect from people around.

More confident.

Feeling better.

More opportunities in life.(Relationships, work related)

Better mental health.

More energy.

More attractive.

Day to Day Life:

Morning:

I wake up feeling tired and unmotivated, and the first thing I do is step on the scale and take my body measurements, hoping to see some progress. More often than not, I'm disappointed with the lack of change and feel like giving up.

As I get dressed for the day, I struggle to find clothes that fit me properly and feel confident in my appearance. I spend more time than I'd like staring at myself in the mirror, scrutinizing every inch of my body and picking out flaws.

Afternoon:

At work or school, I have a hard time focusing on tasks at hand because I'm constantly distracted by negative self-talk and feelings of inadequacy. I find myself comparing my body to others and feeling worse about my own appearance.

If I have to attend a social event or engage in any physical activity that requires taking off my shirt or revealing my body, I feel anxious and embarrassed. I may avoid these situations altogether to spare myself the discomfort.

Evening:

By the time evening rolls around, I'm exhausted both physically and mentally. I may eat a meal that isn't nutritionally balanced, often opting for processed or fast food. Afterward, I feel guilty and frustrated for not sticking to a healthy diet.

I often skip exercise or working out due to feeling unmotivated and lacking energy. This further reinforces my negative feelings about my body and makes it difficult to break out of the cycle of negative self-talk.

What outside forces or people does the Avatar feel influences their life?

Friends

Family

Women

How do people perceive them:

Insecure

Lazy

Weak

Shy

How the Product helps:

- 1) The key workout combination for unlocking spectacular results with only 3 training days per week.**

No more guesswork, a simple step-by-step process.

Everything is planned out for you: the number of sets, reps, different exercises, the level of intensity and other key workout components!

You won't have to worry about not being able to perform the exercises, since I've included a full list of exercise substitutions.

2) TRACKING SHEET

It's hard to know what weight to use, but this easy-to-use excel sheet automatically shows the custom weight for your main compound lifts.

No more guessing what weights you used in your last workouts. Just turn to your phone-friendly tracking sheet.

3) EXERCISE CLIPS LIBRARY

You instantly get lifetime access to our online exercise clips library. Which has over 24 videos, explaining how to do each exercise for optimal muscle growth.

Never guess how to perform the exercises after watching vague videos. You'll know exactly what to do, down to the smallest crucial details!

4) THE WARM UP PROTOCOL

Get the most out of your workouts with the program warm up protocol.

This warm up sequence is specifically designed to be quick, easy and enhance your performance in the gym.

Avoid losing your hard earned muscle because of injury setbacks with this powerful warm up!

5) EXERCISE CHEAT SHEETS

It's hard to memorize everything at once, that's why you get additional cheat sheets for you to look!

Personal-trainer like guidance to remind you of the most important steps of each exercise for optimal results.