

Info: The prospect creates videos about strongman lifting, and has some courses on his page. This email is made to sell one of his books (about how to develop a successful mindset) so the customers enter the value ladder with a low ticket product and can absorb the philosophy of the creator, which will influence his purchasing decisions in the future

SL: The single change that will unlock your heaviest lifts

If you paid attention to the words I used in the subject line, you have noticed that I chose the word *unlock*.

This is for a particular reason.

Almost everybody is capable of lifting more than what they believe.

However, most people's physical progress is currently locked, not allowing them to reach their physical limit.

And until you don't find a way to access this "locked zone", you will live the rest of your days under your full potential.

Being the shadow of the man you could be.

You need to keep this in mind, unlocking your peak physique is mostly not about physical training.

I know it may sound contradictory, but this is because the mentioned limitation is not on your body, but on your mind.

With the right mindset, you can push your body to achieve bigger goals, lift heavier and access the top of your progression.

You can break the barrier your current mindset and training habits have created.

With a different mindset, you would be able to set the bar of your physiological limit higher.

I'm telling you, you would be astonished by your true capabilities.

The question is, how does one acquire the right mindset?

How can you develop a mindset that allows you to achieve greater goals?

Well, the answer is not that simple.

We all live different and unique lives, and there are thousands of elements of our environment that influence our mindset.

This is why we develop different ways of thinking.

Because of this, some people have acquired a winning mindset, while some people have acquired a weaker mindset.

In order to become a strong man, able to lift at 100% of your capabilities and achieve the peak of your physical potential, you need to develop a winning mindset.

A mindset ready to accomplish big goals.

A mindset that will drive you to success, instead of you having to push it uphill.

Now, learning the life lessons that are required on your own is definitely possible, but it requires a lot.

A lot of painful mistakes...

A lot of time...

A lot of wasted effort...

A lot of frustrations...

All while the clock keeps ticking and time constantly goes by.

But you don't have to spend years going through mistakes and experience many hard life lessons to develop a successful mindset.

So, if you want to save up years and countless mistakes,

[Click here to get all my knowledge on how to develop a successful mindset passed down to you today.](#)

Until next time,  
(Signature)