

The 4 questions you **MUST** answer before writing a single word:

1 - Who am I writing to? Who is my avatar?

2 - Where are they now? What are they thinking feeling? Where are they inside my funnel? etc

3 - What actions do I want them to take at the end of my copy? Where do I want them to go?

4 - What must they experience inside of my copy to go from where they are now to taking the action I want them to take? What are the steps that I need to guide them through to take them from where they are now to where I want them to go?

NEXT

1- I am writing to people who are skinny and want to become men.



Charles 17 years old

Day in the life: Charles wakes up in the morning he makes his bed, brushes his teeth, washes his face and hands then heads off to work. After work he goes home, plays video games, eats junk food and hates exercise. He barely eats anything during the day keeping him skinny and not being able to gain weight. It has always been a struggle for Charles to find clothes that actually fit him. He needs a custom suit made for him by his company because of how skinny he is and no other suit fits his body's size.

2- Market Research Template

Who exactly are we talking to?

What kind of people are we talking to?

- **Men or Women?** Men
- **Approximate Age range?** Any age
- **Occupation?** Any job
- **Income level?** Minimum wage
- **Geographical location?** Anywhere

Painful Current State

- **What are they afraid of?** Staying weak and miserable for the rest of their lives. Being left with the guilt of being picked on and shamed by others because of their appearance.

- **What are they angry about? Who are they angry at?**

They are angry that they can't build muscle and get their dream physique. They are angry at themselves and blame their genetics.

- **What are their top daily frustrations?**

1. Difficulty gaining weight (high metabolism)
2. Negative Body Image
3. Clothing Fit
4. Comments and Stereotypes
5. Health Concerns
6. Eating struggles
7. Social pressure

- **What are they embarrassed about?**

1. Difficulty gaining weight (high metabolism)
2. Negative Body Image
3. Comments and Criticisms
4. Limited Clothing Options
5. Health Concerns
6. Social Pressure
7. Difficulty Building Muscle

- **How does dealing with their problems make them feel about themselves?**

1. Frustration
2. Self-Consciousness
3. Low Self-Esteem
4. Determination
5. Empowerment
6. Resilience

7. Vulnerability
- A. Dealing with these challenges can be frustrating. Frustration may arise from the difficulties in gaining weight, finding suitable clothing, or combating negative comments or stereotypes. This frustration can affect self-esteem and self-worth.
 - B. Many skinny individuals feel self-conscious about their body size, especially in social situations or when they perceive themselves as being different from societal beauty ideals. This self-consciousness can lead to feelings of insecurity.
 - C. Constantly grappling with body image issues, comments, or clothing challenges can erode self-esteem over time. Skinny individuals may internalise societal expectations and develop negative self-perceptions.
 - D. Some individuals take a proactive approach to address their challenges, using them as motivation to improve their physical fitness, clothing choices, or overall health. This determination can lead to a sense of accomplishment and improved self-esteem.
 - E. Many individuals learn to embrace their body type and feel empowered by defying societal norms. They may develop a strong sense of self-acceptance and body positivity, which can lead to increased self-confidence.
 - F. Dealing with these problems can foster resilience and inner strength. Overcoming obstacles related to body size can contribute to a sense of self-worth and confidence in one's ability to face adversity.
 - G. Some individuals may feel vulnerable due to health concerns or negative social experiences related to their body size. This vulnerability can impact their self-perception and emotional well-being.

- What do other people in their world think about them as a result of these problems?

- 1. Empathy and Support
 - 2. Judgement and Criticism
 - 3. Inclusion and Acceptance
 - 4. Body Positivity and Supportive Communities
 - 5. Concern and Well-Intentioned Advice
 - 6. Indifference
- A. Many people will empathise with and support skinny individuals in their struggles. They may offer encouragement, understanding, and help in finding solutions to the challenges they face.
 - B. Unfortunately, some individuals may pass judgement or make critical comments about skinny people. This can include body shaming, making assumptions about their eating habits, or offering unsolicited advice, which can be hurtful and frustrating for the person experiencing it.
 - C. Some individuals and communities prioritise inclusivity and acceptance of diverse body types. In such environments, people are more likely to be accepted and valued for who they are rather than judged based on their appearance.
 - D. In body-positive and supportive communities, individuals of all body types are celebrated and encouraged to embrace their unique characteristics. In these environments, skinny individuals may find understanding and camaraderie.
 - E. Friends and family members may express concern for the well-being of skinny individuals, particularly if they believe their health is at risk. They may offer well-intentioned advice on gaining weight or improving their health, which can be either helpful or intrusive, depending on the individual's perspective.
 - F. Some people may simply not be concerned with or aware of the challenges faced by

skinny individuals. They may not have strong opinions or reactions related to their body size.

