

My Copy:

SL: Struggling to Build Muscle?

PV: I was a hard gainer like you!

Hey %FIRSTNAME%,

Building muscle can be a real challenge,

Especially if you're a hard gainer like I used to be.

Back in college, I was a track runner,

Which kept me lean but not strong.

So when I decided to bulk up,

I quickly realized it wouldn't be easy.

I had to learn a lot along the way.

One of the biggest obstacles for hard gainers is not consuming enough calories.

You might think you're eating plenty,

But if you're not seeing size gains, it's likely still not enough.

Here are some simple ways to boost your calorie intake:

- **Snack more** throughout the day.
- **Drink juice** instead of water for extra calories.
- **Add peanut butter** to your meals.

- **Make protein shakes** with peanut butter for a tasty calorie boost.

By making these adjustments, you'll start to see results!

But remember, there are four key fundamentals of building muscle.

If you're not familiar with them,

I've created a **free 4-part course** that will guide you in finally starting to grow.

Enrollment for the course closes tomorrow,

So don't wait!

Act now or risk missing this opportunity!

[Sign Up Here]

Best,
FitXFearless

P.S. Want to see even better results? Start tracking your calories!

Original Copy:

SL: For Hard Gainers Only.

PV: Here's the Key to Building Muscle

Hey %FIRSTNAME%,

Don't let my current physique fool you.

I know exactly what it's like to struggle to build muscle.

Back in college, I was a track runner.

Cardio was my life, and it kept me lean, maybe too lean.

So, when I finally decided to switch gears and start packing on muscle, it wasn't easy.

I had to learn [A Few Key Things](#) that made all the difference.

The biggest challenge for me and for so many other hard gainers is simply ***not getting enough calories***.

I know what you're thinking: "But I swear I'm eating a TON of food. There's no way I'm not eating enough."

Trust me, if you're doing your workouts properly and still not gaining size, you're probably just not getting enough **Calories**.

You NEED more!

Here's what helped me:

- Snack more during the day.
- Swap water for juice.
- Add calorie-dense toppings like peanut butter to your meals.
- Make some high-calorie shakes with *lots* of peanut butter.

Do what you can to add those extra calories without resorting to junk food.

With these changes, you'll not only see the muscle growth but also feel stronger, more energized, and more confident.

Building muscle is like building a house.

Without enough bricks (**Calories**), you're not going to get far no matter how hard you work.

The more bricks you add, the stronger and bigger your house becomes.

But remember, none of this works if you're not following the 4 fundamental rules of building muscle.

Don't know what they are?

I've got you covered with a free, 4-part course designed specifically for hard gainers like you.

It breaks down the exact steps I used to transform, cutting through the fluff and giving you real, actionable strategies.

But you've got just one more day to sign up!

Hit the link below to grab your spot before it's gone.

[\[Get the 4 Muscle-Building Fundamentals\]](#)

Best,
FitXFearless

PS: Want to take it up a notch? Start tracking your calories for even faster results.
