

Subject line: master your fitness setbacks for unstoppable consistency (never miss a day)

"No more slacking off!" You let out a guttural scream with your head lowered in frustration at yourself for not progressing.

Then, while looking at yourself in the mirror you scream with a determined face, "Enough of this! Tomorrow I will stick to my exercise plan and build that momentum."

You suddenly get consumed by a maelstrom of conflicting emotions. Anger, fear, drive, ambition, and rage devour you at once giving you unlimited motivation.

Your exercise session, which you have been ignoring for weeks, is scheduled for the next morning at 7 am.

And as you're setting the alarm for 6:30 am...

Your phone's battery is 9% and you're totally unaware of it.

But before you sleep, you instruct someone in the house to wake you up at 7 am if something goes wrong.

And with an unusual excitement for the next day you jump in bed, cover yourself...

...and Sleep.

To your surprise, you start hearing door-knocking sounds that wake you up.

As you're attempting to make sense of the situation you hear the most discouraging words to start your day.

"Hey, are you still asleep? It's 7 am now,"

At that moment you get up and grab your phone.

But since the phone is dead ... no matter how much you click it doesn't light up.

Then...

And with a burst of anger flowing through your body realizing how one tiny mistake led to another day to join your “should’ve done” list of days...

You squeeze the phone hard ...

Raise your hand up and start swin—

Ping! Ping!

Seemingly out of nowhere...

A faint unusual notification sound coming from behind catches your attention
You stop midway, put your phone down, and start walking toward it...

Ping!

In the midst of all the chaos in your room, you start inspecting place by place...

Ping!

The sound grows bigger and you suspect it comes from your balcony...

Ping!

As you’re reaching the balcony, the sound grows even bigger...

Ping!

“I found you,” you say, looking at your laptop sitting on the balcony table

You open it up quickly and with sleepy eyes you see ...

... a post notification?

“If you keep missing your workouts, read this!”

Without a second thought, you click on the notification.

Then ...

A whole new webpage opens up and the first thing you read is...

“The most adaptable wins: how to manage unexpected obstacles and get your workout done no matter what”

With each line you read on the post, your motivation to workout increases radically

By the end of the post, not only did your drive and willingness to take on any challenge increase

But you learned an important lesson about adaptability you can keep for the rest of your life

And with that, you head with sheer confidence toward the park to smash your workout.

It was all because at some point yesterday you joined a community of men over 30 trying to better their lives with calisthenics

That goes to show the power of brotherhood and community

See, men have since Melania fought in groups guiding and standing out for each other to survive against foes.

You don't need thousands of men in your group.

Only a couple of like-minded and driven men are more than enough to withstand the heat of the battles ahead

Together you will win the battles against doubt, fears, setbacks, downs, motivation depravation, and distractions.

So you can create that incredible physique you dream of and maintain it.

If you are struggling with anything in your fitness journey or want to form your own group of strong men to stay accountable and consistent in your training

Then I strongly recommend you to join our Men Over 30 a community of strong and like-minded men to stay keep going forward with your training.

See what Morgan has to say:

*"I have been on the over 30's Community with Anthony for over a year and I'd never go back to the gym. He has given us so much **knowledge and encouragement**. Little things like short workout plans we can utilize to create daily habits. One of the most **powerful** for me is to just do the **warmup**, even if you don't **feel** like doing a workout, just do the warmup then before you know it you're in the mindset to actually do the workout, and sooooo much more."*

Your ambition will be sparked

Your motivation will skyrocket

And you will start managing setbacks like a beast.

Join [here](#)