

Short form copy #18 (eighteenth time)

Any feedback is good. Be as harsh as possible. I want to improve

New things I do: - ask why 3 times at the current state, dream state, roadblock

Read my copy with loud voice

OODA looping

I write one piece of copy every day (MUST)

From copy 40 I will start to ask this question (I will start to do email sequences)

Where is my reader?

Where do I want them to go?

What do they need to see, feel, and experience to get them there?

From today I will write on PAS DIC and HSO

Rule (don't use the same SL, write new ones)

Same Avatar for all of them

DIC #18

PAS #8

HSO #8 (this is HSO format)

Research 60 minutes #5 (from tomorrow(19.04.2023) I will do them in more detail)

 Copie a fişierului Research Template

Avatar



Mike, is 24 years old . He is quite a built person but wants to step up the game. To get more huge natural

Current State

He goes to the gym 4x per week and has a good split, but he doesn't feel the weights like before. He doesn't feel strong and big anymore. On some days he doesn't even progress, and because of that, he feels ashamed of himself. After some workouts, he feels fatigued.

Dream State

He wants to become more jacked and stronger. He wants to progress every day at the gym and to have no problems because of the tiredness and fatigue that he feels. By getting huge he would be more proud of himself

Roadblock

Well, rest-pause is all right so the only problem is his alimentation. He needs to supplement it somehow

Solution

Mike could eat more protein and carbs so that he has more energy at the gym, or find an alternative way to increase his endurance and stamina at the gym

Product

It supplements, not any supplements more exactly creatine. Creatine will help him: reduce fatigue and tiredness, and speed muscle growth.

SL Idea:

1. How I got my endless gas fuel
2. My secret to always have  every morning
3. How I manage to gain 3.2kg in 3 weeks naturally
4. How I manage to get unlimited 
5. Fatigue and the importance of a diet
6. The change that helped me have unlimited energy
7. Tired today fresh the next day. How did I do it?
8. The challenge that made me...
9. The Fall of a tired  and his ascendance
10. The story of the man that doesn't get fatigued
11. The man that could exercise for 3 hours without breaking a sweat
12. The tireless  of the gym

13. How I put on 2.1kg of muscles in just 4 weeks naturally
14. The “Great Depression” of my gym career
15. I finally got over fatigue and become an unstoppable force
16. One workout and I would the fatigue for the whole week
17. How I made fatigue vanish
18. Why I was tired after every workout, and how did I manage to resolve this problem?
19. The secret for unlimited ⚡
20. The 🤴 of unlimited power and energy

SL: How I manage to get unlimited ⚡

I have finally the body that I wanted: V-shape, pecs, 16-inch biceps visible through any shirt, and well-defined abs.

After 4 years of constantly going to the gym, I had finally started to see my work finally paid.

But then some terrible happened to me...

I started to feel tired after just 30 minutes of working, almost breathless I was gasping for air.

This didn't happen to me before, I could go on a 2 hours training without a problem

Because of my constant tiredness, I couldn't stay at the gym for more than 1 hour. So because of the lack of training, I started to lose hard-earned muscles.

In one month I lost 9.4kg. I went from having 16-inch biceps to having just some chest bones and noodle arms

I thought that would be the end for me...

But one day my older brother came to me and told me that I should try some kind of powder. It wasn't pre-workout

Fast forward to now. I am 5,4 kg heavier than before, I manage to upgrade my V-shape in his cooler brother the X-shape

Plus my biceps went from 16 inches to 17.5 inches

And all of this because I listen to what my brother told me

[Find out what I was told by my brother](#)

