

# Short form copy mission

Tuesday 8/1/23  
21:41

## D-I-C Framework

### Disrupt-Intrigue-Click

Subject: Don't you want to be in **control**?

Email:

Everything works against you.

You look at yourself in the mirror and realize you could be better.

Getting the beach body you so crave has **NEVER** been easier than today.

3 simple hacks to get absolutely ripped is ALL it takes.

Now comes your discipline.

Do you have what it takes to follow these *3 simple rules*?

[Click here to find out if you have what it takes](#)

**\*\*\*NEW**

Subject: What does it take for you to have the LEANEST abs?

Email:

Everyone talks about obtaining the perfect six pack.

But, you're never gonna be able to have it, right?

WRONG!

Getting that deep cut six pack is chopped up into 4 EASY to follow rules.  
Do you *really* want to look down and see that muscle ripple?

Do you really want to pop off your shirt with pride as you strut the beach?

Do you *really* want to be an absolute stud?

If you are honest with yourself, you would check out my quick fix for fat loss.

[Click here and get you that six pack you deserve!](#)

\*\*\*NEW

Subject: How to create the **PERFECT** meal plan *WITH* carbs

Email:

Let's face it, carbs are practically evil, Right?

WRONG!

Carbohydrates are actually **ESSENTIAL** in getting you into phenomenal shape.

BUT, only if you use them properly.

Did you know that none of the movie stars you know and love EVER cut out carbs?

Chris Pratt, Brad Pitt, The Rock, and even Michael B. Jordan!

Not even for a second did they stop eating carbs.

If you want to know the secret to getting yourself into the best shape of your life

[Click here and find out how Hollywood does it](#)

\*\*\*NEW

Subject: If you could find out the secret to weight loss, then would you use it?

Email:

Ask yourself this simple question.

Do you actually want to lose weight?  
Or are you still too in love with fast food and candy?

The simple truth is, most people think it is **TOO** hard to drop 10 lbs in a couple weeks.

Guess what, they don't know how easy it can be.

That's right, **EASY!**

Sounds too good to be true?

Maybe I would agree with you if I didn't discover these 5 methods to absolutely shed fat.

What do I know though?

We really don't know each other.

But let me ask you, would you rather keep looking at hot bodies on your phone or in your bed?

The choice is yours and we all know what you are going to do.

[Click here if you think you're up for an easy goal.](#)

**\*\*\* NEW**

Subject: Are you finding it TOO hard to fall asleep at night?

Email:

Sleep is one of the most important parts of our days.

It determines what type of day we will have tomorrow.

Is your sleep quality as good as it can possibly be?

**50 - 70 MILLION** people struggle with sleeplessness.

That is *1 in every 3* Americans.

The answer is simple.

You aren't working the right areas of your mind or body.

Exercise can be directly linked to a good night's sleep.

Not only exercise, but **5 BASIC** everyday exercises have been proven to aid sleep.

You don't care about that though.

You can just take melatonin, right?

WRONG!

Melatonin has been proven to be a terrible sleep remedy supplement.

[Click here if you're ready to finally get some rest.](#)

Panthomex TRW Version:

8/8/23, 18:27

Gmail - Are you finding it TOO hard to fall asleep at night?



Panthomex <panthomex@gmail.com>

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### Are you finding it TOO hard to fall asleep at night?

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**Panthomex** <panthomex@gmail.com>  
Para: Panthomex <panthomex@gmail.com>

8 de agosto de 2023, 18:27

Sleep is one of the most essential parts of our day.

It determines what type of day we will have tomorrow.

Is your sleep quality as good as it can possibly be?

**50 - 70 MILLION** people struggle with sleeplessness.

Why? The answer is simple.

Not working the right areas of your mind or body.

Exercise can be directly linked to having a good sleep.

What are those areas? Discover them with some simple exercises.

Learn these 5 BASIC everyday exercises that have been proven to aid sleep.

Although you don't care about that.

You can take melatonin, right?

WRONG!

Melatonin has been proven to be a terrible sleep remedy supplement.

[Click here if you are ready to finally get some rest.](#)

## P-A-S Framework

Pain/Desire-Amplify-Solution

Subject: The simple reason that you can't lose weight

Email:

Let's be honest here, you are piling up in the pudge department.

Look around you.

You are in the same boat as most Americans.

Do you really want to be there?

**FAT**

***TIRED***

**LAZY!**

The simple truth is, you don't have to be.

You may be thinking "weight loss is so hard, I have tried everything!"

Maybe you have.

Ask yourself this, if it really bothered you wouldn't you do *ANYTHING* to change?

What happens when you have a toothache?

You see a dentist.

What happens when you hurt yourself severely?

