

Short form copy #7 (seventh time)

Any feedback is good. Be as harsh as possible. I want to improve

New things I do: - ask why 3 times at the current state, dream state, roadblock

Read my copy with loud voice

OODA looping

Short form copy

Avatar

Franklyn, 18 years old

Current State

Franklyn goes to the gym 3 per week, he doesn't know how to train. When he's at the gym he does what he feels and for how many sets he wants. He doesn't push himself to the limit

Dream State

Franklyn likes Cbum and wants to look like him one day. Cbum was the person that inspired him to go to the gym. He also wants to be powerful as Cbum

Roadblock

Lack of knowledge, he doesn't know the basic things about the gym

Solution

Found a way to inform him about the exercises that he should do at the gym and how to do them correctly

Product

Shows step-by-step what exercise he should do. And the common mistakes that beginners and sometimes advanced do.

SL Ideas:

1. The secret to Cbum pshysique
2. THE BODYBUILDING KING. Cbum's secret to achieving inhuman strength
3. How does he do it? The secret to Cbum's perfect vacuum
4. Say goodbye to your skinny legs, it is time for monstrous legs as Cbum
5. Tired of those small pecs, it is time to get them to DD size.
6. Envied by men and adored by women. You will fill up your shirt with muscles.

7. 3 exercise that Cbum use to get that boulder shoulder
8. The single exercise to do, if you want to have that Christmas tree like Cbum
9. If you feel like a “skinny bitch”, then is time to become an absolute unit.
10. 96% don’t do the exercise that will give you “wings”
11. The exercise will transform your arms from bones to muscles that could break stones
12. Say goodbye to your spaghetti arms is time to get 16 inches biceps like Chris Bumstead
13. Become the 🤴 of the weights
14. The secret that helped Cbum to add 20 kg to his bench press in just 8 weeks
15. Become so big in pecs and biceps that your shirt will explode.
16. 3 exercises that helped Cbum achieved that V-taper
17. Cbum abs training that will leave you with abs for the rest of your life
18. In the land of the weak, the strong man is the king.
19. Tired of seeing your chest bones, it is time to get some big "milkers"
20. The exercise that will make your grip strength strong enough to crush an apple bare-handed

SL: Say goodbye to your skinny legs, it is time for monstrous legs as Cbum

There is a reason why Cbum has monstrous legs

And it is not genetics

He uses a very specific training split that helps him maximize the growth of his legs

Cbum shares his split only with ambitious and disciplined men.

[Are you ready to find out the secret split?](#)