

THIS EMAIL MADE TO PUSH MORE PEOPLE TO BOOK A FIRST CALL WITH YOU, BY OFFERING THEM A FREE NUTRITION PLAN CALL IN THE END.

I USED THE VALUE YOU SHARED IN ONE OF YOUR IG POSTS.

SL: The reason you can't build abs...

Hey [NAME],

You clicked this because you keep hitting those sit-ups and crunches everyday...

And yet you're still not seeing any results.

That's not because you're not training enough, but you're probably making these 3 deadly mistakes...

And if you do everything I'm about to show you, while avoiding those mistakes...

Not only will people barely recognize you, but they'll genuinely wonder if you're on gear.

Now...

Let's get to the point:

1. Fix your sleep.

Poor sleep wrecks your hormones, slows down fat loss, and keeps you from hitting peak performance.

No matter how clean your diet or intense your workouts... if you're not getting 7-8 hours of quality sleep, you're sabotaging yourself.

2. Stay off the booze.

You think the damage is only happening during happy hour or game days, but alcohol wrecks your metabolism for DAYS after.

It disrupts fat burning, leads to poor food choices, and kills your recovery.

Weekends of drinking set you back more than you think

3. Stop overtraining.

Doing endless crunches or sit-ups won't get you there.

Visible abs come from low body fat, which is achieved by nailing your nutrition and focusing on compound movements.

Squats, deadlifts, and presses will torch more calories and build the overall muscle that actually makes a difference.

Fix these three areas, and you'll see way more progress than just hammering your abs every day.

Focus on recovery, balance, and training smarter, not harder.

But there's still one problem:

None of these tips will work if you don't have a nutrition plan tailored to you.

It doesn't matter if you keep doing sit-ups, do intensive training, or train your face off for the rest of your life.

If you don't have a proper diet planned out,

You'll be missing out on gains!

But I get it, coming up with a meal plan tailored to your goals, shape, weight and the training plan I just showed you could feel like rocket science.

So that's why I want to give you access to my [<free nutrition plan call>](#) where we'll chat together and find out a nutrition plan that works for you!

Why?

Because we believe if we help you pack on muscle and achieve your goals fast...

You'd be interested in working with us in the future,

And if not, that's cool too!

PS: We're only taking 10 free calls, so if the spots aren't already gone, hurry up and secure yours!!

<sign-off>