

3/09/2024

1. Stuck in a rut?

Everyone hits different difficulties and obstacles, and finding a solution can be tough and discouraging.

I've been there; I understand, adapted, and found the solution.

I'll save you time, and with only 15 minutes on a call, I'll have a solution for you.

It's time to wake up, the answer is here!!!

2. Spice up your routine with boxing training!!

Great for stamina and muscle movements.

3. Lacking confidence, GOOD!

Use that fear, start a fire, and embrace the demons.

Become the BEAST!

3/10/2024

1. Check out my story!

Fails, wins, pains, and pure reality.

All in my newsletter.

2. Do you feel like a loser?

You're the only one to blame!!

You did this, NOW fix it

3. Name an exercise you want to replace,

but cant because the pain is comforting.

3/11/2024

1. If we haven't met, I'm James.

Like most of you, I struggled and had to find a path to a better me!

I failed, I won, and I tried.

Learn more about me in my newsletter.

2. Your ego is keeping you from a dream body!!!

3. Why are you still scrolling?

We have work to do: get up out of bed.

3/12/2024

1. No more excuses or start dates.

Start NOW, not TOMORROW or SUNDAY.

Be better.

2. The future will not wait for you.

Lack of effort makes time your enemy.

3. A moment of truth.....

Are you where you want to be?

If the answer is no, Make the change.

3/13/2024

1. I'll say it: You don't need to go to a gym to have better health.

2. You are not alone, there will be a struggle, painful days, and unbearable nights.

YOU GOT THIS.

3. Don't make your family an excuse!

I have a family and I get it done.

SO CAN YOU!!!!

3/14/2024

1. Stop looking at purchases as just money, It's all about time.

How many hours of your life did it take for you to earn that bag?

If the answer is more than an hour or 2 you don't need it.

2. Stop wasting time!!

Give me 15 minutes, and I guarantee you will make progress.

What do you have to lose?

3. Think I'm Bluffing; here are some testimonials.

THEY DIDN'T WAIT WHY ARE YOU!!!!

3/15/2024

1. My Daughter eats healthier than you do!!!

2. Have faith in whatever you please,

but put that same faith into your progression.

3. If life's got you down, pick yourself back up.

Fall as many times as it takes.

But you never give up!!!