- If they were to describe their problems and frustrations to a friend over dinner, what would they say?

Skinny Individual (SI): "You know, I've been feeling a bit frustrated lately. I've been trying really hard to gain weight and build muscle, but it's just not happening as quickly as I'd like."

Friend (F): "I can imagine that's tough. How have you been trying to gain weight?"

SI: "I've been working out regularly and trying to eat more, but my metabolism seems to have other plans. It's frustrating when people assume I'm not trying or that I must be unhealthy just because I'm skinny."

F: "Yeah, that must be really annoying. Do you also have trouble finding clothes that fit well?"

SI: "Oh, absolutely! Shopping can be a nightmare sometimes. Most stores don't carry sizes that fit me properly, so I often end up settling for clothes that don't really flatter my body."

F: "That's not fair. Have you talked to anyone about this, like a nutritionist or a personal trainer?"

SI: "I have, and I'm trying different approaches, but it's a slow process. I've also had my share of hurtful comments and unsolicited advice, which can really get to me sometimes."

F: "I'm sorry to hear that. People can be so insensitive. But remember, you're more than just your body size. You're a strong, capable person, and I admire your determination to improve yourself."

SI: "Thanks, I appreciate that. It helps to have friends like you who understand and support me. I'm working on building confidence and learning to love my body no matter what."

Desirable Dream State

- If they could wave a magic wand at their life and change it immediately into whatever they want, what would it look like and feel like?

1. **Achieving Their Desired Body:** The individual may wish to have the body they've always wanted, with a healthy balance of muscle and weight. They'd feel strong, fit, and confident in their physical appearance.
2. **Clothing Confidence:** Finding stylish, well-fitting clothes would no longer be a challenge. Their wardrobe would be filled with clothing that complements their body shape, allowing them to express their personal style without limitations.
3. **Positive Body Image:** They would have a strong sense of self-acceptance and self-love, regardless of their body size. Negative comments or judgments from others would no longer affect their self-esteem.

4. **Supportive Social Environment:** Their friends and social circle would be understanding and supportive, appreciating them for who they are rather than making judgments based on appearance. They'd enjoy a network of friends who uplift and empower them.
5. **Effortless Physical Progress:** Gaining muscle and weight would become a straightforward process, making them feel accomplished in their fitness journey. They would have the physical strength they desire.
6. **Freedom from Stereotypes:** Stereotypes and assumptions related to body size would no longer be a burden. They'd no longer have to contend with comments about their eating habits or health.
7. **Overall Well-Being:** They would feel healthier, both physically and mentally, free from any health concerns related to their body size. Their mental and emotional well-being would thrive as a result of improved self-acceptance.
8. **Confidence and Happiness:** Ultimately, they would radiate confidence and happiness in their daily life. They'd be content with who they are, knowing that their worth is not defined by their appearance but by their character and abilities.

- Who do they want to impress?

1. **Themselves:** Many people, regardless of their body size, have personal goals and standards they want to meet. Skinny individuals might want to impress themselves by achieving certain fitness or health goals or by cultivating self-confidence and self-acceptance.
2. **Peers and Friends:** Friends and peers often play a significant role in an individual's life. Skinny individuals may want to impress their friends with their achievements, whether in the realm of fitness, career, or personal growth.
3. **Romantic Partners:** In the context of romantic relationships, individuals may desire to impress their partners by maintaining a healthy lifestyle, being supportive, or demonstrating their affection and commitment.
4. **Family:** Impressions on family members can be important to many individuals. They might want to impress their family by achieving academic or career success, making healthy lifestyle choices, or taking care of their well-being.
5. **Society or Cultural Expectations:** Societal and cultural norms can exert pressure on individuals to conform to certain standards of beauty or success. Skinny individuals may feel the need to impress society or their cultural community by adhering to these standards or challenging them.
6. **Professional or Academic Circles:** In the workplace or academic settings, individuals may want to impress colleagues, supervisors, or professors by excelling in their roles, contributing to projects, or showcasing their skills and knowledge.
7. **Social Media and Online Communities:** In the age of social media, many people seek to impress their followers or online communities by sharing achievements, experiences, or personal growth journeys.

