

Hey Jared,

I saw your Instagram post about fixing weak ankles and feet and the exercises you provided for fixing such a problem was fantastic. I had never heard of Heel Squat - Calf Raises, but they proved to be extremely helpful.

I noticed that you aren't implementing the Instagram caption strategies and Email newsletter strategies that the Top athletic trainers such as Explosive_Athlete and Brandon Carter are using.

They are using people's natural tribal instincts and building a strong personal bond with their audience to motivate them and encourage course purchases..

I've made you an opt-in newsletter along with a specific welcome email sequence that utilizes these mechanics along with filling some holes that I have identified in their approach. You can utilize it to increase conversions to your Athlete Speed, Vert, & Strength 8-Week Plan and your Pro Athlete Bundle.

What do you think about the mechanics of the email sequence and the newsletter?

Sincerely, Arnav Chaturvedi

[For Jared Emanuele Email Sequence and Opt-In Newsletter .pdf](#)

Opt-in pop-up

The Secret Leg Workout that will SKYROCKET your Speed

99% of leg workouts keep you SLOW because they simply ignore these high-performance movements.

Professional athletes around the world use a secret set of leg exercises to gain and maintain PEAK speed and performance.

It's not a simple weight-lifting routine and it's not an ineffective cardio routine.

It's a specific athletic leg workout specifically designed to help athletes take their speed, agility, and explosivity TO THE NEXT LEVEL.

Gain Exclusive Access to the Secret Exercises for SUPERIOR Athletic Performance

Email 1

Subject Line: The EXPLOSIVE Leg Workout that Top Athletes Manipulate

Hey, it's Jared

As I promised, here is the Athletic Leg Workout that the BEST athletes in the world utilize.

Although I am extremely athletic now, things weren't always how they are today...

I used to be SLOW and NONEXPLOSIVE

But through trials, tribulations, and hardships

I became the man I am today.

In the next email, I'll fill you in on the story of how I became such a DOMINANT athlete.

(Insert Workout)

Email 2 (example story)

Subject Line: The Story of How I climbed to the Top Echelon of Athletes, and How You Can Too...

The ball deflected off my teammates foot.

I heard the drumming of my opponent's feet.

As the sound got louder and more distinct, the ball would vanish and fall into the clutches of my opponents.

With deep shame, I'd hustle back on defense knowing deep down I had let my team down.

Weeks and weeks went by and my teammates stopped passing to me.

I was the LAST option on the field.

I felt completely worthless.

Loss after loss, I became FURIOUS at my incompetencies.

Instinctively, I knew what the problem was.

It wasn't my technique, it wasn't my positioning, and it wasn't my teammates.

It was a specific attribute that makes or breaks an athlete's performance.

It was EXPLOSIVENESS.

Through trials and tribulations, I found the secret formula that professional trainers manipulate to extensively SURGE an athlete's performance.

After extensive training and hardship, I DOMINATED the leagues and became a top 1% athlete.

I felt the recognition and appreciation of my teammates and my coaches.

And set in feelings of fear and distress in the minds of my opponents.

I had achieved it all.

And so can YOU.

- Jared

Email 3

Subject Line: You've been LIED to by your coaches and the so-called "athletic gurus" online.

They told you simply doing exercise machines that don't train any functional movements was all you need.

They fed you MANY workouts that trained dysfunctional movements.

Would a Basketball player train shots they wouldn't ever attempt in game?

No.

Would a Boxer train punches he would never throw in a fight?

Of course not.

Then why would you train using exercises that wouldn't help you in real life?

The solution isn't merely cardio or solely playing the sport without any additional training,

It's a scientifically proven form of exercise that targets functional movements commonly found in sports and your daily life.

They're called Plyometrics.

Every professional athlete utilizes plyometrics to maintain peak performance in their sport of choice.

If you want to be as explosive and dominant of an athlete as possible,

You MUST be utilizing this TRANSCENDENT secret.

- Jared

Email 4

Subject Line: Professional Athletic trainers keep this plyometric formula SECRET.

Why is it that almost EVERY player who pursues professional athletic training ends up excelling in their sport of choice?

It's not because the player gets more training or because the athletic trainer provides a specific game plan,

It's the fact that the athletic trainer has PERFECTED their training down to a scientific formula.

They know EXACTLY what the player must do to get where they want to be.

And training to become an explosive, dominant athlete using Plyometrics isn't any different.

[Learn the Secret Plyometric Formula to becoming an EXPLOSIVE Athlete](#)

Email 5

Subject Line: The TRUTH about becoming a Top-Level Athlete.

Nearly every person has the potential to transform into the ELITE Top 1% of Athletes.

You can truly DECIDE to be the type of man that will not be satisfied with anything less than true Athletic Brilliance.

That type of man that leads his team to Glory.

The type of man who brings HONOR to his name.

However, the opposite is also True.

You can decide to be the type of man who is content with being average.

A ghost on the field and a shadow in the locker room.

Leaving not only himself, but jointly his teammates with the bitter taste of constant shame and disappointment.

What type of man are you?

The choice is yours...

[Decided to TRANSFORM into the Elite Top 1% of Athletes?](#)