Context: CTA to youtube video where Greg sells his program

DIC

Subject line: Girls will only date guys with abs

What's up **Name**,

Believe it or not, extreme diets such as keto and carnivore are the worst ways to get lean.

Fat loss is not a trend, it's a science.

If you want those six pack abs that women chase after

You must diet in a way that is enjoyable and sustainable.

Greg

PS: I just finished videoing a **free** course on how you can use natural methods to slice off that body fat all while eating your favorite foods and avoiding cardio. <u>Click here</u> to access it.

PAS

Subject line: Why you will never get lean

Yo **Name**,

If you are the type to spend hours in the gym, force feed yourself nothing but chicken and waste your afternoons doing steady state cardio.

You will never see the abs you are working toward.

At the end of every week you probably fall off course and ruin many days of progress by eating loads of hot garbage.

The truth is, you need to find a diet that you enjoy and can stay consistent with.

Only then will you get that six pack and become a whole new man.

Greg

PS: I just finished videoing a **free** course on how you can use natural methods to slice off that body fat all while eating your favorite foods and avoiding cardio. Click here to access it.

HSO

Subject line: Getting lean will make you rich

My client, Jack, was stuck in the endless cycle of fad diets and ineffective fitness programs, never making any real progress.

Then he discovered the secret wasn't just about dieting, but finding a routine that was enjoyable and easy to stick with.

He applied the same principles of consistency and passion to making money, he was able to quit his 9-5 to focus on his business.

Jack's story is an example of how easy it is to achieve something as long as you find it enjoyable and easy to stick to it.

My challenge for you all today, is to use this method for an important part of your life.

Greg

PS: I've just recorded a free course detailing the exact methods I taught Jack. Click here to access.