

**SUBJECT LINE:** The warrior mindset...

How to overcome your fears and achieve your fitness goals

## EMAIL

You're tired of becoming the person you see in the mirror. You don't recognize yourself.

You're overweight, out of shape, and lacking in confidence. but that's not really why you hate yourself, no.

You hate yourself because you know you could be so much more.

Every time you see a girl you're attracted to, you feel a pang of jealousy. You know she would never date someone like you.

You're the lazy guy who spends his days scrolling through social media and playing video games.

You're not the kind of guy who makes her heart race.

But you dream of being different. You dream of having a masculine body that makes you look like a spartan warrior.

You dream of being the kind of guy that girls can't resist.

You know it won't be easy. You'll have to change your mindset and your habits.

I will give you the help you need to accomplish that.

but only if you're serious. I don't like working with wishy-washy men who end up wasting my time and theirs.

My goal is to create a space for young men who define themselves by their passion and resilience for physical excellence.

**CTA**

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