

## **SL: Your Body's Post-Workout Blueprint**

### **POV: Track recovery, strain, and sleep without guessing**

Hey [First Name],

Tired of guessing what your body needs after every workout?

Most fitness trackers distract more than they help.  
You've probably tried a few only to end up confused or disappointed.

That's because most of them come with apps that have nothing to do with your actual training.

Ours is built differently. It works more like an assistant coach than a basic tracker helping you recover smarter and train better.

It's built to show you what's going on inside your body,

so you can train smarter, not harder.


Here's what WHOOP tracks:

Recovery: Know when your body is ready to push and when it needs rest.

Strain: Measure how hard you're really working throughout the day.

Sleep: Get personalized recommendations to improve sleep quality.

No screens. No distractions. Just real insights that help you perform at your best.

 Start your free 14-day trial today

 [WHOOP.com]

Train with purpose and your body will thank you later

## **Email 2**

### **SL: Train Like Thor Without Leaving Your Home**

## **POV: Chris Hemsworth's fitness team is now your team**

Hey [First Name],

You've tried the memberships. The programs. The endless restarts.

But the results never stuck.

Centr was built for people like you  
by Chris Hemsworth and his team of elite trainers. It gives you the tools, structure, and support  
to finally get the results you've been chasing.

Here's what you get:

Daily workouts tailored to your level

Simple meal plans that fuel your progress

Sleep tools and guided meditation to recover like a pro

Progress tracking that keeps you consistent



No more guesswork.



Just a proven system from the guy who played a literal god.



Start your 30-day free trial now and 30% available for the first 1000 people



[Centr.com]

Ready to build your own god-tier body?

## **Email 3**

### **SL: Get a Personal Trainer Without the Gym Drama**

#### **POV: Tempo Move helps you train at home with real-time feedback**

Hey [First Name],

Ever tried working out at the gym, only to be corrected by every "fitness expert" in the room?

One tells you to fix your form. The next tells you to change it again. Confusing. Frustrating. Exhausting.

That's why Tempo Move exists.

It turns your living room into a personal training studio with minus the noise the noise.

With AI-powered motion sensors, you'll get:

Real-time form feedback (no more guesswork)


Rep counting and progress tracking

Strength training with compact, stylish equipment

Perfect for beginners and pros alike.

Tempo helps you build confidence, form, and results—your way.

 Skip the gym drama. Start your journey at home.

 [Tempo.com]

Train smart. Move with Tempo

Email #3

SL: Dryness Even After Hydration

PV: Don't be hydrated

Hey First Name,

Does your skin feel irritated, tight, or itchy after every face wash?

That's often the reality for people with sensitive skin.

One wrong cleanser and your face ends up red, dry, and uncomfortable.

What starts as a little irritation can quickly become a cycle of flare-ups, inflammation, and expensive treatments.

I was also experience the same issue everytime I wash my skin,

Then I was introduced to CeraVe Hydration Facial Cleanser,

It was like it was made for me.

No harsh ingredients. No stripping. Just calm, clean hydration.

Here's what makes it different:

- ✓ Ceramides – help repair and protect your skin's natural barrier
- ✓ Hyaluronic Acid – draws moisture in and keeps it locked in
- ✓ Fragrance-Free & Non-Comedogenic – no irritation, no clogged pores

It's dermatologist-developed, gentle, and safe for even the most delicate skin types.

👉 [Claim Yours Now with the link below]

Link [CeraVe.ac.za](https://CeraVe.ac.za)

Clean. Calm. Confidence. That's how your skin should feel.

#### **Email #4**

##### **SL: Facial Cleansers are Robbers**

##### **PV: They Burn or Dry you Out**

Hey First Name,

Tired of that dry, tight feeling every time you wash your face?

Most cleansers made for "clean skin" are full of harsh chemicals that strip away your natural oils.

And if you're a teen or a guy, your skin has its own unique needs,

But the products you're using probably weren't made with that in mind

That's why CeraVe Hydrating Cleanser works better.

No more tight face. No more stinging. Just clean, balanced skin.

Whether you're dealing with breakouts, oily skin, or you just want to avoid looking flaky,

You need a cleanser that works with your skin, not against it.

That's why CeraVe Hydrating Cleanser works better

In the cleanser we use,

- ✓ Built for sensitive or breakout-prone skin

- ✓ Doesn't strip or dry out your face
- ✓ Perfect for daily use by teens and men

Link below to acquire yours

[Grab your CeraVe Hydrating Cleanser now. Your skin will thank you]  
It is

"What a difference a year makes!

I went from struggling with painful breakouts to feeling confident in my skin again. Consistency, self-care, and the right routine changed everything. If I can do it, so can you!"

## Email #5

**SL: Anti-aging is Real**

**PV: Everyone is Chasing It**

Hey [First Name],

Still struggling with sagging skin that makes you look older than you feel?

You're not alone. Many people go through the same thing,

Trying product after product, only to see no change.

Even when they thought they found the solution, the results were short-lived and disappointing.

Don't repeat the same cycle.

Just the 3-Step Anti-Aging Routine built to energize, revitalize, and cleanse your skin back to life:

- ♦ **Energise** – Infused with three powerful ingredients that fight signs of aging, restore glow, and awaken youthful skin.
- ♦ **Revitalize** – Smooths, firms, and replenishes your skin's texture for a more youthful, sculpted appearance.
- ♦ **Cleanse** – Gently removes impurities and buildup that weigh your skin down, helping reduce the look of sagging.

These three steps work together to restore what time has taken giving you firmer, brighter, youthful skin.

👉 Ready to take your skin back in time?

[Get Yours Now]

skinfellect