

Avatar

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SL: Sick of Missing Your Workouts? Use this Ironclad Strategy to Stay Consistent

If you're reading this you probably have skipped a workout (or five) because of:

Being too busy after work

Being too tired

Not feeling motivated

We know the feeling.

You get home from a long day of work with a sigh of relief as you grab a sandwich and flop on your couch to turn on the latest Netflix show.

You're already so comfortable sunken in your couch and think to yourself "Eh, I'll just go tomorrow"

Before you know it, you've lost most of your progress in the gym.

Your muscles feel shaky on the weight you're used to doing and you start feeling winded a bit quicker.

You start to feel disappointed and feel a tinge of shame looking at yourself in the mirror.

There is a switch inside of you that if flipped on, you will have unlimited drive to go to the gym **every single time** with little effort.

Imagine crushing every workout and even at the end of it when you're exhausted, are dying to go back.

You'll look back on the days you missed and laugh at how it easy it is to stay consistent.

We know how to turn on that switch.

All you have to do is keep it on

Because there's NO WAY anything can help you if you don't have the desire to keep it on

If you're serious about becoming inhumanly consistent

Go ahead and book a free intro session

PS [If you don't care about your body and just want to stay in that miserable comfort zone, please Don't. We want to help only people that are serious about their health and care about it.]