

Dads... Weight loss could be EASY for you nowadays.

“Losing weight while having kids is almost impossible”

This is one of the most dangerous things you’ll ever hear.

Why?

Because not only it’s an excuse that encourages men to play a victim’s role,

(And it allows children to hold themselves to low standards they pick from their closest hero.)

But it’s also **false** because losing weight as a dad nowadays,

Could actually be much easier than as a young man back then.

See, the only thing you had when you were younger and tried to exercise was time,

But now that you have endless resources like Google,

Access to all the coaches in the world,

Loads of exercises and hundreds of years worth of new studies about rapid weight loss - All within seconds of reach.

You think that just because you have kids, losing a few pounds of weight is something you can’t pierce through?

Look, I’ve coached hundreds of men, some of them had over 4 kids, a business to run, even “bad genetics”

But yet they still managed to completely transform their body.

And become inspiring role models for their people.

SL - A “law” to becoming shredded

If you haven't read “The 48 Laws of Power” yet by Robert Greene, I highly suggest you do—especially because of Law #10.

I'm willing to bet you've heard about this book from someone, somewhere.

It's a multi-million-copy New York Times bestseller.

Oh, and it's banned in all prisons across the US.

(I know this not from personal experience).

Why?

This book is one of those books that has the “power” to shift the entire trajectory of your life.

I know it sounds weird, but it actually also has advice that's perfect for fitness and weight loss.

Take Law #10 for example.

Avoid the Unhappy.

If there's one thing that gets people to fail to lose weight... More than laziness.

Is negative emotions, negative words, negative people, negative energy—all of it
You need to stay away from it at all costs.

Because at the end of the day, weight loss and fitness are just one big mentality game.

So the more you're around negative people who discourage you, the more likely you are to slip away.

That's exactly why I started the Train Twice program — to gather a group of strong people who want to grow, learn, push each other, be a force of good. And do it all in half the time.

So if you consider yourself this type of person,

Then join us.

