

E-Mail 1:

Betreff: Welcome to the team!

Hello (Name), and a warm welcome to the team!

You can find your complimentary workout plan here: [LINK](#)

IMPORTANT: Tomorrow, you'll be receiving another newsletter from us! As you prepare your breakfast tomorrow, think of us and discover the value a personal trainer brings when striving to build muscles and lose fat.

Until then, we wish you all the best and lots of fun with your workout plan!

Your Team

E-Mail 2:

Betreff: The Secret Key to My Athleticism

The Secret to My Athleticism

Frustration is a double-edged sword.

2 kilos heavier. I stepped on the scale, got off, and then back on, hoping the scale had made a mistake. No luck. I weighed 90 kilos.

That was 2 kilos more than before my diet!

I stepped off the scale. I could feel the frustration coursing through my entire body. Hopelessness hung in the air. I felt a tear trickle down my cheek.

For 4 long weeks, I stuck to it, avoiding fast food, enduring tough workouts, and eating healthily.

And then came the cheat day. It tasted so incredibly delicious that I indulged in whatever I wanted for 2 more days.

And now, here I am. Standing on the scale. Hopeless.

After three days filled with sadness, I turned to my friend Paul, a personal trainer, for help.

He laid out the general principles of weight loss, which helped me shed 10 kilos in the following weeks.

They are simple rules, yet crucial ones.

These rules not only helped me feel comfortable in my body, but they also won me the love of my life!

If you want to know what you need to pay attention to when losing weight in order to achieve your dream body and start a new life, [then click here.](#)

PS: Tomorrow at the same time, I will reveal my secret method that will remove all obstacles between you and your dream body. So stay tuned!

Email 3 DIC

The Secret of My Success

There's a reason why I am so fit and healthy.

It's not just genetics, not luck, and I definitely didn't come into the world already in a gym.

The reason for my physical achievements is a method I have developed to reach my goals as quickly as possible!

Today, I am sharing my proven method with those who are willing, a method that will eliminate any obstacles between you and your dream body!

So, if you want to know how you can achieve your goals in no time with a special approach, [then click here!](#)

Email 3 Revealed

The Secret of My Success

There's a reason why I am so athletic and healthy.

It's not just genetics, no luck, and I definitely didn't come into the world already in a gym.

The reason for my physical achievements is a method I have developed to reach my goals as quickly as possible!

For those who are interested, today I am sharing my proven method that will no longer stand in the way of you and your dream body!

PAY ATTENTION!

First, I want you to write down 3 fitness goals.

You want to achieve one of them in a month.

The second one you want to achieve in six months.

The third and final goal is the one you want to achieve in a year from today.

It's important to stay realistic! Don't overestimate yourself.

Once you've done that, write down 15 things you need to do to achieve all your goals.

So, if you want to lose weight, giving up fast food might be one of the things you need to do.

Once you've written down these 15 things that you need to adopt or let go of, go to someone who has knowledge and ask them for advice.

It doesn't have to be a celebrity or a fitness star! Just ask someone who has been regularly training for a year and has the necessary foundational knowledge.

Let this person take a look at your goals and resolutions and evaluate them.

If this person gives you the green light, then you can confidently start pursuing your goals!

I developed and used this method myself to:

Always keep my goals in mind, so I know where I want to go. Utilize the knowledge of people who know the way for my goals. Get my dream body as quickly and easily as possible without experiencing setbacks.

I managed to achieve my dream body.

Now it's your turn!

mail 4 PAS Sales Email

How to truly feel GOOD in your body:

When you look back at what you've achieved physically in the past year, what do you see?

Is it a success story that inspires men and impresses women?

Or is it a disheartening narrative that others gossip about and you yourself find distasteful to tell in detail?

The real question is:

Are you actually aware of your lack of physical accomplishments, or have you unconsciously suppressed your tale of woe?

If you're tired of carrying around the oppressive feeling of weakness and are ready to fight for your dream body, [then click here!](#)