

Research Doc: [Midlife Fitness Research Doc](#)

## DIC Email

**SL: 🤔 I lost 69.7lbs with these 14 recipes**

I GUARANTEE this dreadful thought has crept into your mind before:

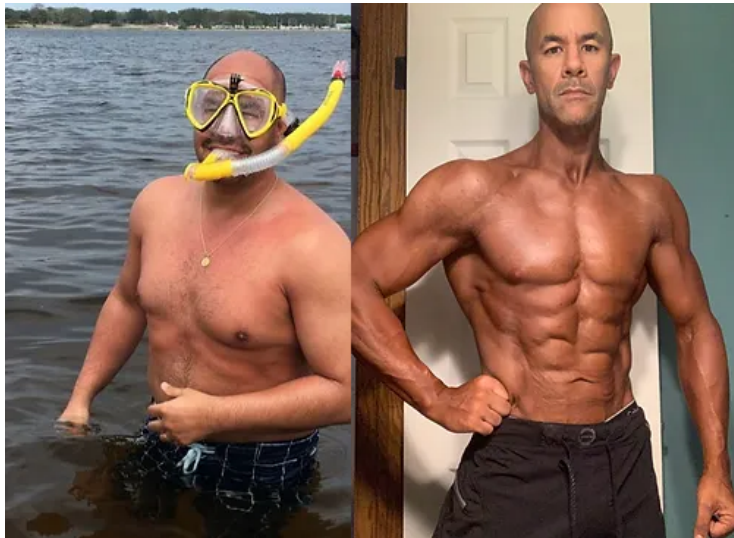
“Man, my kids and my job are too demanding...

I don’t have time to eat right or work out. Will I ever truly be healthy?”

4 years ago, that message BOMBARDED my thoughts daily...

So, after WEEKS of trial and error, I created [14 recipes](#) that helped me shed **69.7lbs** with just *13 minutes* of cooking per day.

👉 I went from an overweight, trapped, constantly-tired average joe...



To a father who gets home energetic and EXCITED to play with his kids.

Twirls them around in the air endlessly, without having to stop every 3 minutes because of sores and back aches and fatigue.

All without torturing myself with chicken and broccoli, or some plain, one-color cardboard tasting keto diet.

So, how badly do you want to become your childrens' superhero?

It's your choice.

[Click here](#) to receive my 14 fat-shredding recipes and gift your kids a vibrant, majestic childhood they'll remember.

**(SCROLL DOWN TO SEE THE PAS EMAIL)**



## PAS Email

**SL: 🚫(NO GYM) Shred 3-6 lbs in 5 days**

Do you feel trapped, like you'll never TRULY get that six pack in your 40s...

Because your kids are constantly begging for attention,

And your boss ALWAYS seems to be needing something from you?

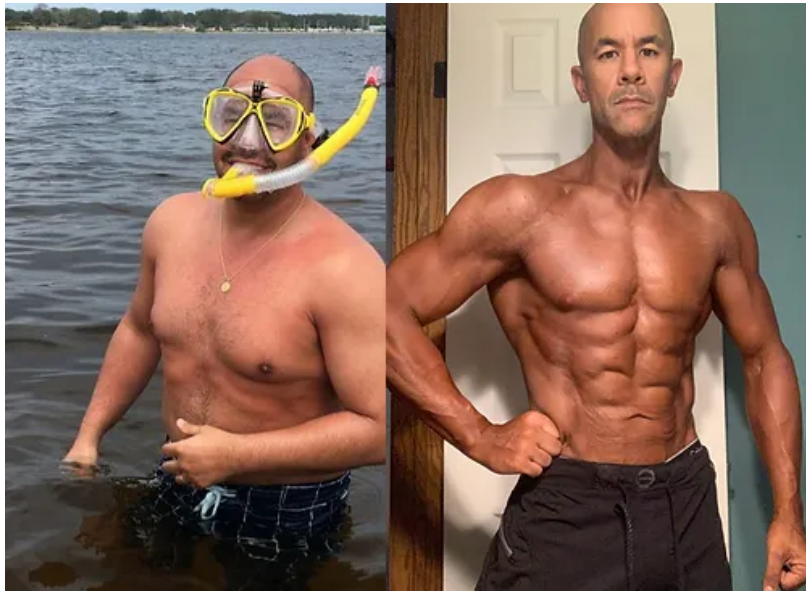
I know it's really not your fault...

You WANT to be a healthy, energetic father, you HAVE the discipline it takes to eat right and go to the gym...

But time just isn't letting you.

It's like a puppet master, controlling you and pulling your strings this way and that way until you can't take it anymore.

👉 And look, that's me, in your exact position 4 years ago



...and then THAT'S me, right now in 2023 👉

I didn't get a six pack overnight,

But I DID take small, simple steps.

So to help you out with your next step, your first step,

I created a [5 day challenge](#) that helps you get an early WIN and lose 3-6lbs...

Without spending time away from your children to go to the gym.

I'll see you on the inside 😊

