

Welcome sequence

Product - Coaching 1:1

3 emails

First Email

SL - Do you wanna feel good about yourself? (yes)

You're a step away from changing your life forever!

Not many people are willing to admit this,

But being fat is like being sick all the time,

It causes you

- Not being taken seriously by people
- Getting dirty looks from strangers
- Having difficulties with moving
- Buying oversized clothes
- Being afraid to step on scales
- Looking at the weight limit on elevators...

And much more...

But don't worry

You're in the right place at the right time!

I've transformed over 20+ people.

Who were in the same position as you are

To get fit, lose weight and get stronger

So if you want to stop being treated like shit

And actually feel good about yourself.

Book a call with me!

P.S: Email me with your fitness goal, so I can see

How serious you are about your journey!

Talk soon

Francis

Second Email

Subject Line - My life was hell(that's why you're lucky)

You have no idea

How many times people have ghosted me at the start of my coaching business.

Clients were not turning up for sessions, false promises, and general shady behaviour.

It was all part of the process which led me here with you today.

But that's why

I'm gonna teach you how to head first through all of the shit,

That life is throwing at you,

By simply helping you to take care of yourself

Being accountable, fit and strong

Like Hercules

But you gotta take the punches to be like him.

That's the sacrifice!

You've got this!

Francis

Third email

Subject Line - You have TIME

Everybody wants to be fit and strong,

There is nobody who would want to be the opposite,

But what most people don't realize

That it takes WORK and TIME

Many of you are already making some type of excuses

"Oh, I work 9-5, I have kids, I have other responsibilities, and I don't have time to train."

Or even worse

"Groceries cost more than fast-food",

It's all WRONG

I'm here to tell you,

That all it takes is 45-60 minutes of workout,

Having a healthy diet(which can be tasty as well!)

And a couple of years.

That's it

There is no magic pill,

There are no miracles,

If you really badly want to achieve it

You gotta make time for it.

I'm here to speed up your process.

Providing guidance, accountability,

Being in your corner and helping you with EVERYTHING

Like I helped Zach, Brian and Simon



But it all starts with the belief in yourself!

Talk soon

Francis

P.S: btw I have an eBook which has

- 10 years of expertise in fitness

In addition to that, you're gonna have:

- Strength Training Bible
- FREE 10-week strength program

Email me with the word "interested" to find out more about

How it will genuinely help you to set yourself up for training success!

