

Welcome Sequence

SL: The jump rope's highest-burning plan

Hey [name],

Burning fat is a tough challenge

It's like chipping a boulder into tiny pieces

No matter how much energy you put into your exercise, your body still looks the same way you started.

However, this can easily be fixed once you pick up this jump rope plan. A routine you can do in your room

15 minutes a day already burn tons of fat!

Don't worry, I've made the plan super simple even a 1st grader could perform it

But before handing over the jump rope plan, take a quick look at this free checklist.

[LINK TO eBook](#)

This checklist will help your endurance, coordination, and balance if you just follow its simple steps.

Check your inbox on how the jump rope plan changed my life (for the better) from a fatal car accident

-Ru

Email #2 (HSO and welcome email)

SL: The car accident that changed my life (for the better)

I was a depressed overweight guy that was over a whopping 284 pounds.

Already struggling to get out of my bed, I had to use a cane to help me walk.

I was crossing a short road from my favorite club when I heard a loud screech from the right side of me.

Suddenly, pain struck from my right ankle all the way to my knee.

And I immediately was thrown to the ground.

I couldn't believe I was just hit by a car.

On the ground, I was thinking " Was this the end of my already terrible life?" Before I knew it, I was already at the hospital.

The accident left me bedridden for weeks, but during that time, I found something inside myself that I never knew I had.

One day, during a routine checkup, the doctor suggested that I try using a jump rope to exercise my leg muscles.

I was hesitant at first, but I didn't want to spend the rest of my life in a wheelchair.

So then I gave it a try

Once I was using the jump rope, I could feel the benefits almost immediately. Not only was I getting a great workout, but I was also having fun while doing it.

I soon realised that jumping rope was a great cardiovascular exercise that would improve my endurance, coordination, and balance while losing crazy amounts of fat!

The doctor also mentioned that it's a low-impact exercise, which is important for someone like me who was recovering from an injury.

Compared to running or other high-impact exercises, jumping rope puts less stress on my joints and is less likely to cause further injury.

As soon as 3 months passed, I lost a total amount of 100 pounds!

I was consistent with my jump rope because there were simply NO EXCUSES!

Whether you're recently injured, overweight, or you simply want a refreshing change from exercises that you find boring or difficult.

That's what the jumping rope does best

Ever since that day, I've dedicated myself to creating the best guide with the jumping rope.

Talking to the top athletes all over the world.

Providing resources for the jumping rope

And learning all of the techniques that can possibly be learned.

I just wanted us all to be able to lose fat in a fun and effective way, no matter what situation we are in.

That's the reason for creating this guide

If you ready for a change (The good kind of change)

[>>>>Click here company website link.](#)

Remember, it only took me 3 months to change my whole life around.

You should too

PS: I will create Email #3 (Value & belief shift email), Email #4 (first hard sell-email.), Email #5 (second hard-sell email PAS), and an outreach email by tomorrow.

Here's the research template if you need it:

https://docs.google.com/document/d/1AzobIL7pR7m_c2duKpYX1NfchfCOsU8fJL5n2nV49r4/edit?usp=sharing

