

Legion Athletics Samples

Offer - VIP 1-on-1 coaching for 90 days

Get into a great shape and know exactly how to keep it for a lifetime

Email 1 Promo

Subject line 1: My almost-secret secret to summer body inside

Subject line 2: Summer body all year round with THIS

Subject line 3: February

Preview text: This might sound too good to be true but...

BOOM **FNAME**

It's February already, can you believe that?

You dropping that weight?

Abs visible yet?

Posting progress pics on Instagram?

Summer body getting ready to rock-n-roll?

Holy monkey balls... why not?

What about the New Year resolutions?

What about *New Year New Me*?

"But Mike..."



I get that

Work piled up like an avalanche...

Kids and spouse need some lovin...

And pizza takeout looked too seductive on Friday eve 🙄

I ain't the holy one.

I skip workouts...

And sometimes eat out more than I should (don't tell anyone, ok?)

But still, I keep my summer body all year round.

How do I do it?

Here's my almost-secret secret...

Ready?

The ultimate genetics that ONLY the top 1% of people possess...

I'm kidding.

The real secret...

Is all the things I do OUTSIDE of the gym

I do work out, but only do it 3-4 times a week

It's all the habits outside of the gym that helped build my body...

Without spending hours in the gym....

Without endless hamster-wheel cardio...

And without giving up my favorite meals...

All while having my craaazy busy schedule.

The best part...

The exact process can be tailored to everyone...

No matter if you work 40+ hours per week...

You don't have 24/7 access to the gym...

Or you have a crazy schedule and you travel around the world.

You might say *"MIKE THIS SOUNDS TOO GOOD TO BE TRUE"*

I mean... I get it...

But that wasn't just me who got these results...

Check this out.

Ordinary men and women around the world got into incredible shape thanks to this process (that we use in our [VIP 1-1 coaching](#))

Like Greg

He lost 37 pounds, 12% body fat, and 5 inches off his waist!



And Kate

Got rid of a whopping 16 pounds, 4% body fat, and 6 inches off her waist!



And my man Alex

He lost 10 pounds, 4% body fat, and 2 inches off his waist, and got into incredible shape!



The cool part?

These are REGULAR results people achieve (and sometimes in just 90 days).

And if someone like Greg, Kate, and Alex achieved such results despite a busy schedule and other disadvantages...

Then why can't you?

[FirstName] it's time to drop unsexy fat and reveal your lean and sexy muscles...

Achieve the body you love to see every time you look in the mirror...

And keep it for a lifetime...

[Here's how you do it.](#)

Click the beautiful blue link above and learn...

- **How our VIP 1-1 coaching is different from all the other programs you've seen before**
- How you can literally FIRE US (and we won't be mad about it) after 90 days of working with us and achieving the body you've always wanted
- **What do other people from all around the world say about working with us**
- What additional results in energy and appearance you can expect (be ready to get asked *"How did you do it?"* *"What's the secret?"* after working with us)
- **And much more**

I can't do all the justice in one email about this opportunity

So [go to this page right here](#)

Read every word...

And if you're ready to achieve the body you always wanted and keep it for a lifetime...

[Then fill out the quiz or chat with someone from my team right away on this page right here](#)

Go for it!

Mike

Also...

Because we want to make sure everyone succeeds on every step of the process and get the best results possible...

We work with everyone 1-1...

I hate to be the party ruiner but...

We only have 30 spots available

[Here's the link again](#)

Chop chop

Email 2 Promo

Subject line 1: FNAME, if you're trying to get into great shape then...

Subject line 2: Why working out hard won't get you the dream body

Subject line 3: Stop working out so much, FNAME

Preview text: Do this instead

Hey, FNAME

I hate to break it to you but...

If you're trying to get in your best shape and push yourself in the gym every time...

You're probably working out too much



"WHAAT?!"

Yep.

You're probably even working out 2x more than you need to if you want to lose weight or build muscle.

I know cause I used to do that

I used to work out up to 6 times a week

Chasing PRs... doing grueling cardio...and mindlessly pushing myself to the limit.

Result?

Burnout...

Injuries...

Ice cream and pizza were my new friends for life (binge eating)

Little to no visible results AT ALL.

It sucked BIIIIIG time.

Until one day I GAVE UP (and for good)

I stopped working out more.

And instead, I took a different approach.

Where I didn't need to spend hours in the gym...

Run on the treadmill like a hamster in a wheel...

Or starve myself to death...

Eating only dry chicken and rice 🤢

I started focusing on not only what I was doing in the gym...

But OUTSIDE of the gym

It took some time to know the ins and outs of how this thing called '*human body*' works...

But this approach not only allowed me to drop fat, put on muscle faster...

And achieve the body I always wanted...

It also helped me to do it without sacrificing my favorite meals or changing my crazy busy schedule.

(It felt almost like cheating to be fair)

And after I founded Legion Athletics...

The same approach helped thousands of ordinary guys and gals around the world to get into incredible shape.

Like Matt

Who lost 35 pounds, 18% body fat, and 3 inches off his waist IN HIS 40S



And here's Nathalie

She dropped over 12 pounds, 4% body fat, and 3 inches off her waist.



And also Rick, he's 44

He lost 20 pounds and 12% body fat and went from fit to absolutely ripped in just 90 days.



This is just a preview of what happens REGULARLY in our [VIP 1-1 coaching program](#)...

When people have the right knowledge, tools, and coach who will take them by the hand and guide them toward the dream body they've always wanted.

And if you want to know the exact methods we use to help thousands of people get into great shape in as little as 90 days...

Burn unsexy fat and build muscle proportions you're proud of...

