

SL: The #1 muscle killer (not your workout)

Hey [Name],

Ever seen a guy repping 225 on bench...

But looks like he's never lifted a day in his life?

Not his fault.

Bad inputs = bad outputs.

Lifting heavy without the right nutrition is like filling a Ferrari with soda.

Nothing good happens.

Science backs this up:

A study in the *Journal of Strength & Conditioning Research* found that lifters who track their macros gain significantly more muscle than those who don't.

But tracking sounds about as fun as watching paint dry.

That's why most people ignore it.

Good news?

Building muscle doesn't require chicken and rice six times a day.

That's where a simple plan makes all the difference.

I've helped hundreds of people dial in their training and nutrition without losing their minds over meal plans.

And I'm giving you 7 days free to see for yourself.

So if your progress has stalled...

Hit the link below and let's get you DIALED.

👉 [Start your free 7-day trial]

- Corey