

Welcome sequence:

From the landing page of “Charles Atlas”

<https://docs.google.com/document/d/1BfrXz4iKotwgObTj7L4qaDa9Is-uL0NvhrvTybMOXr0/edit?usp=sharing>

EMAIL 1:

Subject: Welcoming

Congrats on taking your first step to unlock your potential, we are glad to join our brand [Charles Atlas].

Dear [name] here's your free access to the book; Click the link:

Introducing our journey; with our help and instructions you'll have no doubt on turning your body to the best shape. And this book contains all the solutions of the roadblocks you encounter. BUT, it's just the beginning of what we are providing from our market.

In the meantime enjoy,
[Charles Atlas Team]

EMAIL 2

Subject: How it began?

You may be asking from where Charles has started his success journey?

When Charles was a teenager, he was the “boy” who had almost the lowest qualities can have, like a “skinny” guy who weighed 97 lbs, faced some illness, lack of confidence... To a point he was one day at the beach sitting next to a woman and suddenly a hunky lifeguard came, and sand in his face, and many other bullying cases; they took advantages of his weakness!!

The “beach day” was the decision to change everything for Charles, and set about making sure that no bully would ever do that again.

Afterwards, he tried all types of training like weight training, gymnastics, calisthenics But none of the workouts made him grow to his desired dream, and the worst, his financial conditions didn't allow him to join any gym or buy a program...

So as the last solution Charles watched others and practiced some exercise at home until one day in his walks at a zoo he saw something that sparked inspiration to him to try something different.

And it was a lion relaxing and stretching his muscles, and admired the way their huge muscles ripped and stood out, then he identified what he called “Dynamic Tension” and as you have known the concept from the freebook.

Later his method has transformed the lives of many customers, and gained a lot of loyal fans and finally created the [Charles Atlas brand] and the team that seek to achieve their goals.

I too faced similar conditions as Charles and transformed into a 'REAL MAN.!

So i will share you a video where you discover more some highlights of Charle's career
click the link:

EMAIL 3:(DIC Value email)

Subject:Additional key factors to your results

Some valuable_ essential elements can be as “awareness resources” for the “Dynamic Tension workouts” to avoid any type of problems.

As Charles atlas is known by his consistency and dedication to his dreams.

The greater your discipline,the faster your path to success,setting you apart from others.And Charles Atlas serves as the most compelling example of this principle.

Not only Charle's workout was all the solution,so introducing the important elements was also the link to his success.

His diet plan was an effective role to secure a high endurance and performance in his workout,also for his muscle growing.Charles's nutrition was composed of a big amount of proteins and specially drinking nothing but MILK each day(five quarts).

The main objective of this diet was to detoxify the body and build muscles and assuring to his fans a nature's way of cleaning out the internal system.

The other crucial element is his ROUTINE,where he creates a big level of discipline and a strong mentality to fix to your goal,and numerous motivational or inspirational mindsets to encourage trust in the process.

I hope they are some beneficial tips to attain a successful journey.

Plus I will share a link to a video that will help you to discover more about Charles Atlas schedule and nutrition plan.

link....

To your success and strength,

[Mark]

[Charles Atlas team]

EMAIL4(DIC):

Subject:Don't miss your chance!

Dear[name]

Are you still hesitant about becoming the 'Real Man' you aspire to be, equipped with exceptional capabilities?"

Are you afraid all the previous tips and values will not be enough to reach your dream?

Do you know that Charles atlas has much more knowledge to give to his fans to turn them into a more successful "Man"?

Therefore,we are offering you in addition to a complete course of Charles 4 valuable outline courses including "wrestling","boxing","jiu jitsu","karate" who have similar objectives to improve you more and be the MONSTER among all the men.

Click the link below to seize your chance and become the ultimate 'Man' you've always wanted to be!

Don't delay any longer; your journey to greatness begins here!"

To your success,

[Charles Atlas brand]