

So you wanted samples, here are 5.

If you want a personalized sample, message me.

1. René Fitness.

Bulgarian Split Squats 🔥:

I grabbed a weight in each hand, quickly looked around, and placed my leg on the bar. Thoughts were racing through my mind:

"Okay, it's now or never, time to get some results."

I took a deep breath and started: Up, down, up, down, up, down...

My legs started to burn, and the devil was whispering in my ear,

"You don't need those last reps, they don't matter, do them next set."

I just smiled, I knew I couldn't let myself down.

I knew I couldn't stop if I wanted to look myself in the eye.

So, through the pain, I kept going.

We all hear the devil's voice, the one that says we should give up, that we can have that fourth piece of cake, that we can skip the workout for one more episode of Netflix.

Do you know how to silence him?

Systems!

By following the things we've always done, we'll never get to where we want to be.

Systems are for those who want:

- 💪 A clear mind that can ignore the devil.
- 💪 Results that will shock their future selves.
- 💪 Energy to do the exercises they don't like but that deliver results.
- 💪 Compliments and a strong body.

Are you serious about getting in better shape?

Take a sneak peek at my [website](#) so you can silence the voice.

🔥 The future depends on what we do in the present 🔥

Results:

The results for this description was pretty good along with a few thousand likes and comments, the fitness coach got around three leads of it.

2. Morning weight:

It's morning, and you get up and walk into the bathroom. You take out the dusty scale and step on it. As you look down, you see the numbers rising higher and higher, and... F*ck, it didn't stop where it should have.

You glance at yourself in the mirror, feeling a little disappointed, and even through your shirt, you can see there is more "love" than there should be.

With a sad smile you say "Well" and move on...

It's a frustrating situation and a naggy feeling of long gone motivation has taken over you.

But this is not the time to give up.

You're in the same situation as Henrik was. All he needed was some healthy habits and a helping hand.

Become the best version of yourself, get a helping hand [here](#).

Results:

This was for a fitness coach too, the results were the same as before, though the leads that we got from this post had really strong motivation to do something about themselves. So the leads were pretty good.

3. Local Painter, DIC

DIY solution

WARNING, before doing DIY there's a thing you should avoid...

Countless hours are being wasted figuring out how to paint properly.

Paint, tape, brushes, are being brought, only to waste more time learning how to use them.

Often it ends up costing much more to do it yourself than if you hired a painter.

The result can also suffer in quality if the paint is applied unevenly, or if the preparation work is not done thoroughly enough.

So before you embark on your next project, you can get a non-binding offer.

A painter is not always as expensive as you think.



Results:

4. Claus website edit.

Achieve clarity, direction, and valuable insights.

Without a clear direction and strategy, it's difficult to make the right decisions.

It can also feel like you're spending all your time and energy on your business and don't have time to care for yourself, your friends, and your family.

It's frustrating and stressful, but there is a solution.

I have worked with countless business leaders, helping them achieve clarity and focus.

The lack of clarity and direction is often due to not knowing one's strengths and weaknesses, but you can overcome that.

Book a free consultation with me and

Gain clarity and focus.

Identify your strengths and weaknesses.

Develop an effective strategy to achieve your goals.

Provide you with the direction to take your business to the next level.

Take the first step towards clarity by booking an appointment [here](#).

5. UGC

This is for UGC coaches.

In this exact copy is meant for people to buy a course to learn more about UGC, the course is meant for people who have been pitching to brands but seeing little to no success
Also this is on a landing page.

Are you tired of seeing other UGC creators land brand deals while you are doing the same as them but getting no results?

Still stuck sending outreach every single day **and night**, but always end up getting ghosted by brands?

Hope might seem like it's fading, and negative thoughts spring up in your head like:

"Is UGC for me?"

"Does UGC really work?"

"Maybe I can't and are just wasting time"

But you have to realize that it's not your fault...

You may have fallen for the trap of getting generic advice.

Most people are out there giving advice that is outdated and does not fit your situation.

So to ensure you are getting advice that actually works for you, I'm giving you a Free 1:1 coaching call, plus:

300+ Real Brand Emails

DM/Email Pitch Templates

UGC Contract (Attorney Approved)

UGC Invoice Template

101 Best Hooks

So you can save time, get brands to respond, and launch into the success you deserve.

Honorable mentions

The Terrors in the Night (website edit):



NOT DONE

Do your child wake up screaming in the middle of the night, with wide-open eyes, frantically waving their arms and legs?

There is a way to change it

It's intense as a parent; you feel powerless, almost panicked not knowing what to do, as if you're not present.

You wish you could do something, but it only seems to get worse when you try, let's change that so your child doesn't have to suffer... [Read More](#)