

Subject Line: **The Secret to 2X your Performance**

Hey (Name),

Have you ever been working out, trying to follow all the exercises you have to do?

But sometimes you just feel you don't have enough fuel in your body?

And then stress comes in, turning a productive workout into a total waste of time.

That's why today I'm going to share with you one simple technique that transformed my hardest workouts into easy-mode training.

You hear it all the time:

"Hit the gym 6 times a week!."

"Eat more protein!"

"Stretch for 30 minutes a day."

And on and on...

See, just pushing harder is not the solution.

After years of trial and error, I've discovered the **secret** that successful athletes use to **2X their performance**.

And no, it's not some magical protein shake...

Since I applied this technique, I consistently pushed my limits further and further.

That is why I decided to create an entire IG post about it.

If you are curious, [you can learn the "2X Technique" here.](#)

So you can avoid all the mistakes I made and supercharge your performance.

That's it for now.

Talk soon.

*The High Performance Team*

P.S. Next week I'm going to reveal one book that changed the way I look and tackle every challenge. Stay tuned...