

Hi Lucy,

Excellent quote choice, wouldn't have guessed that you know about Roy T. Bennett.

I looked at your lucylismorefitness.com sales funnels (coaching programs) and noticed some issues that stop you from converting your huge audience into customers on a large scale.

You're missing out on many more variables that lead to a profitable online coaching business. I'd like to offer you a free consultation to improve your social media marketing funnel and implement my marketing principles into your brand Lucy.

I work with other online coaching influencers and the products that I noticed that worked best for them are:

1. **eBooks with meal preps (low ticket)**
2. **Weight loss plans with workouts and nutrition advice (medium ticket)**
3. **Online group/one-on-one coaching (high ticket)**

My job is to implement the factors that generate cash for them into your brand.

I also went and wrote you three Instagram captions that you can use to generate curiosity about your training program:

CAPTION 1

"I've been training calisthenics for over 1 month now and I'm not seeing any progress" 🙋

There is a reason why you're not seeing any progress.

It's not genetics, it's not your diet and it's certainly not your body weight.

There is a "secret" that I've learned with my experience as a calisthenics coach that will skyrocket your results in less than 14 days ⏳

I secretly teach this "secret" to the one's curious.

Check the link in my bio for more details 📌

#calisthenics #fitness #prevention #strengthtraining

CAPTION 2

Prevention is KEY 🔑

As a calisthenics enthusiast, I know firsthand the excitement of pushing your limits and reaching new fitness milestones.

But with any physical activity, comes the risk of injury.

Common calisthenics injuries such as wrist strain and shoulder impingement can be easily avoided by proper form, gradual progressions, and incorporating wrist and shoulder strengthening exercises into your routine.

I always make sure to prioritize safety before going too crazy with some exercises 💪

I talk more about injuries and how to prevent them in my online coaching program.

Link in bio for more info 🔗

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CAPTION 3

Don't let time constraints hold you back from reaching your fitness goals 🙌


Calisthenics is a highly versatile workout style that can be done anywhere, at any time.

Whether you only have 5 minutes or an hour, make the most of it and challenge yourself.

Get creative with your routines, mix up your exercises, and focus on progress, not perfection.

Remember, consistency is KEY 🔑. So, find a way to make it work for you and watch your strength soar! 💪

I teach more about the time-management hacks that I use in my online training program.

Link in my bio 

#calisthenics #timemanagement #fitanywherfitanytime"

Let's have a quick Zoom call this week to discuss your brand, and I'll share my thoughts on improving your funnels.

Are you available on Friday at lunchtime?

Best wishes,

Segal Hagicalil 