

SL: Still complaining about that belly fat?

Hey (name),

Have all the diets and workout plans you've tried, shown little to no result?

Don't worry i feel you, ever since i've started my weightloss journey i would always

run into roadblocks and regrets when i would cheat my diet or skip a workout.

you know why?

I had **no accountability**, I didn't have any friends to go workout with or go through

Dieting plans. So I had to learn to keep myself accountable.

Since those 5 years I've gone from 300 pounds to 185 and im in the best shape of my life.

Don't believe me ? checkout my instagram @.....

And something this journey has taught me is, take those risks.

There isn't a worse feeling other than knowing you could have and didn't.

Take this message as your sign to start, no more excuses, no more skipping.

You START today.

P.S: I invite you to join me and over 1,000 students in my training program, just by clicking [Here](#) you can program a video call with me for FREE and that is in your information and we will also be including a FREE workout plan. This is one of those risks you have to take, don't take it from me, look at all the happy reviews of [customers](#) all over the globe. So...what are you waiting for?

eagerly waiting for you,

your coach, (Name)