

Short form copy #17 (seventeenth time)

Any feedback is good. Be as harsh as possible. I want to improve

New things I do: - ask why 3 times at the current state, dream state, roadblock

Read my copy with loud voice

OODA looping

I write one piece of copy every day (MUST)

From today I will write on PAS DIC and HSO

Rule (don't use the same SL, write new ones)

Same Avatar for all of them

DIC #17 (this is DIC format)

PAS #7

HSO #7

Research 60 minutes #4

 **Copie a fişierului Research Template**

Avatar



Bob, 22 years old

Current State

Bob was weak his entire life. So weak that he can barely do 15 pushups and he can't pick up all the groceries. He is ashamed of how weak he is. Recently he has started to go to the local gym, but his strength doesn't increase at all.

Dream State

Bob wants to be powerful. So powerful that he could squat more than 1.5BW, bench more than 1.2BW, and deadlift more than 2.0BW. He wants to feel the accomplishment of the strength that he has

Roadblock

He doesn't know how to train. He goes to the gym 5x per week but without the proper knowledge is almost impossible to train for strength

Solution

Inform himself about the 5 base exercises that will increase your strength and how to do the with the right form

Product

A book that explains the 5 basic exercises for strength and to do them. Nutrition facts, how to prepare a meal, meal examples. It explains every single level of strength growth: beginner, intermediate, advanced

SL Idea:

1. What helped Eddie Hall achieve that inhuman strength?
2. The secrets of strength training revealed by THOR
3. 5 exercises that helped Eddie Hall add 30kg on his bench in 6 weeks
4. The technique that will improve your strength by 43.2%
5. The “holy bible” of strengths
6. The weird grip will add another 20kg to your benchpress
7. The stance that will improve your squat, it's not sumo
8. The weird grip that improves my deadlift by 61.2%, is not a mixed grip
9. The technique that helped Eddie Hall become so strong
10. The 3 exercises that helped Eddie Hall become the 🏆 of strength
11. The “dark” secret about Eddie Hall's strength 😱
12. The secret behind Larry Wells's strength, it's not steroids

13. 3 exercises that helped Eddie Hall bench 205kg
14. How to double your strength in 4 weeks
15. The 3 exercises that will triple your strength
16. The exercises that will give you the strength of a TITAN
17. WARNING- Don't go to the gym until you learn about these 3 exercises
18. The exercises that will help you achieve the strength of the GODS
19. How is it even possible? The exercise will give you the strength of Hercules
20. The 3 exercises written in the "Holy Bible of Strength"

SL: The "dark" secret about Eddie Hall's strength 🤯

What is the truth behind Eddie Hall's strength?

Is it steroids?

No, Eddie obtains his raw strength just by...

Doing some specific exercising also called "The 5 Exercises of Hercules"

These exercises are not like regular squats, deadlifts, or benchpresses

They have a secret in them, a secret so powerful that it can transform anyone from...

A weak guy to a man that possesses the strength of the TITANS

Discover the secret lost in time that gives the strength of the TITANS