

Tab 1

 Hook:

"Nobody talks about how weak most men feel in their 30s — even if they look 'fine'"

"80% of men over 30 struggle to lose stubborn belly — and it's not just about diet."

(visuals: man sitting in his car, head leaning back, suit slightly tight)

Angad(calm, serious):

"It's not just weight gain. It's fatigue. Frustration. That 'off' feeling you can't explain."

(Quick shots: belt tightening, skipping gym, zoning out in meetings)

Angad:

"Most men don't even notice it creeping in — the slow loss of power, posture, presence."

(Angad coaching with precision — not shouting, not high reps, but clean, biomechanical cues)

Angad:

"I work with men who *don't have time* to get it wrong. CEOs, producers, founders — men who need their edge back."

(Client laughing with kids, buttoning shirt with ease, walking confidently into an office)

Angad:

"Forget five-day splits and meal-prep marathons.

I built a 90-day system for busy men like you — based on biomechanics, not bro-science.

Just 3 sessions a week. That's it."

(Angad looking directly into the camera)

Angad:

"Click below to know more. Let's rebuild the man behind the brand."

Tab 2

Ad 1

<https://www.facebook.com/ads/library/?id=2235053293559307>

Ad 2

<https://www.facebook.com/ads/library/?id=1483436926363721>

Ad 3

<https://www.facebook.com/ads/library/?id=720798377074431>

Ad 4

<https://www.facebook.com/ads/library/?id=690385867049837>

Ad 5

<https://www.facebook.com/ads/library/?id=631709289883591>

Tab 3

#1

For High-Performing Men Over 30

Drop kilos & Sculpt an Athletic Body
With expert-led training in just 90 Days!

DM 'Ready'
Smart training. Serious transformation..

#2

Career Driven Men over 35

Shred Belly & Build a Powerful Physique
With 3x/week precision training in just 90 Days!

DM 'Ready'
To train smarter, not longer.

#3

For Elite Men Over 30

Look Athletic. Feel Powerful. Move Better.
With smart, structured training in 90 Days!

DM 'Ready' To Start!

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#4

For Men Over 35 Who Want To

Shed the Gut. Sharpen the Physique.
With 3x/week science-based coaching in 90 Days!

DM 'Ready' To Begin!

#5

Too Busy to Workout? No Excuses, Men 35+

Lose stubborn kilos & Build an Athletic Body
With expert coaching in 90 Days!

DM 'Ready' To Start!

beyondbasicsperformance
Sponsored

Only for High Performing Men Over 35!

SHRED YOUR STUBBORN BELLY

IN 90 DAYS

using anatomy-specific workouts
just 3x/week

I'll personally help you to
**lose extra kilos, boost energy levels,
& build unbreakable confidence** with
a data-driven, biofeedback fitness plan

DM "READY" TO KNOW MORE

PAID FITNESS PROGRAM

Learn more >



beyondbasicsperformance
Sponsored

Only for Career Driven Men over 35

BUILD A ROCK-SOLID PHYSIQUE

safely with anatomy-based workouts
that prevent injury

Make simple, scientific, everyday
changes to drop stubborn weight,
improve energy levels & build a
bulletproof mindset

in 90 days

DM "Ready" to know more



Final copies-1

#1

Only For High-Performing Men Over 30

Hook-1: Three 30-minute workouts a week—that's all it takes to get lean
Without missing out your work & family time

Hook-2: Shred fat without shredding your schedule & sacrificing your family time
With 3 sessions/week precision training

Hook-3: Lead at work, have family time, & still get lean
With 3x/week science-based training

In the next 12 weeks, I'll coach you personally to cut stubborn kilos, improve posture, & gain unshakable confidence— without burning out your work or home life.

Click the link below to book a calendar-friendly program demo

#2

Only For Career Driven Men over 35

Hook-1: Keep up with deadlines & stay lean, all on your schedule
Without Sacrificing Family Time!

Hook-2: Work. Family. Fitness. You can have all three—on your terms.
With expert-led training in just 90 Days!

Hook-3: Get lean in 90 days
No family dinners missed,
No deadlines delayed.

Our Anatomy-based coaching will make you shed the kilos that's slowing you down, improve posture, and restore clarity — all without missing time with family or letting business take a hit.

Click the link below to book a calendar-friendly program demo

Tab 5

BUILD AN ATHLETIC, COMPOSED BODY
WITHOUT SACRIFICING YOUR CAREER OR CALENDAR

Eliminate Stubborn Bulk and Forge Lean, Commanding physique
Hook-2: Shed the Unwanted Kilos & Cultivate Defined, Durable Strength

“No, you don’t need to sacrifice family dinners or late meetings to get lean.”

“Busy dad. Corporate leader. Still lost 8kg in 12 weeks—without skipping a single weekend.”

“If you can find 90 minutes a week, you can drop 10kg in 90 days. Seriously.”