

SL: This is why you stay skinny!!

PV: secrets for the truth

Hey %Firstname%,

Have you been working out for months if not years but still seeing little progress?

I know,

It feels Like god keeps putting you back at the start,

Well for the first time you can make progress,

Because in this email I'm going to show you how to pack on size with minimal effort required.

No you don't need to go to failure on every set,

Or lift until your arms feel like jelly,

You need to focus on progressive overload,

when you gradually increase the weight your muscles will be shocked,

Forcing them to grow.

Now the reason you're frustrated is because you're not packing on muscle,

This is happening because you're missing key elements,

If you don't listen you wont make any progress while damaging your health in the process,

So, what key elements allow you to build your dream physique?

You have to focus on muscle activation and mind muscle connection,

Because most people lift without focusing on hitting the desired muscle group,

Most people say "isn't it about lifting heavier and doing more reps",

I agree it helps,

Here's the truth, without mind muscle connection you're not truly activating the muscle fibers,

Failing to do this will stimulate growth.

Leading to small amounts of growth then a massive plateau and commonly regression.

Most people respond by training harder,

More reps,

More sets,

And while you might feel good you're just burning out and risking injury,

As I said before the real issue is the your muscles aren't fully connected,

Without fixing this, its like sprinting up a hill in heels.

That's why proper muscle activation techniques make the process easier and more efficient,

I know, it's easier said than done,

But that's why I created a online coaching platform,

Inside I will help you to activate every single muscle fiber in your body the right way,

This will ensure that you build the amount of muscle you want,

Here's Just one of the many transformations.



Yes that can be you or would you rather stay frustrated?

While others thrive,

I thought not,

So don't let this opportunity pass

I will speak to you inside.

[https://www.liinks.co/newgencoaching?fbclid=PAQ0xDSwJ8RQZleHRuA2FibQlxMQABp\\_VE\\_pxspi8EEZB8j8Z\\_buPG7w7Sw2Hb9xil\\_pFSBjnHH-7JllpsNJUQOhZ\\_aem\\_4c\\_87AE7dbGqyAPXPizRgQ](https://www.liinks.co/newgencoaching?fbclid=PAQ0xDSwJ8RQZleHRuA2FibQlxMQABp_VE_pxspi8EEZB8j8Z_buPG7w7Sw2Hb9xil_pFSBjnHH-7JllpsNJUQOhZ_aem_4c_87AE7dbGqyAPXPizRgQ)