All while enjoying your favorite meals and keeping a comfortable lifestyle...

[Click here to chat with someone from my team](#)

And no worries.

We do this chat as a service for people to see that we are real human beings (there are a lot of scammers these days).

And we figured this thing out called fitness.

So if you're skeptical but slightly interested in having every part of the process dialed in to achieve the body you've always wanted...

[Apply for our VIP coaching right here](#)

Go for it!

Mike

P.S. One more thing...

We have only 30 spots available

So if the link above doesn't work...

Sorry, you're too late.

[Here's the link again](#)

Email 3 Promo

Subject line 1: Your wet dream in fitness **FNAME**

Subject line 2: “Woah, **FNAME**, you changed... How did you do that?”

Subject line 3: Almost 0 cardio workouts

Preview text: now THIS is epic

Today I’m going to talk about my favorite topic...

About me and my favorite things in my life...

I’m kidding. Definitely next time...

Today’s email is about you, **FNAME**

And how you can get into incredible shape.

Pinky promise.

Imagine it’s 90 days from now...

And instead of dragging yourself to the gym for yet another grueling cardio session...

Starving yourself to death and craving snacks every day...

And seeing little or no visible results in the mirror AT ALL...

You’re now in the best shape of your life...

Revealing incredible muscle tone...

Feeling proud of your body

And what are those on your stomach? Those are abs!

All while enjoying your favorite meals and workouts (note: you do almost 0 cardio workouts)...

And everyone around you is saying...

“Woah, **FNAME, you’ve changed... How did you do that? What is [your secret](#)?”**

And the best part, you not only know how to achieve the body you’ve always wanted...

But also, you know how to keep it for a lifetime no matter if you’re traveling... having limited access to the gym... or simply letting yourself loose on vacation.

Sounds like a wet dream or at least hard to believe for a lot of people.

Well, that's what happens in our [VIP coaching program](#) when people follow our methods and the guidance of fitness experts.

We’ve helped thousands of men and women around the world (4071 to be exact) to slash pounds of fat and build the dream physique they’ve always wanted.



And as crazy as it sounds...

These are REGULAR results people achieve (and sometimes in just 90 days)

And here's how they did it

- 1) They got on the call with my team and joined [VIP 1-on-1 coaching](#)
- 2) Received a-z blueprint tailored specifically for their lifestyle and meal preference
- 3) Followed the plan to a tee
- 4) Gave feedback so our coaches adjust everything for their comfort and best results
- 5) Took action
- 6) And enjoyed results

Most importantly...

Despite all the skepticism and doubt...

Despite trying multiple diets and training programs in the past...

These guys and gals took action, signed up for [VIP coaching](#) and now they enjoy what they see in the mirror.

And maybe you've tried a lot of different diets and training programs in the past also, that didn't get the results you wanted...

Or maybe you've seen too many "experts" in fitness and want to know how to get into great shape for sure...

Whatever the case is, remember...

Everything is a choice

Let your doubts and fears hold you back is a choice...

Or [take the step toward the body you always wanted](#) and change your life is also a CHOICE

So what it would be, **FNAME**?

A choice to keep doing the same and stay where you are...

Or [an alternative where you are in the best shape of your life and know exactly how to keep it for a lifetime?](#)

Your answer is everything

Mike

P.S. Whenever you're ready, we've just opened up a few more spots for [VIP 1-on-1 coaching](#) to work with motivated people who are ready to drop unsexy fat, build muscle faster, and achieve a strong and sexy body in the next 90 days.

If you'd like to join us, [click here to schedule a free call with someone from team Legion](#) to see if coaching is a good fit for you.

Email 4 Watch the video

<https://www.youtube.com/watch?v=n4JQGlx0U7A&list=LL&index=18>

Subject line: 15 % body fat gone without cardio in the 50s?

Preview text: It sounds crazy but...

It's true, **FNAME**

Dropping fat and getting fit in the 50s WITHOUT cardio is possible.

It sounds crazy.

That's why I want you to meet Nicole...

She was skinny-fat and struggled to get rid of unhealthy fat, build muscle, and get in great shape for years.

Doing everything on her own and even having in-person training didn't do much for her.

But after reading my books [Bigger, Leaner, Stronger](#) and [Thinner, Leaner, Stronger](#)

Nicole finally saw some results...

And started to look into our [VIP coaching program](#)

At first, she was skeptical and talked herself out of signing up...

Not believing anything online.

However, Nicole overcame doubts and fears and signed up for [VIP 1-on1 coaching](#).

And check out what happened!

BEFORE AFTER PICTURE

Nicole lost 15% unsexy fat, built great muscle proportions, and got in the best shape of her life...

IN HER 50s!

The best part...

She did it WITHOUT cardio

It shows what is possible when you have proven methods and a coach by your side...

Looking over your shoulder and giving that gentle kick in the buttox whenever you feel unmotivated.

I knew I should get Nicole on the call and ask...

“WHAT WAS THE SECRET?!” lol

So here it is...

[Watch How Nicole Lost 15% Boddy Fat and Got Fit In Her 50s](#)



You'll also hear in this interview:

- How Nicole not only transformed her body but also her relationship with food...
- Key principles of getting into great shape and keeping it for life...
- Major obstacles and breakthroughs Nicole had on her journey toward the dream body she always wanted

[Here's the link again](#)

Go for it!

Mike

P.S. If Nicole's story inspired you just like all of us and you're ready to become our next success story...

Drop fat, build beautiful muscle propositions, and get into the best shape of your life...

We've just opened 30 more spots for our coaching program...

[So click here to learn more about our VIP coaching and chat with someone from my team to see if this program is the right fit for you](#)

