

Write a welcome email for an online fitness coach.

Offer them the lead magnet (How to put on 3kg of muscle in 45 days), and set a friendly tone for the conversation.

GOAL OF THE EMAIL: Welcome them properly in a friendly tone.

IDEAL CLIENT Age: 18-35 male

Desires:

- **Muscle Growth**
- **Confidence Boost**
- **Balanced Lifestyle: Dreams of seamlessly integrating a healthy lifestyle into a busy routine).**

Problems:

- **Bored with monotonous workouts, looking for something exciting and engaging.**
- **Struggles with understanding and maintaining a balanced and nutritious diet.**
- **Feels alone in her fitness journey without a supportive community.**

RESEARCH GUIDANCE

Ask ChatGPT these 3 questions:

- **List 5 topics people who want to put muscle on care about.**
- **What is the food that slows muscle growth the most?**
- **What do people who go to the gym care about the most subconsciously?**

Subject Line: More muscle? Sure, check this.

Yo %FIRSTNAME%

If you're still working toward quick muscle growth,

Here are 2 things you can do to help you get there ASAP.

My clients get there in as soon as 45 days!

3 kg of muscle mass gained in not even 2 months!

Isn't that crazy?

So, here are those two main things.

1. Being consistent at the gym.

You may not know that, but this has 90% of your success.

Showing up is important in every human endeavor.

Either it's a gym or working on your new business.

2. Prioritizing protein in your meals.

Without a certain amount of protein, your muscles won't grow.

Some examples will be cool, right?

Here you are, %FIRSTNAME%.

- grilled chicken
- salmon
- Greek yogurt
- eggs

And many more.

I care about your progress, %FIRSTNAME%.

That's why I created a completely FREE E-book "How to put on 3kg of muscle in 45 days",

What will give you this E-Book?

- get you into consistency mode, by seeing how quickly you progress.
- build your deserved muscle mass SUPER QUICK, by showing you perfect balanced, rich in protein easy made meals.

and so on...

But I don't want to reveal everything.

[Check this out by yourself!](#)

P.S. This E-Book will be free only for the next 24 hours. Hurry up and start implementing these powerful tips!