

SL: 📱 Social Media + 🎥 Consistent Posting = Unlimited Fame 🔥

Hey {Owner and Gym Name}! My name is Lucas Isaman and I am a Digital Marketing Consultant.

I ran across your business online. I love how you exceed the capabilities of a gym and are extremely community-based through your martial arts classes to Zumba!

I have thoroughly analyzed top competitors in your industry like Planet Fitness, LA Fitness, and Gymshark, and compiled 3 attention-grabbing videos to increase your gym members! (PLUS an email for your newsletter!)

I'd love to discuss my marketing ideas further with you. If you are interested in growing your business I would love to hop on a Zoom call or communicate via text

Best Regards,

{Personal Info}

👉 Marketing Assets Below 👈

Instagram Reel/TikTok/Facebook Videos

Video 1:

Gymshark: 36,000+ Likes, 1.5 Million Views, 314 Comments

Clip: Someone on the machine but the weight is the least it can go so it looks like he is lifting nothing.

Text Overlay: "POV: you forgot to change gymbro's weight"

Reference Video: <https://www.instagram.com/reel/CqQ0eD4lABv/>

Video 2:

Gymshark: 39,000+ Likes, 1.8 Million Views, 504 Comments

Clip: Someone doing a leg exercise.

Text Overlay: "Tag the homies who skip leg day..."

Reference Video: <https://www.instagram.com/reel/CyRSTzRIIsh/>

Video 3:

Gymshark: 25.1K Likes, 767K Views, 112 Comments

Clip 1: Person getting ready to do cardio

Text Overlay: "I'm going to finish the workout with some cardio!"

Clip 2: Person walking out of the gym

Text Overlay: "**20 seconds later**"

Reference Video: <https://www.instagram.com/reel/CIrTjXaozNz/>

Email For Your Newsletter!

SL: 🚨 Save Your Body From Harm And Lift Till Your Heart's Content! 🚨

Did you know there was a study done in the British Journal of Sports Medicine, that found that the injury incidence for weightlifters was **2.4-3.3 injuries per 1,000 hours of training?**

I can show you how to avoid these progress-inhibiting injuries...

Believe me,

Out of the 10+ years of weightlifting, I have had my fair share of injuries.

Here are 3 CRUCIAL mistakes to these troublesome wounds.

1. **Overtraining**
2. **Not Warming Up**
3. **Improper Form**

I'll guide you to conquer these hurdles, ensuring a smooth weightlifting journey without any unexpected interruptions:

1. Discover a foolproof warm-up routine, and ensure you confidently leave the gym without the worry of setbacks. (This will not only prevent injuries but will allow you to lift EVEN better!)
2. Unlock a 3-step guide to muscle recovery, rejuvenating your body after each workout, so you can hit the gym with renewed vigor EVERY TIME.

3. Gain exclusive insights from a certified personal trainer on perfecting your form and accelerating your weightlifting progress. (No more wrist injuries on barbell curls, or rotator cuff pain from overhead presses)

Staying injury-free will allow you to excel past your gym buddies and make tremendous weightlifting improvements in a matter of weeks!

If not, you could run the risk of getting injured for months and lose ALL of your muscle gains that you worked SO hard for.

Learn these body-saving tactics through a FREE 1-on-1 personal training session at {Gym Name} by clicking here!

PS: PLUS a scientifically backed nutrition plan, ensuring you feel energized and excited to have your BEST workout every day.