- How would they feel about themselves if they were living in their dream state? - What do they secretly desire most?

If a skinny individual were living in their dream state, they would likely feel highly positive

about themselves and their life. Their self-esteem and self-worth would likely be elevated, and they would experience a sense of fulfilment and contentment. Here are some feelings and desires they might have in this idealised state:

High Self-Esteem: They would have a strong sense of self-esteem and self-confidence, feeling proud of their body, their achievements, and their overall self-image.

Body Positivity: In their dream state, they would have a positive body image, appreciating their body for what it is and embracing their unique features without insecurity or self-doubt.

Happiness: They would experience happiness and contentment in their daily life, knowing that they are living authentically and free from the burden of societal or self-imposed pressures related to their body size.

Fulfilment: Their life would be filled with a sense of fulfilment, as they would have achieved their health and fitness goals, while also maintaining balance in other areas of life, such as relationships and career.

Supportive Relationships: They would have a strong support system, including friends, family, and a romantic partner who value and appreciate them for who they are, not just their appearance.

Physical Health: They would be in excellent physical health, free from any health concerns related to their body size. Their fitness and well-being would contribute to their overall sense of vitality.

Self-Acceptance: They would fully accept and love themselves, recognizing that their worth is not determined by their appearance but by their character, kindness, and the positive impact they have on others.

As for their secret desires, these can vary greatly from person to person. Some possible secret desires for a skinny individual might include:

Inner Peace: They may desire inner peace and freedom from self-doubt and insecurity, aiming to find harmony within themselves.

Personal Growth: They might secretly desire personal growth and self-improvement in various aspects of their life, beyond just their body size.

Career Success: Achieving career success and fulfilling their professional goals could be a hidden aspiration.

Love and Connection: They might secretly desire deep and meaningful relationships, including finding a loving and supportive romantic partner.

Impact and Purpose: Some may desire to make a positive impact on the world or find a sense of purpose through their actions and contributions.

Adventures and Experiences: Exploring new experiences, traveling, and embarking on adventures could be a secret desire for some individuals.

- If they were to describe their dreams and desires to a friend over dinner, what would they say?

If a skinny individual were to describe their dreams and desires to a friend over dinner, their

conversation might focus on their personal aspirations and goals, which can go beyond body size and encompass various aspects of life.

Values and Beliefs

- What do they currently believe is true about themselves and the problems they face?

The beliefs that a skinny individual holds about themselves and the problems they face can vary widely from person to person, influenced by their personal experiences, support systems, and coping mechanisms. Here are some common beliefs that some skinny individuals may hold:

1. **Self-Image Beliefs:**
 - They may believe that their body size is not ideal according to societal beauty standards.
 - Some may feel self-conscious about their appearance and believe that they are not as attractive as others.
2. **Fitness and Health Beliefs:**
 - They might believe that gaining weight and building muscle is challenging for them due to genetics or metabolism.
 - Some may worry about potential health issues related to being underweight.
3. **Clothing and Fashion Beliefs:**
 - They may believe that finding well-fitting, stylish clothing is a persistent challenge.
 - Some may believe that they have limited options in terms of clothing choices.
4. **Social Beliefs:**
 - They may believe that they sometimes face judgement or insensitive comments from others about their body size.
 - Some may believe that there is pressure to conform to societal or cultural expectations related to body size.
5. **Self-Worth Beliefs:**
 - They might struggle with self-esteem issues and believe that their worth is tied to their appearance.
 - Some may believe that they are not as confident as they could be due to body-related concerns.
6. **Fitness and Nutrition Beliefs:**
 - They may have beliefs about the challenges they face in achieving their fitness and nutrition goals.
 - Some may believe that it's difficult for them to gain weight or muscle despite their efforts.

- Who do they blame for their current problems and frustrations?

1. **Genetics:** Some individuals may attribute their body size and difficulty gaining weight or muscle to their genetics, believing that they inherited their slim build from their family.
2. **Metabolism:** Many people with fast metabolisms might blame their metabolism for their inability to gain weight easily, as they believe their bodies burn calories rapidly.
3. **Societal Beauty Standards:** Some individuals blame societal beauty standards for promoting a particular body type as ideal, which can lead to feelings of inadequacy

and self-doubt.

