

Email Sequence For Online Training Programmes Niche

Email 1- Welcome

Subject: Congratulations, You've took the first step

You actually want to change your life.

To take control of your health and fitness and unlock your dream body.

The journey has started NOW

There is a lot of work ahead and this is not for the faint hearted, the weak minded or the who quit when the going gets tough.

So if this is you then make the changes, or unsubscribe.

If you're still here WELL DONE. You're ready for the challenge. You've had enough of looking at yourself in the mirror with disgust

You really want to change, you don't just talk, you ACT.

Its a pleasure to have you onboard

Tune into our emails for the NEXT step.

Email 2- Give Free Value

Subject: The FREE Gift you needed

(Name),

Great to see you're still showing up, staying disciplined.
Showing who you really are.

So we have a gift for you, to teach you, like anything in life (especially exercise) that you get OUT what you put IN.

Show up when it's easy,
Show up when it's hard.
And your goals will come to fruition.

Keep pushing, here's something to help you on your great journey.
FREE 2 WEEK WORKOUT PLAN.

Email 3-SELL,SELL,SELL

Subject: Only the STRONG survive

(Name),

You are one of the strong.

Most haven't made it this far, they fell into their own world of self pity and excuses.
They prioritised COMFORT over PROGRESS.

And that's why they will never change.
But NOT you

You don't settle for the excuses in your mind, you strive to be the BEST.

So get ANGRY. Angry about the way you look, about the way you feel when you look in the mirror, about
how you have procrastinated for so long.

TAKE ACTION and change your life

Keep pushing?, or be like the rest, and quit?

YOU DECIDE.

[LINK TO TRAINING PROGRAMME ORDER PAGE.](#)