

SL: BURGER & FRIES = 6 PACK ABS??

With my face hunched over the toilet seat...

I blankly stared down at my \$18.95 predigested mush of regret and shame.

Burgers, fries, ice cream, shake - **GONE**.

“Eugh”

I weakly stumbled back up, flushed it all away, and returned to my table of friends...

And {name}, I’ve never been the same since.

Everyone’s voices drowned out as I stared into my blurry reflection from the booth in front of me.

And I hated what I saw, but for once... I didn’t avoid it.

I faced it.

For the first time in my life, I viewed myself from the outside...

And came to grips with how **messed up** I *really* was...

- How I would throw my food up, as a desperate attempt to try get skinny...
CONVINCED - *I didn’t even deserve to eat.*
- How I hated my body and would avoid **EVERY** mirror, or slight reflection at any cost to avoid my reality.
- And especially how uncomfortable I felt in my own skin...
Always trying to sit upright so my gut didn’t hang out, constantly having to tug on my shirt to try hide what rolls I could 24/7...

But fast forward 5 years later...

After 2000+ hours of research, testing, and a lot of failing... (trust me, a **LOT** of failing)

I cracked the code on slicing fat in the most enjoyable and most importantly **time efficient** way possible.

And have built a physique I can’t help but smile and be proud of every time I catch a glimpse...

BUT What Took Me 5 Years, Can be Done in a Matter of MONTHS...

With the **RIGHT BLUEPRINT** to Follow.

Which is why I've decided to host a **FREE** 1-on-1 private call for 10 COMMITTED guys struggling like I once was.

Just [click the link](#), book a time, and let's discuss where you are, where you want to be, and I'll show you your specific blueprint to get there.

As well as any other questions you may have, fitness, nutrition, or mental state related 😊

Remember, this is ONLY available for the first 10 signups.

So if you miss out sorry, *not sorry*...

Book in NOW, And Begin YOUR TRANSFORMATION.

<IMAGE OF CLIENT TRANSFORMATION + TIME FRAME>