

Avatar: Based On This Testimonial

05/23/2023

Gabriella Kidwell

Amazing

These bands have changed my workout game. Even my husband uses them! I use these to not only workout but to cool down and stretch after my workouts. These are extremely versatile and are a staple for me now!

Janine is looking for workouts that does not need a lot of equipment because her house has limited space. She is looking to not buy a gym room. She is looking to instill exercise as a habit in her house to set an example for her kids and husband about Fitness. Janine just needs a workout that does not involve a lot of equipment.

Current State:

Her current state is that she used to go to the gym so a lot of workouts can be done. Now that she has kids to take care of she needs to workout at home but has no idea how to adapt and workout... She wants to instill a habit of fitness in her family so that they can learn to take care of themselves.

Dream State:

She can workout effectively and efficiently at home where she can do many kinds of workouts that keep her great fitness habits going. She can still work to be fit and more importantly, she shows her kids the discipline of working on your Fitness and staying healthy.

Roadblock:

She does not know how to workout effectively and efficiently without the use of many equipment. There use to be treadmills, dumbbells and barbells. Now there's none of that in her house and she can't afford to go to the gym anymore because of busy hours. So she needs to find a way to adapt and not only just workout for the sake of working out. But doing it effectively where she manages to stay very fit and disciplined about her fitness accountability.

Solution:

She is able to workout with resistance bands that are extremely versatile equipment that can be used at home. Unlike, weights were you need a room to load all this equipment. Resistance bands can be done and also has been proven to still keep you looking fit.

Product:

The difference between this and other resistance bands company is the unique multi-loop design where it can tailor to any type of resistance level. In other words, you can adjust the resistance easier like lifting heavier/lighter..

Purpose of Copy:

He has a newsletter which I signed up on in my email swipe account and I noticed its not very active so I decided to write a DIC email on how to intrigue such people that want to adapt to resistance bands training in there Fitness.

Fascinations:

The TRUTH about the Versatility of Resistance Bands that makes exercising less complicated
Adapt to any Situation with these special Resistance Bands that makes working out doable all day.

No Fitness Excuses: Strategy that makes working out doable anywhere

Why Effective Workouts Can Be Done In Any Kind Of Scenario

How To Workout Anywhere Without The Need for Many Equipment

How to Adapt to Any Situation and Just Get Your Fitness Tasks Straight!

What NEVER to do if you can't afford to visit your local gym anymore.

The Best Alternative Strategic Move When Quitting Your Gym Membership

Why You Shouldn't Panic About Leaving Your Local Gym

Where to Find The Best Methods in Working Out At Your Home without Gym Space

Email

Subject Line: Why Effective Workouts Can Be Done In Any Kind Of Scenario

Hi Janine,

Seeking to adapt from working out at your local gym to the comfort of your home?

Not only that, but you also seek to exercise in an effective manner that keeps you fit and healthy like a superhero mom who can beat up the bad guys 😊.

This can be difficult since the gym can give you all sorts of ideas on how to make things work with all the equipment shoved in your face.

So we invented an alternative way that can give you the same advantage at home and still get that RESULTS...

Your kids would **love it** if you were able to maintain your fitness habits despite losing TIME for the gym.

Apply this strategy now and continue being accountable in your fitness tasks so that you're family would be encouraged to do the same as they grow up...

The Best Strategic Alternative to Staying Fit At Home and Inspiring your kids

Re-Write:

Email

Subject Line: Why Effective Workouts Can Be Done In Any Kind Of Scenario

Hi Janine,

Are you seeking to adapt from working out at your local gym to the comfort of your home?

Not only that, but you also seek to exercise effectively that keeps you fit and healthy, like a superhero mom who can beat up the bad guys 😊.

This can be difficult since the gym can give you all sorts of ideas on how to make things work with all the equipment layed out.

So we invented an alternative way that can give you the same advantage at home and still get those RESULTS...

Your kids would **love it** if you were able to maintain your fitness habits despite losing TIME for the gym. This shows determination they would admire from you.

Apply this strategy now and continue being accountable in your fitness tasks so that your family would be encouraged to do the same as they grow up...

The Best Strategic Alternative to Staying Fit At Home and Inspiring your kids