

Hey (name)

I'm Alain and welcome to the Muscle Monster family!

I'm excited you've taken the first step to getting jacked! I used to be a lot like you probably, I weighed 90 lbs throughout High School and even after Highschool i was the "skinny friend". I tried everything from subscribing to workout advice magazines to working out exactly how all the pros do. Nothing they preached worked. So I decided to research everything from Biology to Kinesiology.

After months of research, trial and error, and experimenting with different lifting approaches I finally came across the secret to massive muscle gains for skinny guys.

I discovered that everything the Fitness ``Gurus`` were teaching didn't help skinny guys like us. Those methods were actually holding us back from getting bigger! So I asked myself why these secrets I found out were not being promoted? Simple, these methods I discovered are unconventional and go against everything that's been taught about building muscle! I started implementing these methods into my routine and saw incredible results no coach could've given me.

But let's not get ahead of ourselves and overload on information just yet. Keep an eye on your email for a second email from me that will include a 10% discount code for signing up to my email list.

Talk soon!

-Alain Gonzalez