

Notes: This is an IG caption for an online coach. The goal is to get him more people on a discovery call. It would be under his transformation pic. The avatar is a skinny/fat guy between 17 and 25 that just started going to the gym and wants to get ripped.

Do you train like an animal for 2 hours a day every day, and still look the same as when you started?

Well, that was me in the left picture.

Skinny, didn't know anything about lifting, and was petrified of the big guys judging me.

Then one day, a personal trainer approached me...

He told me one single trick that accelerated my path to my current body in the right picture...

The same tip I will tell you, but not here.

*(because I don't want everybody taking advantage of it)*

And guess what? You can even use it online!

So if you're ready to finally get a chiseled six-pack and prominently visible veins on your physique,

Comment "START" to schedule your FREE discovery call,

and find out the tip that helped me get to the picture on the right.