

Powerlifting emails

Email about getting back into lifting

SL: it's time to get back into shape

What's worse than going through a lifting burn-out?

Losing the passion all-together and letting yourself go completely.

But I get it.

Perhaps life just caught up to you, or you simply lost the spirit to lift weights.

Unfortunately, most lifters settle with this and never get back into shape.

So how do you go from crushing late night pizzas and snacks to crushing PR's again?

Well just like strength, a passion for the gym is something that needs to be practiced.

You can't walk into a gym and squat 500 on your first day, just like you can't reignite that burning passion you had for working-out with the flip of a switch.

That's why we've put together a FREE, straightforward "Recharge" routine at [Kaizen Training](#) that brings you back to the beginning with basic and straightforward lifts.

Over the next 4 weeks, you'll gradually re-familiarize yourself with the gym as the intensity of barbell-focused exercises increases.

If you're ready to lose those extra 10-15 pounds and get back into your prime physical shape, visit [Kaizen Training](#) and start the FREE "Recharge" program today.

-Kaizen training team

Clothing emails

Here are some emails I wrote for another client, if you'd like I can write some for your store [3rd street barbell](#)

Humorous Email for lifting t shirt

Feel free to leave some comments and Let me know what you think!

SL: how to be the biggest dude in the gym

Tired of basic shirts that make your muscles look flabby and weak compared to everyone else?

Well try out the slim-fit "4:AM tank top" at [Municipal](#) and never worry about looking tiny in the gym ever again.

It perfectly outlines your chest and gives a light squeeze at the waist to give you the perfect v-taper.

Get your tank top today and make sure everyone in the gym knows how big your muscles are.

Get a 25% discount when you buy today at [Municipal](#)

Less humorous

Tired of shirts that don't outline your physique well?

Try out our slim-fit "4:AM tank top" designed to snug your chest and waist to get the perfect v-taper to get the perfect proportions.

Made of an elastic, breathable material, it provides a comfortable fit while keeping you cool during your workouts.

Buy today at [Municipal](#) and get a 25% discount