

## **lars Meidell FREE EMAIL**

Here's some context, Gs.

Lars Meidell is an online fitness coach whose main product is a 1:1 coaching program for busy men, fathers and also young men who want to achieve a "celebrity- like" body, meaning lean, proportionate, muscular bodies.

They aren't like super fat, they workout a bit, but just don't have time and proper knowledge to achieve their dream.

As far as I know, his email list is of people who know him relatively well, so there's no need to introduce himself.

They watch his content and benefit from it, so the trust is also mid/high.

I chose to deliver the idea through the topic that every man is interested in - Spartans.

I already did revision work with chat gpt and have come up with what you see below.

Would appreciate any constructive feedback, especially with the subject line and preview text.

Thank you!

**Subject Line: Archaeologists Reveal the Secret to Spartan Physique**

**Preview text: This will make you think...**

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Hey {client's name},

Let me guess something about you:

You, at least once in your life, had goosebumps watching the movie, reading or listening about Spartan soldiers.

And you, at least once in your life, wanted to be like them. Maybe you even do right now...

Because what damn else is anyone supposed to experience when they get to know just how EPIC those men were.

That millions and millions of people, to this day, are praising what they were able to accomplish, and what legacy they left behind.

(If you haven't seen the movie yet, i highly recommend you do. It is called "300" by Zack Snyder.

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Mandatory for every man.)

And i wonder if you've ever asked yourself:

**“HOW DID THEY GET TO THIS POSITION?”**

Well, there seems to be a pretty obvious answer for this question -

They just had a *different kind of mentality*: fearless, blood-thirsty savages willing to DIE for their purpose.

But hold on,

Let me actually prove to you something real quick.

Their **mentality** wouldn't have much benefit, had they not have the **physical capability** to move everything forward.

Because what benefit does the engine of a rocketship have without a proper body that can endure extreme temperatures and pressure?

NONE.

Let's now draw a parallel to your life.

And although I can't help you with the mentality side, I'm more than competent to get your *physicality* to the next level.

So that you are able to achieve anything you want in life.

Hundreds of men just like you were able to do that with my help.

They all look like Spartans now. And they perform like them.

**\*{PICTURES OF CLIENT RESULTS}\***

So will you.

You just need to follow what I teach in my 1:1 coaching program, and dedicate yourself to it.

Go ahead and schedule a quick 15- minute consultation with me, so I can have you in my life-changing program ASAP.

That's all for today.

Much love,

Your coach Lars

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You can actually achieve the same physique in just 90 days from now

If you follow the same habits as they did.

You might think at this point:

“Their only habit is war, that’s what made them have these bodies. ”

And you’d be right.

Almost...

Indeed, endless exhausting battles developed superhuman strength and stamina.

But that’s not what made them look so aesthetic.

There are A LOT of professional fighters that have pretty average bodies.

What made their muscles *lean and dense* was their **diet**.

Some clear evidence of it is described in this article.

I suggest you go and read it real quick.

But there are some general patterns that worked for them.

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It might not do as well for you {client's name}

Everyone needs a specific approach to their diet

In order to get the best result in the shortest time.

To make this happen, **just schedule a quick 15- minute consultation directly with me**

And we'll discuss how I can help you achieve your dream physique in just a few months...

Hundreds of men like you have already done the same.

And you are just one step away.

Do not miss this chance, as there is only a *limited number* of students that I am able to take.

And spots are filling up fast!

**I WILL NOT MISS IT!!!**

I guess, that's all for today

Much love,

Your coach Lars.

Have you ever questioned if the Spartan body is a real thing?

I mean those lean, strong, and functional bodies we see in movies.

Everyone in the fitness industry talks about their physique, but no one really saw them in real life.

Except in movies, which could be exaggerated for more aesthetic effect.

Turns out, it's true!

**Archaeologists have found pieces of armor Spartans wore.**

**Wide, round shoulder pads and torsos with refined six-pack patterns.**

Makes sense, right?

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Smiths crafted the armor to fit well on warriors so it wouldn't shake and cause discomfort during battle.

But how did they achieve such bodies?

Endless, exhausting clashes gave them incredible strength and stamina.

What gave them their chiseled abs was their lifestyle and daily habits.

They practiced intermittent fasting by default—breakfast wasn't a thing back then.

Even with a diet that included bread and wine, they managed to maintain lean, strong physiques.

**Hunger enhanced their metabolism, growth hormone, and testosterone production, keeping them lean and strong.**

Spartans were in a natural state of human beings.

That's what built them.

And that's exactly what I teach in my coaching program.

*Imagine achieving a Spartan physique without giving up your favorite foods or spending hours in the gym.*

**Click here to book your free consultation and start transforming your body today!**

But hurry—I'm only taking **5 more people**, and **spots are filling up fast!**

Talk soon,

Lars

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**P.S.** *Don't miss this limited-time opportunity to achieve your dream body. Secure your spot now and start your journey to a healthier, stronger you!*