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Email 1

SL: Get on the floor and do some pushups

Hey %FIRSTNAME%

Have you been struggling with your fitness journey lately?

Somehow you can't seem to juggle work, social life and exercise.

You barely have time for yourself, let alone exercise

You struggle very hard to stay consistent

And that leaves you in a constant cycle of negativity and low self esteem.

Well In this email, I'm here to show you how to break free from this cycle and find relief from the constant struggle.

Because realistically,

Most people in your position take on over complicated workouts and diets

They try do drastically change their lives to get the results as fast as possible

And of course, they end up failing miserably.

So how do you overcome this daunting loop?

Simple.

You get on the floor

And you crank out some pushups



But I don't mean you need to crank out 200 pushups in a row with 5 different variations.

You just have to get on the floor and do push ups until you get tired.

That 's it.

You see.

For someone in your position

The worst thing they could do is come up with an overcomplicated workout plan that will get them the results as fast as possible

That's not what you want to do.

You want to stay consistent

And the best way of doing that is by starting small

And gradually build up intensity and specificity as you go along

I know, it's easier said than done,

*But that's why I created **The Max Power fitness Mastery program.***

A step by step program that makes getting consistent and get results as easily as possible

CLICK ON THIS LINK TO ENROLL

Our spots are running out. If i were you, i wouldn't wait

That 's all for now.

José from Max Power Fitness.

Email 2

Hard sell email

SL: Are you in a fitness rut?

Hey David,

Have you been experiencing these problems lately?

- *you're tired all the time*
- *not thrilled with how you look*
- *diets just don't seem to work*
- *there's never enough time to exercise*

- *Your confidence has taken a hit.*

I hear it all the time.

Chances are,

*You're experiencing what i like to call a "**Fitness rut**"*

I've got the golden ticket out of that.

And it's got your name written all over it

*Of course i'm talking about the **Fitness Mastery Program***

So how does this program pull you from the fitness rut?

Custom Workouts: *Forget about those one-size-fits-all routines. We're giving you workouts specifically tailored to your fitness level, whether you're a newbie or a gym regular.*

Effortless Eating: *No more complex diets to stress over. We'll guide you in making mouth-watering food choices that fit right into your daily life.*

Schedule-Friendly: *We get it; life can be chaotic. That's why our workouts fit into your schedule. We'll make exercising a seamless part of your daily routine.*

Supportive Community: *You won't be alone on this journey. Join an incredible community of people just like you, all eager to encourage and support you on your fitness adventure.*

To enroll, simply click the link pasted below

ENROLL NOW

Looking forward to seeing you transform, %FIRSTNAME%

Catch you later,

José From Max Power Fitness

PS: There are only 10 spots left. If you're serious about changing, take action now

Email 3

Subject: The clock is ticking, %FIRSTNAME%

Hey %FIRSTNAME%

Time is running out.

Our program is in high demand, and spots are filling up fast.

This might be your very last chance to jump in and change your life for the better

Don't let this opportunity slip through your fingers.

Click the link below to enroll now:

Once the spots are gone, they're gone. This is your moment to break free from the cycle of stress and inactivity, regain your confidence, and live a healthier, happier life.

Take action now. Your future self will thank you.

See you later,

José from Max Power Fitness