4. **Peer Pressure:** Peer pressure, comments, or comparisons with friends or peers who have different body types can contribute to feelings of frustration and self-blame.
5. **Media and Advertising:** Media representations and advertising often portray certain body types as desirable, and individuals may blame these portrayals for their own body dissatisfaction.
6. **Lack of Understanding or Support:** Individuals might blame a lack of understanding or support from friends, family members, or healthcare professionals for their problems, especially if they feel misunderstood or judged.
7. **Health Issues:** If they have underlying health issues affecting their weight or metabolism, some individuals may attribute their problems to these medical conditions.
8. **Personal Habits:** On the other hand, some individuals take personal responsibility and attribute their problems to their own lifestyle habits, such as diet and exercise choices.

- Have they tried to solve the problem before and failed? Why do they think they failed in the past?

1. **Ineffective Strategies:** They may have tried certain strategies to gain weight, build muscle, or improve their body image that didn't yield the desired results. They might believe these strategies were ineffective.
2. **Lack of Consistency:** Consistency is often crucial when it comes to fitness, nutrition, and lifestyle changes. If they were not consistent in their efforts, they may feel they didn't make progress.
3. **Unrealistic Expectations:** Sometimes, individuals set unrealistic or overly ambitious goals, and when they don't meet these expectations, they perceive it as failure.
4. **External Pressures:** External pressures, such as societal or peer expectations, can lead individuals to believe they failed because they couldn't conform to these standards.
5. **Negative Self-Perception:** Low self-esteem and negative self-perception can contribute to a belief in past failures. They may attribute failure to their own perceived shortcomings.
6. **Lack of Support:** Insufficient support from friends, family, or healthcare professionals can hinder progress. They might believe they failed due to a lack of guidance and encouragement.
7. **Underlying Health Issues:** If there are underlying health conditions affecting their weight or metabolism, they may not have been aware of these issues in the past, leading to perceived failure.
8. **Comparisons with Others:** Comparing their progress or outcomes to others can lead to feelings of failure if they believe they didn't measure up.
9. **Burnout or Overexertion:** Pushing too hard without allowing for rest and recovery can lead to burnout and make individuals feel like their past efforts were unsustainable.

- How do they evaluate and decide if a solution is going to work or not?

1. **Research and Information Gathering:** They may start by researching and gathering

- information about the problem and potential solutions. This can involve reading books, articles, consulting experts, or seeking advice from trusted sources.
2. **Setting Clear Goals:** Defining clear and realistic goals is crucial. They should have a specific idea of what they want to achieve, whether it's gaining weight, improving body image, or addressing related health concerns.
 3. **Consulting Professionals:** Seeking guidance from healthcare professionals, nutritionists, fitness trainers, or therapists can be a critical step in the evaluation process. Professionals can provide expert advice tailored to their unique circumstances.
 4. **Past Experience and Learning:** Reflecting on past attempts and experiences can offer valuable insights. They may consider what worked and what didn't, using this knowledge to inform their decisions.
 5. **Assessing Motivation and Commitment:** They might evaluate their own motivation and commitment to implementing a solution. A strong commitment to making necessary changes is often a key predictor of success.
 6. **Realistic Expectations:** Setting realistic expectations is essential. They should assess whether the proposed solution aligns with their goals and is achievable within their current circumstances.
 7. **Measurable Progress:** Determining how they will measure progress and success is important. This can involve setting milestones and tracking their journey to assess whether the solution is effective.
 8. **Adaptability:** Recognizing that not all solutions work for everyone, they should be open to adjusting their approach if initial attempts don't yield the desired results.
 9. **Social Support:** Considering the support system around them is crucial. They may evaluate whether their friends and family are supportive of their chosen solution and are willing to help them stay on track.
 10. **Self-Reflection:** Regular self-reflection and self-assessment can provide valuable insights into the effectiveness of the chosen solution. They should continually assess how they feel and whether they are making progress toward their goals.
 11. **Feedback Loop:** Maintaining a feedback loop with professionals, friends, or support groups can be useful for gaining external perspectives and adjusting the approach as needed.
 12. **Flexibility and Persistence:** They should be prepared for setbacks and challenges along the way. Being flexible and persistent in their efforts is often essential for long-term success.

- What figures or brands in the space do they respect and why?

