

# HSO Framework

## Email

**Subject Line: Just dropped the weight and saw...**

Minimum 8 People were staring me right in the eyes.

I probably just became one of the strongest guys in my School.

After a long time being the skinny loser, I finally found the self respect needed to absolutely overcome my imagined limits and started building my body for great respected Status.

But after graduation reality struck me down.

I Went for the first time to a local Gym and realised.

Maybe my physique and strength wasn't special.

NOT AT ALL.

In there I looked like Donald Trump in Kevin Hart's body trying to become a Bodybuilder.

Shortly after, I knew I had to change something.

The decision was made.

I had to train harder than ever before.

Fortunately I came across some inconceivable strategies that helped me become, in 14 months, one of the Strongest guys in the whole Gym.

[Go through those strategies with guidance and achieve your dream Status.](#)

