

Email #1:

Subject Line: It is your calling to be a HERO!!

Congratulations (name),

Welcome and prepare yourself.

There is an enormous load to unpack, but I am more than able to help you get started on this journey.

Let me tell you, screw motivation, it will limit you.

It is where 98% of people start on their journey, but they are mistaken.

Once their motivation is gone, they start to fumble and crash.

But I have learned the truth.

There are two important keys you must have on this journey: Discipline and Consistency.

Discipline is the foundation of your journey.

Consistency is what will polish you into a Greek god.

With this ultimate partnership, you will become a HERO.

The man all the ladies will crave.

The man all the boys aspire to be.

The man all the men will respect.

But this must be embedded into your heart.

How? Well, that's why I'm here.

I am the messenger, and I have brought a gift of wisdom.

[Click here to receive your gift](#)

The next time you see me, I will tell a story.

A short and simple one.

Email #2:

Subject Line: YOU NEED TO SAVE THEM!! No one else will.

Being strong meant nothing to me.

No point, I'll just live my life.

Sleep. Work. Play.

Simple. Easy. Right? WRONG!

I rode a motorcycle and I was in a group, 3 friends.

One of my friends and I were going to meet up with the other two.

We made a turn and my friend fell.

The bike was on his leg.

I tried to lift the bike, but I was weak, useless.

Our other friends arrived and got the bike off of him.

After that, I couldn't let myself be helpless.

Someone who can't help a friend isn't a friend at all.

I made a change and now, I'm a real MAN.

I found help and within months I was transformed.

I can now lift more than just a motorcycle.

I was weak, you are weak.

You do not want to be like this forever.

You have the potential to be strong, reliable, and invaluable.

Don't go anywhere.

I will soon reveal the secret that will ascend you into a Hero.

Email #3:

Subject Line: ALERT!! YOUR ASCENSION IS PENDING!!

Everyone is doing the same thing.

When have you ever seen anyone not do a Push/Pull/Leg split?

Or how about the PHAT split? PHUL split? 5 day split?

And these training sessions take about an hour to 2 hours PLUS it takes a long time to recover from one of these sessions.

The truth is you will never achieve the body of a Greek god.

If you do the same split routines as everyone else then there is no chance you will ascend into Olympus.

It's time to become different.

Now I know what you must be thinking, how can this be any different than what is already out there.

Let me tell you this:

What if I told you of a method, the easiest and simplest method that it only takes 15 minutes to complete!

This method has already helped thousands of men to become he-men.

This will ascend you.

Do not wait, do not leave it for tomorrow.

Now is the time . . .

[Become the Hero Now.](#)