

SL: Built 50 lbs of muscle... in my garage?

Hey %FIRSTNAME%,

Picture this:

130 lbs soaking wet.

A couple of rusty dumbbells.

My parents' garage, aka a sauna in the summer and an icebox in the winter.

Not exactly a Gold's Gym commercial, right?

But that's where I gained 50 lbs of muscle.

No fancy machines.

No overpriced supplements promising to "ignite my gains."

Just me, sweat, and a playlist full of angry 2000s rock.

The truth?

Most people think they need:

- A \$99/month gym membership
- A "muscle confusion" program
- Or some sketchy powder mixed by a guy named Chad

But none of that really matters.

It's not where you train.

It's how you train.

I followed a simple system that:

- ✓ Kept me consistent (even when my garage smelled like feet)
- ✓ Helped me break plateaus (without "shocking" my muscles)
- ✓ And made sure I got stronger week after week

That's exactly what I help my clients do inside DP Fitness.

No fluff.

No gimmicks.

Just real results,

Even if your "home gym" is where your dad stores his lawn mower.

Want to see how simple it can be?

[[Click here to get started today.](#)]

Because if I could gain 50 lbs of muscle dodging spiderwebs in a garage...

Imagine what you could do.

- Devin