

Avatar:

John, 25, skinny and lanky, is currently looking for a job but also wanting to improve his weak-looking physical appearance. He currently is still relying on his mother but is finding ways to stop being dependent on her. John is also enrolled in a gym but does not have a fitness trainer. He just works out on his own.

Current State:

John is feeling insecure about his weak, frail body because he looks like he can get easily pushed over by people. Although he does not get bullied by men, predatorial girls try to control him because he looks like someone they can use. He wants to gain respect by improving his physical appearance and looking strong, which subconsciously communicates that he works on himself and can't be messed with.

Dream State:

John has a strong physique that has more muscle mass and better tone of muscle. He also has more respect because he is no longer insecure about himself being weak and frail. He looks like he is superman now and that he can fight off these impressions to gold-digging women that he can't be used anymore. This also attracts the right women who will find him physically attractive for being in greater muscular shape.

Roadblock:

He puts in some effort but he has not been getting any results when he goes to the gym. He just does random exercises and does not have proper technique when lifting weights and he lifts weak and challenging weights. He also does not have enough money to spend for a fitness trainer and would rather get something cheaper to help him. He needs to be taught how to do things in the gym properly in order to get the results that he wants. It is taking a mental toll on him because of the work he puts in but no results.

Solution:

Tease John a fitness app that allows him to be more effective at the gym with his workouts. It is less expensive than a fitness trainer and is able to also show him how to do proper technique and form when it comes to weights.

Email

Subject Line: Increase Muscle Mass And Physical Attraction X10 With This Strategy

Hello there John,

Tired of working too hard and getting no results?

You are still not packing any muscle and it's overwhelming your mind with negative thoughts.

You think the following questions in your head:

"Why am I still putting in effort on something that's not clearly working?"

"How the hell do I achieve a muscular look that is attractive to the opposite sex?".

It's time to answer these questions to get rid of your doubt and start getting noticed by some hot sexy chicks.

The reason why you're not chiseled like a male fitness model is because your weightlifting form is all wrong!

Proper technique is absolutely critical for gaining muscle mass because it ensures that you are targeting the right muscles.

Imagine lifting in the gym but you have been recruiting the wrong muscles all this time, this will not give you the effect you desire.

It all starts with mastering the PROPER BASICS in weightlifting to achieve your goals.

If you want to get the right guidelines and fix your technique to stop wasting your effort in the gym, we have made a way to show you how to do so.

Are you ready to finally look like a chick magnet much easier?

[Click here to get the solution to acquiring your ideal body frame](#)