1. **Body Positivity Advocates:** Individuals who promote body positivity, self-acceptance, and diversity in body types are often highly respected. They appreciate these advocates for challenging unrealistic beauty standards and promoting self-love.
2. **Fitness Role Models:** Some skinny individuals may look up to fitness role models who have achieved their own fitness goals or have a healthy approach to fitness and nutrition. They respect those who emphasise overall health and well-being rather than just aesthetics.
3. **Fashion Brands with Inclusive Sizing:** Brands that offer inclusive sizing and celebrate diverse body types may earn the respect of skinny individuals. These brands provide clothing options that cater to a wide range of sizes and shapes.
4. **Mental Health Advocates:** Those who promote mental health awareness and the importance of addressing body image issues as part of mental well-being may be highly respected. These advocates focus on the emotional and psychological aspects of body image.

5. **Online Communities:** Some individuals find support and inspiration in online communities and social media platforms that promote body positivity, self-acceptance, and personal growth. They respect these communities for providing a sense of belonging and encouragement.
6. **Health and Wellness Experts:** Professionals in the fields of nutrition, fitness, and mental health who offer evidence-based advice and support are often respected. These experts can provide valuable guidance for individuals looking to improve their well-being.
7. **Empowering Fashion Brands:** Fashion brands that emphasize empowerment and self-expression through clothing may gain respect. These brands encourage individuals to embrace their unique style and feel confident in their clothing choices.
8. **Authors and Speakers:** Writers and speakers who address body image, self-esteem, and personal growth in a relatable and impactful way may earn respect for their ability to inspire and empower others.
9. **Celebrities with Positive Messages:** Some celebrities use their platforms to promote positive body image and self-acceptance. Skinny individuals may respect these celebrities for using their influence to challenge beauty norms.
10. **Local Role Models:** In some cases, individuals may find inspiration and respect within their own communities, among friends, family members, or local advocates who have a positive and empowering outlook on body image.

- What character traits do they value in themselves and others?

1. **Self-Acceptance:** Many value self-acceptance, the ability to embrace and love themselves for who they are, irrespective of their body size. They may also appreciate this trait in others, especially those who exude confidence and self-assuredness.
2. **Empathy:** Skinny individuals may value empathy, both in themselves and others. Understanding and compassion toward people of all body types can foster a more inclusive and accepting society.
3. **Authenticity:** They may appreciate authenticity, valuing people who are genuine and true to themselves. Authenticity can create deep connections and trust in relationships.
4. **Resilience:** Resilience in the face of societal pressures or negative comments about their body size can be highly valued. This trait allows them to navigate challenges and maintain a positive self-image.
5. **Positive Body Image:** A positive body image is often valued both in themselves and others. This trait reflects a healthy relationship with one's body and an appreciation of its uniqueness.
6. **Kindness:** Kindness is a universally valued trait. Skinny individuals may appreciate kindness in others and strive to cultivate it in themselves, creating a more supportive and compassionate community.
7. **Confidence:** Confidence is an attractive trait that can help individuals face societal pressures and judgments with self-assuredness. Many may admire confident individuals.
8. **Ambition:** Ambition and a drive to pursue personal goals and passions can be respected. Skinny individuals may value those who are ambitious in various aspects of life, from career to personal growth.
9. **Open-Mindedness:** Open-mindedness and a willingness to challenge stereotypes and societal norms can be highly respected. Being open to diverse perspectives and experiences can foster understanding and acceptance.

10. Self-Improvement: They may value a commitment to personal growth and self-improvement, both in themselves and in others. This trait reflects a desire to continually learn and evolve.
11. Supportiveness: Supportive friends and loved ones who provide encouragement and understanding are often valued. Skinny individuals may prioritise support in their relationships.
12. Humour: A sense of humour can be highly appreciated. Humour can help individuals navigate difficult situations and maintain a positive outlook on life.

- What character traits do they despise in themselves and others?

