

SL: %FIRSTNAME%, you're finally here!  
PV: Congratulations!

Huh %FIRSTNAME%,

You're here!?!

Great.

Over here I will share with you my biggest fitness tips that will help you go from a dad bod to a model physique.

So, pop that wine and let's celebrate.

And when I mean wine I mean protein shakes lol.

In fact to give you my first piece of FREE advice,

[Click here to access my full YouTube playlist on how to start working out at the gym.](#)

P.S. Remember to check your inboxes as I will be sending you value almost everyday;)

Talk to you VERY soon %FIRSTNAME%.

-%YOURNAME%.