

This email is to improve my storytelling skills and pitch to this guy
Based on a true story

Ok going to the gym is hard, you first have to wake up at god knows what time, make your breakfast, eat your breakfast, walk the dog, go to your crappy old job you hate, come home already tired, put on your gym clothing...

Walk to the gym dreading your life as we speak, on edge to cry.

Only to be drained of energy, to make matters worst you get there and theirs no machines open, so you have to do some light cardio.

Go home, only then to crash on the couch to watch the newest Netflix series while eating a tub of ice cream, sounds familiar?

Ok, I'm going to get straight to the point, the easiest way to get into the gym is by going there for less time.

Yea yea it sounds way too easy but hear me out...

You don't what ever the f*ck you have to do in the morning and you go to the gym, when you get there find a easy machine or exercise you can do for 20 reps, after doing that just go home.

Rinse and repeat, all you need to do is clean up your diet by adding one clean meal a day and progressive overload which means you add more time or consistency to the thing your doing...

Like the gym, more time + more days = great results

I'll give you sometime for you to unpretzel your brain, but to make things more simpler, [click here to](#) be able to have the best of the best progressive overload starter pack

See you on the other side of things