

Email#1

You need to wake up

The solution to change your physique forever

I remember when I use to be like you, trying to figure out the best ways to build muscle and look good.

Changing my routines every two or three weeks trying to get the best results and nothing seemed to work.

I was desperate, I wanted strength and muscle growth, I wanted to build muscle quickly and easily but let me tell you.

I was wrong.

There is no way to achieve a good physique quickly and easily, there is no way to get the most valuable things in life without effort.

In life, you can **achieve anything you want** but there is a price that you must pay
To enjoy life you need to put in the required work to get the good things, there is no other way around

At this point, some people may realize that and they will quit because it is too hard for them, but if you are decided to change your life **I can help you.**

I will show you the ways to achieve anything in life

Are you ready?

The first thing is your mentality

To achieve anything, you need to fix the way you think, If you don't believe in yourself nobody else is going to believe in you.

You need to change the way you think about yourself to change your entire reality, It's like Gandhi says:

"Your beliefs become your thoughts. Your thoughts become your words. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny."

If you fix your mind you can change your destiny

There are 3 more things you need to know to achieve your goals If you want to know more:

Click this link to find out the 3 other ways to achieve your goals

You will receive an email after you click the link, check your inbox.

Email#2

The 3 Secrets of Success

Get anything you want from life

Hey(name)

In the last email, I told you about the importance of having a good mindset, and how your thoughts will change your entire reality

Now I want to show you the other **secrets of success** that you need to know, This will help you to build your desired physique and also get anything else you want

But before that let me ask you this

Have you ever felt that you don't know where you are going in life?

Do you find yourself skipping workouts or the diet all the time?

Are you constantly asking yourself...

why am I doing this?

If so, you have a lack of purpose

To get what you want, you need to know what you want, and having a clear purpose is going to help you focus on the essential things

Having a clear purpose or goal is essential for staying motivated and focused, so if you want to build muscle you need to have that in your mind all the time.

Constantly reminding yourself of the reasons **why you do what you do** will help you stay committed to your fitness routine, even on days when you don't feel like it

The second secret is patience

You can be determined and motivated by a goal, but you need to understand that you have to give your 100% and after some time you will start getting some results

The more time and effort you put into something the more results you are going to get and to get that desired physique you need to train A LOT!!!!

Don't get discouraged if you don't get it in the first 3 months, understand that...

Nothing changes immediately

You need to give it time to change and little by little you are going to get stronger and bigger

Now, there is one more thing that you need to know to get everything you want, in this case, build some muscle

I will email you the **last secret** later on, but if you are curious and want to know what it is about click the link below:

Learn the last secret of success that you need to know about

You will receive an email after you click the link, check your inbox.

Email#3

The ultimate solution

last secret

You probably read the other emails and now you are wondering:

What's the last secret?

Well, as I promised I will show you the last secret

The Ultimate Secret is a:

Mentor

In most of the hero's journeys, there is a person that guides the hero in his path and teaches him what he needs to do.

You need to find that person that already has what you want and follow their guidance to achieve those same results

This tip will only help you if you follow step by step the guidance of your mentor, so if you hear all the advice but do nothing about it nothing else is going to change.

You need to step up and take action, you need to change your mindset, have a clear purpose in your head, be patient, and find someone who can share with you all their experience

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Finding a mentor is something optional, you can spend 10 years of your life getting all the knowledge you need by yourself if that's what you want.

Or

You can follow my step-by-step exercise and nutrition guide on how to build muscle and start to see results in a few months of hard work and dedication

The decision is yours

[Are you willing to join the team?](#)

