

**Subject Line:** You're in + here's what happens next.

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**PVT:** And I got something for you.

**PVT:** Stick around for your gift.

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%FirstName%,

You just made a move most people don't.

Welcome to **Momentum Mastery**.

Here's what you can expect:

**Every day, you'll get an email from me.**

With real strategies on fat loss, habits, and the mindset that separates guys who finish from guys who restart every Monday.

No, this isn't some generic fitness BS or "just work harder" nonsense.

These are quick with one idea you can use today, and the exact thing you needed to hear to finally break the cycle.

All of it is designed for one reason: **to keep you moving forward.**

Because let's be honest. You already know *what* to do.

Eat better. Train consistently. Stay disciplined.

The problem? You don't do it.

That ends now %FirstName%.

**But before we get started, there are two things I need you to do:**

**1) Reply with "READY" to this email** and tell me what finally made you sign up.

What's the thing you're done tolerating?

The photo that hits different?

The clothes that don't fit right?

The friend who's in shape now?

Tell me. We read every single reply, and it helps us send you exactly what you need.

**2) Make sure these emails land in the primary inbox.**

If you're on Gmail, drag this email to your **Primary** tab.

If not on Gmail? Add my email to your contacts.

Don't let this end up in Promo tab/Spam where you forget about it in 3 days.

You signed up for a reason. Let's make sure you see this through.

**Now for your welcome gift:**

I'm sending you the **7-Day Momentum Starter Guide**.

It's the exact system our clients use in Week 1 to build unstoppable momentum. Without changing their entire life overnight.

You don't need to meal prep every Sunday, or live in the gym.

Small, strategic wins that stack into something you can actually stick to, will do.

[\[You can Download The 7-Day Momentum Starter Guide Here\]](#)

Start today. Build the momentum. Become the guy who doesn't quit anymore.

See you in your inbox tomorrow.

**{Coach Name}**

Momentum Mastery Fitness.

**P.S.** That reply? It matters. Hit me back with **"READY"** and what brought you here. This only works if you show up.