

DIC Email to Sell a Workout Program

Avatar:

John, 19, blond hair, little fat on his abs and not super athletic.

John has recently tried calisthenics but after only 2 months he stopped progressing. He is the type of guy who just comes to the park and tries a PR.

In the last days has looked for over 100 tutorials on how to progress in calisthenics but no results.

Pain: not progressing, lacking of motivation, lacking muscles and strength

Desire: muscles, strength, less body fat, progressing in calisthenics



“Train 1 Hour per Day and Overcome Plateaus”

Train less, achieve now...

Hi [name],

Have you ever found yourself repeatedly hitting the same number of repetitions or the same weight maximum without being able to progress further?

Contrary to popular belief, there is no magical formula for breaking through these plateaus.

However, our team of researchers has developed a formula that leverages the human body's ability to respond differently to various stimuli during training, in order to improve:

- ✓ Strength
- ✓ Hypertrophy
- ✓ Endurance

This formula was developed through research conducted on athletes, movie stars, bodybuilders, and calisthenics athletes.

Our training program is built around an extremely efficient progressive overload system, allowing athletes to increase their workload without causing joint or muscle pain.

As the weight increases, the body is forced to rapidly develop greater amounts of muscle mass to keep up with the demand for strength.

Training with us is extremely easy - all you need to do is calculate the appropriate weight to use and follow the program developed by our qualified specialists.

Normally, our consultation services are valued at \$499 and people choose to pay an additional \$199 for our workshops. However, we are offering our knowledge for only \$49.

The choice is yours - start improving now or learn from your mistakes and spend years struggling to progress.

[>>>Break Through Any Plateau and Build Your Muscle Mass Today<<<](#)