

Avatar: 20-30-year-old men who are struggling to gain muscle in the gym. Whenever they take their shirt off and look at themselves in the mirror they feel emasculated. They have no confidence in their appearance and feel embarrassed to talk to attractive girls.

Dream state: to build a muscular frame and be proud of their physique whilst also getting attention from attractive girls, getting compliments from friends and family, and gaining confidence in their own skin.

Roadblock: they have been going to the gym for a while but don't follow a specific workout plan and have no one to hold them accountable for staying consistent, they also have little knowledge of the importance of nutrition when it comes to making gains.

Solution: A personal trainer to guide them along their journey to building muscle and teach them the importance of nutrition and how to train for optimal muscle hypertrophy.

Product: Access to an app where the client will get a workout and meal plan to help them achieve their goal. The app will send daily reminders for the client to hit the gym and track their macros. They will also be able to tick off everything they accomplish throughout the day. As well as gain access to a vault of exercise videos that will give in-depth explanations of how to perform each exercise in their plan and what muscles they target.

Facebook ad

<insert transformation image>

That jacked, womanizing version of yourself is just waiting to be unleashed.

I transformed from a scrawny stick insect to a hench silverback gorilla and I couldn't have been more confident, the amount of attention I got from girls was overwhelming.

Imagine walking down the beach in the summer and being eyeballed by all of the fittest girls.

Your Snapchat will be swarmed with DM's from girls, drooling to get a taste of you.

Click here to find out how you can become irresistible to the ladies and be the most confident version of yourself.