

Target audience - Skinny hard gainer type A body.

Stop Overthinking and Start Building Muscle!

Picking a muscle-building program and sticking to one long-term has become increasingly difficult with digital information overload.

There is information everywhere about everything and answers to all questions.

In the world of lifting, the only way to succeed is to simplify! With our proven training program, you will not be training for hours, sweating buckets, limping out of the gym, and catching your breath every 5 minutes. What you get is a chance to commit to a program that teaches a minimum of 5 movements geared to build muscle while ALSO greatly improving recovery.

Here is a sample of week 1 for you to get started. (PDF)

You're on the right path. Now commit!

Onwards and Upwards,

(NAME)

(Signature)

Follow-up email.