

FV - email sequence (low impact exercises)

PAS - Value/Sales Email - low-impact strength exercises

Email #1(Value/sales email):

SL: Walk of shame

Picture this scenario:

You walked up a flight of stairs just to remember you forgot the last grocery bag in the trunk, so you run down to get it.

If you would rather leave the ice cream to melt than go back to get it, you might have a problem.

Is your leg developing vocal cords in milliseconds and SCREAMING at the thought of doing the trip again?

72% of people around the world share the same nightmare.

And 88% of those people can fix it, easily.

You need to [strengthen your knee ligament muscles.](#)

That sounds complicated, right?

Actually, it couldn't be simpler.

You don't even need to set aside extra time.

All you need to do is [multi-task for 15 minutes](#) while watching TV.

Is that too much to ask for a PAIN-FREE life?

Email #2 (value)

SL: WAIT - Pain is keeping you from doing it?

Have you rescheduled your plans?

Because you've hurt yourself by...

not doing anything *unusual*?

Is the current situation becoming an ongoing problem?
And making you unwilling to do the things you used to love?

Are you convinced the downward spiral is real?

Well, it may be real, but you can redirect it upwards.

And you don't have to fight fire with fire.

Simple action while sitting and enjoying your favorite show can improve your life.

What I like to call "dynamic TV watching" is the easiest hobby you can put in place.

Strengthening your body's weak spots is WAY easier than it sounds and will help you relieve any pain.

Everything you need to help you ease the pain - properly and easily is [right here](#).

And it's not some harmful medicine.

Email #3 (value/sales)

SL: Feel Young Again

Are you afraid if you bend down to pick something from the floor, you won't be able to straighten up again?

I can tell you the secret to remove that nightmare from your thoughts. But know this -

You don't need to be old to feel old.

And you don't need to be young to feel young.

The single "hack" you need to recover or discover your strength is not a pill.

It's not a "magic" wristband either.

You don't need someone massaging you,
sticking needles in your back,
or doing some voodoo over a doll that kinda looks like you.

What works best is what has always worked best. Time is the best teacher, and we listen to its lessons.

A practice developed over hundreds of years can now be in the palm of your hand.

[Find out what to do if you want to feel like million bucks.](#)