

Random short form email - gym workout course

Email 1:

Subject line: **A Warm And Sweet Welcome**

Welcome, friend!

Welcome to our community! We're thrilled to have you join our community, as a valued member of (company name).

Here, you'll gain exclusive access to our limited edition workouts and be among the first to watch unreleased videos, exclusive content, and first picks on new releases such as the anti slip knee braces.

Oh and I almost forgot, here is your 15% coupon, use code **GYMFAM15** at checkout.

Stay tuned to learn the secrets of Eddie Hall's impressive feats.

(Link)

(Company name)

Email 2:

Subject line: **Sculpt Your Best Self: Mastering the Art of Body and Mind**

Earth shattering moments can go either one of two ways.

I had finally got the body I've always wanted.

But, it wasn't too long ago when I was sinking into my chair everyday, feeling sluggish and unmotivated.

I used to come home from work and watch Netflix while I snacked on unhealthy food, indulged in nuggets everyday, packed me a gut...

People no longer gave me eye contact and would just stare at my abomination.

At its worst. I was bullied in school, being called all forms of names from fatso, blob, chub chub and whale.

I lacked motivation and started to experience symptoms of depression, and both my mental and physical health began to deteriorate.

Until one day I had enough, at 3:00am I had two options: Either continue being a worthless piece of meat or get up and chase my dream.

Imagine the look on my family's faces when they had seen what I'd become. An overweight blob. They were clearly disappointed in me and urged me to make a change.

I felt defeated and disappointed in myself, that day I vowed to never feel that way ever again!

It was a hard and tough journey, but I never gave up and pushed through.

Now I feel like I could split the earth in half with the amount of energy and determination I have now!

When looking, you will see a completely new man - a strong, chiselled, confident gentleman who could change the world.

A tsunami of gratitude would wash over you, showcasing the immense progress you've made in achieving your dream body.

If I had never made this decision I would have still been sitting on my chair eating my life away.

Do you think you can do that?

Feeling so alive and confident that nothing can hold you back - not even your fear of rejection.

Experience the unparalleled effectiveness of this routine, which has proven to be a game-changer for countless individuals.

Are you ready to join a community of thousands who have enhanced their bodies, minds, and souls to conquer the world?

Click the link below to take the first step on your journey towards a stronger, healthier, and more fulfilling life.

(Link)

Best regards,
(Name)

Email 3:

Subject line: **Experience accomplishment**

Imagine this:

You just booked one of our courses. You receive your confirmation.

You start straightaway. Turning the routine into a habit and disciplining yourself into doing it everyday.

Fast forward into the future, you look in the mirror and see a completely new man, one with a defined physique, sharp jawline, and confident mindset.

There it is. Glowing. Your dream body!

You stand there in disbelief at how far you've come but feel so joyful. You went from doing nothing to being able to do anything, such as climbing mountains, going on hikes, going out with friends and family more and doing activities you couldn't before.

You can already picture it.

Bliss, joy, confidence.

join in on the fun of our customers' experience, unbreakable energy, with the confidence to do anything.

(Link)

(Company name)

Email 4:

Subject line: **The Spartans secret**

Hey again friend!

Not seeing the results you want from your regular workout programs? Frustrated with the slow pace of progress?

Many of our customers were the same. They were looking for something more than the basics.

This is until they found (company name).

At (company name), we are committed to providing you with the most effective workout routines tailored to your unique needs.

Through continuous research and development, we strive to enhance our programs and deliver optimal results.

We believe that incorporating proven techniques from ancient Roman practices can further enhance the benefits of modern workout methods, and we are proud to integrate these principles into our training programs.

Our success is, in part, due to our unwavering commitment to utilising only natural methods.

We firmly believe in harnessing the power of nature and avoid relying on artificial processes in our approach.

Experience the traditional practices firsthand and immerse yourself in the rich cultural heritage!

(Link)

The (company name) Team