

The landing page:

Get jacked like Charles Atlas - He has a secret for you

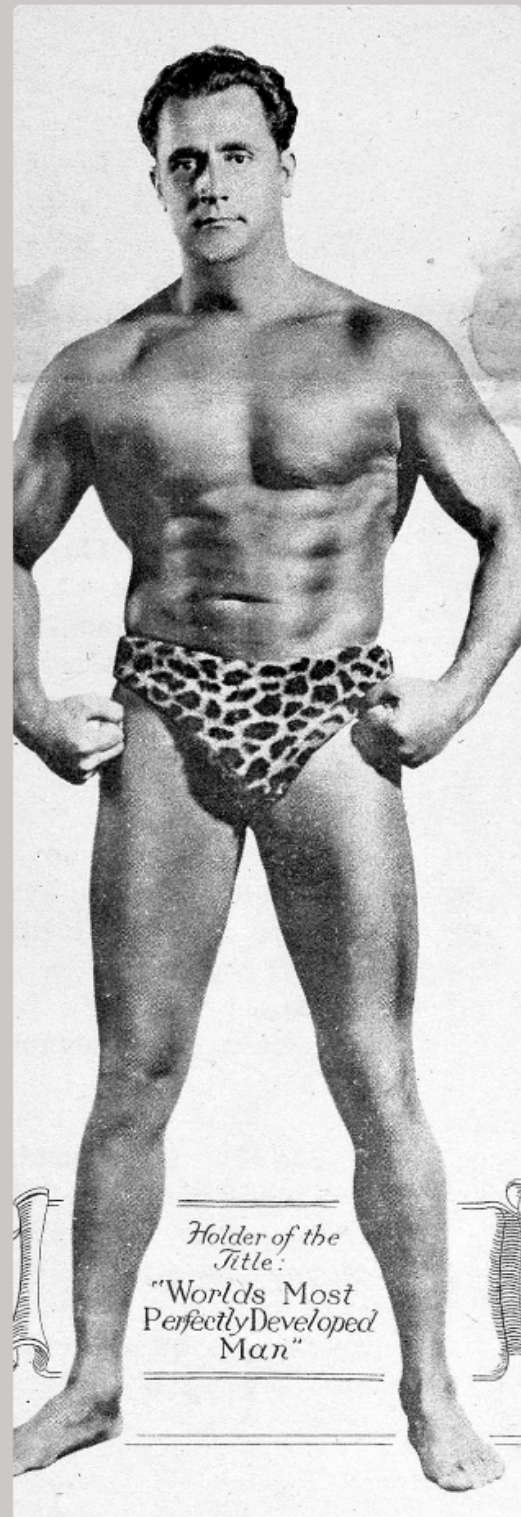
We'll send you a free guide with all the important information you need to get started.

Get the 28-step guide by subscribing below.

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Email 1:

Subject line: You've started your journey to the ultimate dream body!

This is a turning point in your life!

You will receive the free guide that we promised.

For now, go check it out, and get ready for tomorrow's email.

We will be giving you some insights on Atlas's past and getting you to know what it takes to achieve results like him.

So check your inbox tomorrow and prepare yourself for major improvements!

See you tomorrow!

(Business name etc)

Email 2

Subject line: How Atlas went from getting bullied to being admired

Charles was a skinny and weak child when he was growing up.

As a young man, Charles always felt like he was built like a skeleton.

Looking in the mirror and looking like he hadn't been fed for weeks

He got bullied because of his appearance, but thankfully he wasn't a weak individual mentally.

He was determined to change his physical appearance and began studying different forms of exercise, including bodybuilding, weightlifting, and gymnastics.

Atlas transformed his body into a powerful and muscular physique. The straight up dream of every man. He developed his own fitness program and marketed it as the "Dynamic Tension".

And you will be surprised how **simple** it is.

We will talk about his secret program in tomorrow's email.

Talk to you then, (business name)

P.S.

Have you been applying the tips from the guide into your life?

If you haven't, now is about time to start doing that.

Anyways, see you tomorrow!

Email 3

Subject line: Atlas' secret to become "that" guy from the comfort of your room.

Atlas' Dynamic Tension is a bodyweight exercise program that focuses on using your own body as resistance to build muscle and strength.

It involves performing a series of isometric and isotonic exercises (if you have no clue what that means, don't worry, we'll get there) that work different muscle groups, without the need for weights or gym equipment - Which means that you can do it in the privacy of your room

The program is based on the idea that by tensing and contracting your muscles against each other, you can create resistance and build strength. The exercises typically involve tensing one muscle group while relaxing another, which creates tension in the targeted muscles and leads to muscle growth over time.

If you want to learn more about this program, click the link below to get it and start putting those free tips to use. The choice is yours now.

Get the Most Perfectly Developed Man's workout routine

Talk to you soon, (businessname)