

Short form copy #1 (first time)

Any feedback is good. Be as harsh as possible. I want to improve

Avatar



Joe, 18 years old

He likes to spend time with his friends in the gym. He is skinny and not very strong

Current State

Joe is bullied every day because of how skinny and weak he is. So he decided to go to the gym with some of his friends. Since he joins the gym he doesn't see any progress. Also, he is not very confident. He thinks all the time: "If I stay skinny I will be always bullied and I will never have a girl"

Dream State

He wants to be strong and achieve his dream body. His dream body is a nice V-shape body with nice wide shoulders, a small waist, six pack, 16 inches of biceps, and some nice pecs.

He wants to be seen by people as a high-value man.

To be very confident and to be able to pull all the baddies

Roadblock

He tried all kinds of methods but he can't gain any muscle. And he can't get any stronger

Solution

A diet plan so that he can maximize the growth in muscles (as a beginner is far easy to put muscle mass on)

Product

Gives him the best diet plan. Specific for his body. So that he doesn't have to try different things and get sick

(Some beginners try to increase their daily calorie intake by making all kinds of shakes. For example one of my friends put oil in his shake, and things didn't go well for him)

All the things in parentheses are explained the way I thought

(Tried a DIC form)

Sb Ideas:

1. Gain muscle mass fast
2. Become an absolute freak in just one year
3. Gain 6 kg of pure muscle
4. Improve your muscle growth with 85%
5. Bench 60kg in just 4 months
6. Maximize your muscle growth
7. Diet used by the champions
8. The shortcut everyone must know
9. Achieve steroid results just by eating
10. Diet used by the gods from the Olimp
11. The ancient secret to have a spartan physique
12. Why most people can't gain any muscle?
13. GET SOME MUSCLES
14. Achieve "anabolic" results by eating
15. BECOME THE BIGGEST GUY IN THE GYM
16. Double your muscle tissue in just 7 months
17. The common secret every Mr. Olympia use
18. Achieve an enviable physique
19. Reach the physique of a GOD
20. Become the next Mr. Olympia

Sb: How to gain 6 kg of pure muscle in just 8 weeks.

After 7 years of research, the dietitians come up with the perfect "shortcut" for gaining muscle.

It is not Keto or another high-protein diet.

This diet is used by every big name in the fitness industry like David Laid, Chris Bumstead, and Arnold Schwarzenegger.

What this diet consists of?

Well is a very specific diet and it differs from person to person

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It is not like one of that diets 25% carbs 50% vegetables 25% protein.

Learn more about this “miraculous” diet