1. Insecurity: Many individuals, regardless of body size, may despise feelings of insecurity in themselves and others. Insecurity can lead to self-doubt and negatively impact self-esteem.
2. Judgmentalism: Skinny individuals may despise judgmental attitudes in themselves and others, particularly when people make assumptions or pass critical comments about their body size.
3. Shaming: Body shaming or any form of shaming based on appearance is often despised. Skinny individuals may strongly dislike others who engage in body shaming, and they may struggle with self-shaming tendencies.
4. Dishonesty: Honesty and trustworthiness are highly valued traits, and dishonesty is often despised. Individuals may find it challenging to trust those who are not honest.
5. Lack of Empathy: Empathy is a trait that many value, and a lack of empathy in themselves or others can be frustrating. It can hinder understanding and compassion.
6. Arrogance: Arrogance or a sense of superiority can be despised, as it can lead to condescending attitudes and a lack of humility.
7. Close-Mindedness: Close-mindedness, or an unwillingness to consider diverse perspectives or challenge one's own beliefs, may be despised. Open-mindedness is often valued.
8. Cruelty: Any form of cruelty, whether it's directed at oneself or others, is typically despised. Kindness and compassion are the opposite of cruelty.
9. Narcissism: Excessive self-centeredness or narcissism can be seen as a negative trait. Many individuals value a balanced sense of self-importance that doesn't overshadow empathy for others.
10. Toxic Positivity: Some individuals may despise excessive or insincere positivity, particularly when it dismisses genuine struggles or emotions. Authenticity in emotions is often preferred.
11. Gossip and Backbiting: Engaging in gossip or backbiting is often seen as negative behaviour. Many individuals despise this trait in themselves and others due to its potential for harm.
12. Lack of Accountability: A lack of accountability for one's actions or words can be frustrating. Individuals often value responsibility and accountability.

- What trends in the market are they aware of? What do they think about these trends?

Inclusive Sizing in Fashion: Many fashion brands have started offering more inclusive sizing options, which can be appreciated by skinny individuals who may have struggled to find well-fitting clothing in the past. They may view this trend positively for its efforts to cater to diverse body types.

Body Positivity Movement: The body positivity movement promotes self-acceptance and celebrates all body types. Skinny individuals may support this trend for its message of inclusivity and self-love.

Fitness and Wellness Trends: Trends in fitness and wellness, such as the rise of home workouts and mindfulness practices, can be embraced by individuals seeking to improve their overall well-being, regardless of body size.

Health and Nutrition Trends: Some trends in health and nutrition focus on balanced eating, mindful eating, and overall health rather than solely on weight loss. Skinny individuals may appreciate these trends for their holistic approach to well-being.

Social Media Influencers: Social media platforms feature influencers who promote various body image ideals and lifestyles. Skinny individuals may follow influencers who align with their values and aspirations.

Athleisure Wear: The athleisure trend, which combines fashion and comfort, can be appealing to skinny individuals as it offers stylish and comfortable clothing options for various activities.

Mental Health and Self-Care: The growing awareness of mental health and self-care is important to many individuals. Skinny individuals may appreciate the emphasis on mental well-being and self-acceptance.

Sustainable and Ethical Fashion: Trends in sustainable and ethical fashion align with values related to responsible consumerism. Skinny individuals who care about sustainability may support brands with eco-friendly practices.

Virtual Fitness and Wellness Services: The availability of virtual fitness classes, wellness apps, and online support communities can be beneficial to individuals seeking health and fitness guidance, regardless of their body size.

Beauty Standards and Media Representation: Skinny individuals may be aware of ongoing discussions about beauty standards and media representation. They may have varying opinions on how these trends affect their own body image and self-esteem.

Places To Look For Answers:

1. Your client's existing customers and testimonials
2. Your client's competitors customers and testimonials
3. Talking with anyone you personally know who matches the target market
4. People oversharing their thoughts and feelings online
 - a. Youtube
 - i. Comments
 - ii. "My journey" type videos
 - b. Twitter
 - c. Facebook
 - d. Reddit
 - e. Other Forums
 - f. Amazon.com Reviews
 - g. Yelp and Google Business/Maps Reviews

3- I want them to buy a course regarding how to gain weight and build muscle and also a specially personalised diet plan and try to get them to buy my course.

D-I-C

Find out how you can go from a soft, frail, skinny man to instead becoming a strong powerful masculine man.

Do you want to be appreciated and respected by the people around you?

Do you really want women to love you and chase you?

But most importantly do you want to be known as more than just the typical frail skinny man for the rest of your life...

Do you want to be the man to actually take action and build a rippling physique or stay the same frail skinny man for the rest of your life?

I know what you're probably thinking is this guy really trying to sell me some sort of service /course well it's neither.

What I am going to tell you is a secret that has never been revealed before

and I will show you this secret for FREE so no risk is involved on your behalf.

All you have to do is click this link and follow the given steps