

SL- Your progress is slow because....

[NAME] I know your progress is slow,
And it can be frustrating but,
Maybe this would help speed it up.

I understand that you are putting in the work,
Going to the gym and trying hard but,
Nothing seems to change.
You look at yourself in the mirror and,
No difference.

It's not your fault.
In today's time, with social media it may look as if
Everybody has a great physique.
And you can't help but want one.

So let me break it down to you.
It's not that quick and easy.
It takes years to build up a good physique naturally.

Everything you see on social media isn't true,
People have all kinds of ways to look better in photos,
Lighting, pump, and of course photoshop.
And don't even get me started on the fake nattys.

You have been fed an unrealistic expectation.
The journey is supposed to be hard
And progress is supposed to be slow.

But you can speed it up a little.
I'm not saying you will transform within weeks.
It will take some months,
But not with the type of workouts you do.

Studies show that for optimal growth,
You have to train every muscle 2x a week.

“But how do I do that?”

The answer is ‘Push Pull Legs’

It is a workout plan used by most athletes.

It optimizes muscle growth and recovery very well.

Allowing you to speed up your progress.

“Okay, how do I implement this?”

Here is my push pull leg workout split for you.

This split is what got me looking like this.

It has evolved over the years as I gain more experience.

Includes specific exercises for each day of the week.

With TIPS for efficient and balanced workouts.

ALL FOR FREE...

[Link](#)

Get this workout plan and start crushing those workouts.

But to maximize growth, there is one more crucial element

That you might be missing right now.[get them waiting for the next email]

Which I’ll tell in the next email soon.

Until then.....

Signing off.