

Subject line list

1. The dark and bright side of a routine
2. In the gym, patience is everything
3. You gotta eat big to get big right?
4. A habit can make or break you
5. A lifestyle worth leaving behind
6. A routine to get gains even faster
7. Will speed get you your dream physique?
8. Is fitness really that complicated?
9. Work smart, not hard.
10. The superhuman physique, why?
11. Training smart wins everytime
12. Momentum will take you further than you think
13. The superman inside you
14. Specific style of training
15. The no.1 gain destroyer
16. The blatant lie about building muscle
17. "You don't need to rest!"
18. Gym music is killing your gains
19. Is form that important?
20. Not knowing this is damaging to your fitness
21. A mindset you need to adopt

Email 1: Value

Subject line: In the gym, patience is everything.

There is always a rush when on your fitness journey path. Everybody wants to be the first one to reach and succeed on their goals.

And that is completely normal. You're wanting to achieve something in a small amount of time. I get it.

Who hasn't wanted to?

But you should refrain from this mindset. It will only open the door to trauma and frustration. Me and you both can avoid this if we're careful and know what we need to do.

When arriving at the gym's palace you want to keep a calm presence within yourself. This will allow you to think clearly and make calculated informed decisions.

If you want to make real improvements on reaching your fitness goals you need to consider complying with the following steps:

1. Use TUT when completing any form of exercise. TUT stands for Time Under Tension. This forces the muscles to work harder henceforth tearing more muscle fibers allowing the muscles to grow stronger and bigger.
2. Progressive Overload. This is an absolute must when you're on your muscle building journey and is what bodybuilders use to grow their muscles. You can progressive overload in many ways but the most popular is increasing the weight, reps, sets, and intensity. For example, you go to the gym Monday and bench 50kg, Wednesday you bench 52.5kg, Friday 50kg, so on and on.
3. You need REST. There is a myth going about saying that you don't need to rest for too long. Whilst that is true in some cases it is not always the case. If your goal is to build as much muscle as possible you need to be resting in between your sets and exercises. After performing an exercise your ATP levels are very low and giving them time to recover will give you more energy to perform.

Always remember that it is not a sprint but a marathon and you need to think smart in order to finish reaching your set goals.

We'll speak soon,
FitnessForYou.

P.S. If you want to learn more about these factors in depth and know how you can use factors like these to help reach your fitness goals and physique click here

Email 2: Value

Subject line: The dark and bright side of a routine

When you're on your journey to fitness, a new and improved you, you will have to come across a very important and determining factor to your success.

A routine. This can hit you one of two ways, and choose wisely.

- a) It can bring you great fortune and transform your life for the better good

Or,

- b) It can bring you to your knees, making you question everything you've ever done.

A routine will make the process of building a greek-like figure 100x easier and will put less stress on you, easing the pressure of accomplishing your fitness goals.

The dark side of not having a routine is completely terrifying.

It is a nightmare just waiting to repeat itself if you don't develop a clean and good routine.

Here's why a good routine will profoundly benefit you:

1. **Consistency.** Without it, it is tremendously easy to stumble and fall off the track and make you lose track of where you are. It is key for establishing a healthy habit, food for example, and maintaining progress over time so that you can greatly increase your health and fitness.
2. **Accountability.** Having a routine helps keep you accountable to yourself and your goals. When you have a plan in place, you know what you need to do and when you need to do it. It will help prevent procrastination and excuses, which often delays progress, prolonging your fitness achievements.
3. **Progress Tracking.** When you have a set schedule for workouts and meals, you can more easily track changes in weight, body composition, and fitness level. This can help you see progress and make adjustments to your routine as needed. Without a routine, it's difficult to track progress consistently and accurately, which can make it harder to make adjustments and reach your goals.

Make sure you remember to develop a routine because failing to do so will lead to a lack of motivation, increase your anxiety and bring you a great deal of stress.

Choose wisely my friends.

We'll speak soon,
FitnessForYou.

P.S. if this wasn't enough for you, head over here to this page and get a more in depth lesson on the pros and cons of routines.

Email 3: Value

Subject line: "You don't need to rest!"

The no.1 gain killer is rest. "You rest too much and that's why your muscles aren't growing".

Complete and utter nonsense. If you hear somebody saying this, start running in the opposite direction and don't stop.

It is the biggest myth you'll ever hear.

Any Personal Trainer will tell you that is factually incorrect and will want you to direct them to whoever told you that so they could give them a slap across the face.

By living by this rule you are literally killing your gains. By not resting you diminish all your work into ashes.

Science backs this up. If you look at a chart and compare the results to somebody who doesn't take a rest day to somebody who does, you will find that the person with the rest days wins every time.

By taking a rest day you will accomplish the following;

1. Prevent a risk from occurring. Rest days allow your body to repair and recover from the stress the physical activity produced. Overuse injuries can occur when you don't allow your body enough time to rest and recover, leading to muscle strains, joint pain, and other injuries that can sideline your progress.
2. Enhancement in performance. Taking rest will allow your body to recharge which will, therefore, improve your performance in your next workout. By giving your muscles time to rest and recover it will allow you to carry out an exercise to your best ability.
3. Reducing burnout. Overtraining can lead to burnout and can make it difficult to maintain the motivation needed to stick with your fitness routine over the long term. Rest days help you avoid burnout by allowing you to recharge mentally and physically, so that you feel refreshed and ready to tackle your next workout.

So make sure you keep that in mind the next time somebody ever tells you that taking a day of rest is for weaklings.

Take that rest day when you need it.

Speak soon my friend,
FitnessForYou.

P.S. If you wish to learn more about how taking a rest day can improve you along your fitness journey click here to reach the page.

Email 4: Sales

Subject line list

1. Your fitness trophy case
2. Building your fitness empire
3. Tricking down on building muscle
4. Trauma is not necessary for building muscle

5. Building muscle has never been easier
6. Muscle mind connection
7. Crushing your fitness goals like a grape
8. Providing a clear path to fitness freedom
9. The fitness myth everybody falls for
10. Rippling muscles without touch a single weight
11. It's all about balance
12. A guaranteed win for everyone
13. Simplicity on your path to dream physiques
14. An eye-catching physique worth having
15. Big muscles, tiny body.

Subject line: Crushing your fitness goals like a grape

Accomplishing your fitness goals has just become 10x easier.

Everything you need to reach your dream physique, and crush your fitness goals is right at the palm of your hands.

We have it all when it comes to fitness;

So much knowledge in the space that I could write books everyday for a year. Connections to make sure that your goals are being hit.

From my own experiences, trying and failing many times over. Almost losing hope that my physique goal was even possible.

All the way to the lessons that I have been taught by Personal Trainers who have helped hundreds upon hundred of people achieve their goals and a greek god-like physique.

All of this has been compacted down into 3 main courses: Exercise, science of the muscles, and diet.

By the end of this course you're going to be completely unreliant of others to reach your fitness goals.

Nobody is going to be able to hold you back anymore.

[Click here so that you no longer have to look for help in achieving your fitness related goals and accomplish that superhero figure.](#)