

Short form copy #19 (nineteenth time)

Any feedback is good. Be as harsh as possible. I want to improve

New things I do: - ask why 3 times at the current state, dream state, roadblock

Read my copy with loud voice

OODA looping

I write one piece of copy every day (MUST)

From copy 40 I will start to ask this question (I will start to do email sequences)

Where is my reader?

Where do I want them to go?

What do they need to see, feel, and experience to get them there?

From today I will write on PAS DIC and HSO

Rule (don't use the same SL, write new ones)

Same Avatar for all of them

DIC #19 (this is DIC format)

PAS #9

HSO #9

**From this week (21.04.2023) I will make some changes
25 subject lines**

! YOUR PATH FORWARD

When I have school I want to write 5 pieces of copy per week.

Research 60 minutes #6 (more detailed)

From 24.04.2023- I will start to use youtube, Facebook, Reddit, and Quora. Also, the research time will be 90 minutes

 **Copie a fişierului Research Template**

Avatar



Bob, 21 years old

Bob goes to the gym 6 times per week and he is doing the classic PULL PUSH LEGS split. Every gym session is no longer than 80 minutes.

Current State

Bob has 62kg and 176cm, he goes to the gym for 6 months but he was able to put on just 5kg and now he hit a cap. In the past month, he didn't put on weight on himself and not on the bar. He feels a bit sad because he didn't increase the weights

Dream State

Bob wants to have a Greek God built, like a nice V-tapper, some nice abs, “milkers” and some 16-inch biceps or even bigger. He wants to be strong as Cbum and Eddie Hall, aesthetic as Zyzz and David Laid. He wants to feel proud of himself

Roadblock

His diet. He doesn't eat a lot of protein and he doesn't reach his protein goal every day

Solution

Eat more protein by eating more protein-rich meals or shakes.

Product

Protein powder. Is great for shakes, it has 25g of protein per scoop and it tastes great with water, like a 7.5/10 which is great some proteins are horrible with water

SL Idea:

1. Zyzz the GOD of aesthetics
2. The strength posses by Eddie is unhuman. What helped him achieve it?
3. Increase your strength by 73.4% only by changing slightly changing your diet
4. The 🏆 of strength, Eddie Hall
5. The true reason behind Eddie, Hulk-like strength
6. What helped Cbum achieved Superman's strength

7. Why did Zyzz reinvent the aesthetics
8. What helped Zyzz achieve the title of aesthetic 🏆
9. Number #1 reason why David Laid achieved that physique
10. Zyzz is the man that changes the whole fitness industry
11. The unknown secret behind Cbum's strength that left the whole world 😱
12. The truth behind David Laid 💪's
13. The V-shape that will make Zyzz envy you
14. The secret behind Zyzz Greek God physique
15. The natural anabolic that helped Eddie Hall become so powerful
16. How Zyzz achieved that killer v-shaper
17. Cbum was caught using natural "steroids"
18. The secret that made Zyzz the 🏆 of aesthetics
19. The mystery about Cbum bulletproof pecs
20. The strength that gave Eddie Hall the nickname 🐻

SL: The strength possesses by Eddie is unhuman. What helped him achieve it?

Is the secret to this Hulk-like power steroids?

No, and neither did his full-stack exercises, there is second place.

What helped Eddie is his diet. It might seem that he is eating chaotic, but actually, Eddie takes into consideration just one thing when eating

And is not the calorie, carbs, or fats

For Eddie, the most important thing is the proteins, because they help him with his strength and mass increase

531g of protein this is how much he has to eat daily

That amount of protein is a lot even for a man the size of Eddie, so to achieve that he used...

Some kind of powder that is nicknamed the "anabolic" powder

This powder is actually natural but gives anabolic results without the side effects

[And this powder's name is...](#)