

Avatar Based On This Testimonial



@keithbacchus1840

[3 weeks ago](#)

Hi I'm a ex sprinter I used to sprint from age 18 to 21. Then I started back last summer age 31. And currently 32. I sprint 2 days a week and train in the gym 2 days a week and I a marial arts ever Saturday. Should I sprint 3 days instead of 2 days. And do you reccomend me sprinting and training in training in the gym in the same day. Like morning track workout evening gym workout. Any tips I'd really appreciate it

Keith, 32, is now and is trying to create a program that is based on his age. He wants to retain the glory of his young days where he used to sprint fast to get back his respect. But since he's a lot older he wants a program tailored to his age.

Current State:

Keith is trying to relive his youthful days of sprinting fast. He is still 32 but does not know a program that is tailored to his age and wants something that can cope with his other physical training like gym and martial arts. He wants to know how to go by his training cuz he lacks the knowledge to do so. If he is able to get back his speed, then he will be able to get massive respect.

Dream State:

Keith is fast again just like his youthful days... He has gained massive respect for being fast again at 32... because it is an incredible feature.

Roadblock:

He lacks the knowledge to train at 32.. He does not know a program tailored to his age and that does not sacrifice his other physical training (weights, martial arts). He is worried about his age now since he is no longer 19 years old.

Solution:

Keith is given guidance and a program tailored to his specific needs of becoming faster again. He is shown a way on how to train to become fast again at 32 given his other physical activities.

Product:

The product is a coaching consultation that is either 40 minutes to 60 minutes long and designed to answer specific questions regarding his training methods as well.

Purpose of Copy:

I've signed up to his newsletter which is realize is quite inactive since it's been days.. SO I decided to write a DIC to help him use his newsletter better.

Fascinations:

How to be an Ageless Wonder And RUN FAST
Revive your Youthful Energy and Sprint Faster
The TRUTH about Sprinting Age and Keeping it For Years
Why Age Isn't A Sprinting Factor at your 30's
When To Stop Doubting Your Sprinting Capabilities at your 30's
The TRUTH about Doing A Lot in Your 30's
The Secret To Sprinting Fast Beyond 30
If you want your sprinting speed back, then follow this immediate guideline
How to Get Back Your Energetic Lightning Speed
The Secret To Maintaining Your Athletic Speed As You Age
How to Become A Speedy Character Once Again

Email

Subject Line: The Secret To Sprinting Fast Beyond 30

Hi Keith,

Are you eager to get back your speed and sprint as fast as a famous athlete?

It would be fun to regain such youthful energy and run FASTER than any kid who challenges you.

Even though growing up means handling more tasks, your athleticism still can thrive through an adaptable plan.

Running fast at this age requires precise methods that will GUARANTEE to work and does not bother with your other tasks throughout the day.

Your **respect will go through the roof** as you are able to maintain your athletic prowess throughout your 30s.

If you want to rejuvenate your speedy years and gain massive respect, then click the link below and start applying our methods.

Become *lightning-quick* once again with this well-planned strategy

Re-Write:

Email

Subject Line: The Secret To Sprinting Fast in your 30s

Hi Keith,

Are you eager to recover the sprinting speed from your twenties?

It would be fun to regain such youthful energy and run FASTER than any kid who challenges you.

Even though growing up means doing more tasks, your athleticism still can thrive through an adaptable plan.

Running fast at this age requires precise methods that will GUARANTEE to work and does not bother with your other tasks throughout the day.

Your **respect will go through the roof** as you are able to maintain your athletic prowess throughout your 30s.

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