

Copy For Biomechanics Coaching Review TRW

Goal: Get people to sign up for an online session.

Who are we talking to?

- Men and women.
- Age 25-50
- **Athletes** (professional or recreational), **fitness enthusiasts**, or **health-conscious individuals** in physically demanding jobs like **personal trainers**, **construction workers**, or **nurses**.
- **Health-conscious**: Prioritize body optimization and injury prevention.
- **Performance-driven**: Focused on improving physical capabilities.
- **Pain management seekers**: Individuals dealing with chronic pain or recovering from an injury.
- Likely to follow **health, fitness, and wellness blogs**, **social media influencers**, and podcasts.
- Regularly **participate in fitness activities**.

Where are they now?

Current State:

- Experience restricted, tight, uncomfortable movement.
 - In pain when trying to move.
 - Might have upper back, lower back, and shoulder pain.
 - They might've tried to use medication to relieve pain but without much success.
 - Pain affects their quality of life.
 - They feel miserable around their family and feel horrible about themselves.
 - They might even think of giving up on their job and life.
- "Over the course of one year, I developed severe upper back, lower back, and right shoulder pain. It was Unresponsive to traditional measures such as pain medications or topical agents. The pain was significantly affecting my quality-of-life. I was cranky and miserable around my family. I even thought about possibly even giving up my career (which took over 10 years of education to achieve) because it is very computer intensive and the keyboarding/mouse work was nearly unbearable."
- They feel like a mess because of their state.
 - They potentially tried going to physical therapists in search of help but without any significant results.
 - Their state might get worse over time.

"In short, I was a miserable total mess. Initially, I went to physical therapists closer to my home, performing an extensive amount of rehabilitation exercises which took up one or two

hours each day. It was so frustrating because I was diligently performing the exercises, yet I was not getting better, in fact some symptoms were getting worse.”

- Might be worried that we won't be able to diagnose what's wrong with them accurately.

“After struggling with a muscle injury that other places couldn't accurately diagnose”

- They want someone who will analyze, tell them what's wrong with them and do research.

- They want to be able to move freely again without any pain or discomfort.

- Looking for someone who they can work with regularly.

- They are tired of being miserable and in pain.

- They want to enjoy physical activist and life in general.

- They want to play sports and be active without discomfort.

- They think their family and friends might start to see them as a burden.

- Others might see them as old and weak because they struggle to move well.

- They feel insecure about their body capabilities.

- They want to be competent and strong again.

Solution aware.

Stage 4.5

Dream state:

- Easy to move without any pain or discomfort.

- They got a detailed evaluation and found out what the problem was exactly.

- They got exercises that actually worked well for them and was bringing results.

“He performed a detailed evaluation, looking at my entire body (something no one else had done) and movement mechanisms. He Prescribed two exercises, much simpler schedule than previous regimens. Within about 10 days, I began feeling so much better. My back began to open up and my shoulder felt much better.”

- Now they get to do what they love and want to do.

- They are completely pain free and able to move the way they want and need.

- They feel stronger physically and mentally.

- They can be more of value to their family.

“Now, after three sessions, I am able to work at my workstation completely pain-free, something I've been unable to achieve in one year. I'm getting a lot stronger physically and mentally. On another note, I feel like I'm a much better mother And wife now as well, the pain took up such a large amount of my energy.”

- Their life is way better now, they feel free.

- They got a treatment that was effective and comfortable.

- They can play sports now and enjoy their life by being active.

- They move in every way they need.

- Have a better understanding of their body and how to move properly.

- They can always come back and get the best service and help they need.

- They feel more confident about themselves.
- Family and friends noticing their improvement.
- They feel brand new, and now they can live their life to the fullest.

What do I need them to do?

- Click on my email.
- Get interested.
- Believe that we can help them.
- Book a session with us.

Note: I reviewed this copy with AI already. This is an email for people who showed interest in us but never really bought anything. I feel it might not flow very well.

Email Copy

SL: Get Pain-Free in Just 10 Days – Expert Diagnosis & Custom Treatment

Hey [Name]

Have you been struggling with persistent pain, discomfort, or restricted movement?

We know how frustrating it can be when nothing seems to work, whether it's medication, physical therapy, or endless stretches.

It can make you feel like giving up on things you love, such as sports, a career, or quality time with your family.

There *is* a way out – and it's simpler than you think.

Imagine moving freely again without any discomfort, pain, or stiffness.

Being able to continue enjoying your favorite sports activities, whether it is soccer or boxing, without feeling restricted.

Spending time with your friends and family without constantly feeling like a mess.

It's all can be your reality with biomechanics coaching.

Get personalized treatment plans based on a **detailed evaluation** of your entire body.

You'll finally discover the root cause of your pain and how to treat it effectively.

With 100+ satisfied clients every year, we show you a path to your relief.

Here is what our clients have to say:

Review	Review	Review
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Many of our clients feel relief within just 10 days.

Don't wait any longer to feel like yourself again.

You can regain your strength, confidence, and ability to move freely with easy-to-follow guidance.

[Book your online session today](#) and get started on the path to pain-free movement.

What you'll get from our sessions:

- A detailed, expert diagnosis of your pain source.
- Personalized exercises designed specifically for your body.
- Relief from pain and improved mobility in just days.

[Click here](#) and let us help you to feel brand new again.

Hope to hear from you soon,
Zack.