

Subject Line:

“Pain-free workouts you have been begging for.”

Hey, [FIRST NAME]

We invite you to a **Free & safe** assessment that will fix the nagging pains you feel in your knee when you squat or the **red-ant-like sharp** tingles that shoot down your leg or fingers.

We will observe your physical movements & repair what is needed to get you exercising and **living** your **life pain-free** as you did back in your high school days.

Not only that, but we then ask a *common yet **crucial** question* we ask all of our clients before we assess them:

“Any pains/injuries concerning you?”

We'll find what your body needs now & create a **plan that fits your needs & wants** long-term.

Common statements we tend to get & you might be one of these:

- **I have ZERO experience, and need to get into the gym on my own first. . .**

Krista after a few months: “I have become soo much more confident in my form & my ability to safely lift heavy weight.”

- **I have such a demanding job and just feel too tired to train after work . . .**

Mario after a few months: “My muscle gains have enabled me at 65 years old to continue like I did at 35 years old.”

- **I've worked with physical therapists, specialists, and doctors and none really fixed my core issue. . .**

Sarah after a few months: “Alex was the only one able to make such a huge difference. This gym is truly a safe space where I step in knowing that I will be supported by not just the trainers but everyone there.

Real Training Real Results Real Support.

Don't wait until you are seriously injured.

Skip sketchy gyms, failed equipment, & uneducated overpriced trainers.

You won't regret our complimentary 1-day sesh.

Reach out on [Instagram](#) and just say hey. Time to fix your annoying pains once & for all.

Worst case: I'm not your style. No sweat. You will cheerfully leave (free of charge) realizing you know more than members in commercial gyms.

Just send a quick [DM](#), and we can figure out the best time for you to come in.

Your Scientific Coach,
Alexander Macip, MS, CPT
Head Trainer at Squish – Semi-Private Gym

(YOU CAN ADD LOCATION/WEBSITE AS WELL IF YOU LIKE OR CREDIBILITY)