

The D-I-C framework

Disrupt is highlighted in yellow.

Intrigue is highlighted in blue.

Click is highlighted in green.

Email

Subject Line: Unlimited time

Easy tips for extensioning your free time.

Are you giving away all of your free time for these not important actions?

I can teach you these productivity tips and no, it's not waking up an hour

earlier, nor is making a schedule!

Learn the 7 productivity tips here.

[Click here to learn more](#)

The P-A-S framework

Pain/Desire is highlighted in yellow.

Amplify is highlighted in blue.

Solution is highlighted in green.

Subject Line: Imagine THE CAR

When you look at your car do you see a machine?

That makes other men jealous that they don't have it, or other women envy that they don't get driven inside.

Imagine all the necks turning as you drive through and all female's looks.

Elevating your status without even opening your mouth.

That may be you, If you take action **NOW**.

If you are ready for a massive upgrade in the social circle click the link below.

[Click here](#)

The H-S-O framework

Hook is highlighted in yellow.

Story is highlighted in blue.

Offer is highlighted in green.

Subject Line: Year of work in the trash

The fatal mistake could have cost me my job.

A week before the grand competition “Mister Olympia” me and my mentor were worried how am I gonna prepare for the most important day in my life. I was 10% body fat which I needed to take off for just 2 weeks and 1 day.

IMPOSSIBLE

But thanks to a method written in one of the most important books I have read, not only I reached 1,5% body fat, but I got a silver medal in “Mister Olympia”.

Discover the exact method I used to do that. Click the link below.

[Click here](#)