

Outreach 4

SL: Welcome to fatherhood [NAME]

Hi

Congrats on the expectancy of your precious little one! The joy and love emanating from you and your wife is truly heartwarming. Finding the right balance between work and family responsibilities can be quite the challenge but I have no doubt that you'll manage to find a way to harmonise your work and family.

Upon scrolling through instagram a post of yours popped up on my feed and I couldn't help but notice something missing in your captions.

90% of online fitness coaches overlook this vital opportunity that's stopping them from transforming from a fairly successful fitness coach to a giant in the fitness industry.

When implemented correctly, this easily overlooked feature converts a larger percentage of your audience into clients/customers.

Below I show you how I implement this strategy.

If you want to know the other features that 90% of fitness influencers overlook, feel free to reply to this email. I look forward to hearing your response.

This is it:

🔥 Are you ready to take your leg day to the next level? Let's do this! Save this post and tag a workout buddy who's ready to crush it with you. Together, we'll push each other to new heights and make gains we never thought possible.

🏋️ Speaking of which, this leg day routine is no joke but if you want to improve on your physique training legs is a crucial as any other muscle so trust me, the results will be worth it. So grab your gym buddy and let's get to work!

- ① Lying Leg Curl: 5 sets | 15,12,12,12,12 reps
 - ② Leg Press: 5 sets | 15 reps
 - ③ Hack Squat: 4 sets | 15 reps
 - ④ Single Leg Seated Leg Curl: 4 sets | 12 reps
 - ⑤ Leg Extension: 4 sets | 12-15 reps
 - ⑥ Seated Calf Raise: 4 sets | 12-15 reps
 - ⑦ Standing Calf Raise: 4 sets 12-15 reps
- 🕒 Rest 60-90 seconds between sets.

🌟 Leg day can be exhausting so if you're looking for an extra boost to help you power through, check out @MuscleTech's premium supplements. I use them to help me recover faster, build muscle, and take my workouts to the next level. Use my code [code] to save 15% on all MuscleTech products - it's a no-brainer.

 And before you hit the gym, make sure you're looking the part with my new oversized shoulder tee from @zivi. Use code [CODE] at checkout to save and take your workout style to the next level. Let's crush this leg day! 