Do you say "I've tried everything. I guess I will have a backwards foot forever!"

**NO!**

So why would you treat your health as such.

Today is your day because the truth is waiting.

Waiting for you to open your eyes and see it.

**[Click here to find out how you can change TODAY!](#)**

\*\*\*NEW

Subject: The ONE reason you **FAIL** to keep a diet

Email:

Take a look at yourself.

When was the last time you committed to something?

Highschool on the sports team?

At work, where your boss so ungratefully demands you stay longer?

Or is it making sure you have enough beer money for the weekend?

Look deep inside of yourself and *TRULY* ask if this is enough for you.

Is it enough to be out of shape, lethargic and full of pain?

By not taking care of your body, **THAT** is what you're saying is "ok".

All it takes is ONE simple change in lifestyle to become the best version of yourself you can be.

Commit to something that matters, instead of being put at the bottom of the list.

[\*Click here to find out what you can do to change your ENTIRE life\*](#)

\*\*\* NEW

Subject: How to eat *WHATEVER* you want and still lose weight.

Email:

How many dietary changes have you made, only to see them fall by the wayside.

When have you ever made any diet *ACTUALLY* work?

I don't think I need to fill in the blank for you.

The simple truth is, **YOU DON'T KNOW WHAT YOU ARE EVEN WORKING ON!**

Losing weight is easy.

So easy, in fact, that you don't even have to change your diet.

“Well that sounds too good to be true.”

Maybe you're right, but then again. Maybe, you're completely WRONG!

Don't you want to enjoy your favorite foods and STILL lose all the weight you've been dreaming of?

It's too easy for you.

[Click here and find out the simple truth you have yet to discover](#)

\*\*\* NEW

Subject Line: 5 ways you can lose that floppy gut in 3 months

Email:

Women LOVE dad bods, right?

WRONG!

Any woman that you want to be with is definitely going to be looking at your dad bod as a *MASSIVE* turn off.

Don't kid yourself.

If you can't even look at yourself with pride and think “ I'm the man!”

What in your mind makes you think any beautiful woman would feel that way.

In order to be the man you have to take some action, and let's be honest, you've got that gut for quite the opposite.

It's understandable.

It's too easy to fall into traps of comfort today.

That is why you need 3 EASY and simple ways to change your lifestyle.

If you can handle implementing these 3 tactics for **MINUTES** a day,

Then your whole game will change forever.

[Click here to find out how you can get your shape under control](#)

\*\*\* **NEW**

Subject: All it takes is 2 lifestyle changes to *COMPLETELY* alter your weight loss journey.

Email:

How much do you care about being in good shape?

Yeah, there are many superficial reasons to be in a healthy condition.

Men or Women will see you as more desirable.

You will look absolutely HOT in that new outfit.

You might even be turning a couple heads when you walk into a room.

Those are all fun and good reasons to change your life, but let's think about *YOU* for a second.

Life goes into hard mode when we are not taking care of ourselves.

When you do things like eat out every day, skip the gym a couple times a week, or sit around and gawk at your phone, you tend to lose connections with your higher and healthier self.

In this lifetime, we only get one body.

So why should we destroy our ONLY vehicle?

All it takes is 2 minor lifestyle changes to completely change your life's trajectory.

[Click here and find out what you can do to turn your health into wealth.](#)

\*\*\* **NEW**



# H-S-O Framework

## Hook-Story-Offer

Subject: How to body fat and become happier

Email:

Those damn snacks are pecking at the frontal lobe of your brain RIGHT NOW!

I can feel it, and we can all understand it.

What if I told you it wasn't your fault that you can't lose those 10,15, or even 20 lbs.

You see, today is one of the easiest and the hardest times to be alive.

We have all the benefits of a utopia and, unfortunately, all the negatives of comfort indulgence.

Things today are **MADE** to be extremely easy and accessible.

"That's a good thing, right?"

*WRONG!*

A bit of relaxation after some hard work is fine, but we have been pointed in the direct of being absolutely solely sedentary.

**NOBODY MOVES** around, which causes us to be fat and tired, as well as lethargic in our attitudes.

The time to stand is NOW! Literally!

Our healthy life doesn't have to be so difficult.

Leading a normal and fulfilling healthy life is right around the corner.

And guess what.

It only takes 1 single click to change your life forever.

[Click here to discover the new you that you've always wanted to meet.](#)

**\*\*\* NEW**

Subject: Why you should get yourself a *REAL* diet.

Email:

Do you pay attention to what you put into your mouth?

Diets can be one of the trickiest parts of a health journey and *YOU* have to make sure it's the right diet.

What separates a good diet from a *GREAT* diet?

Well it's simple.

In order for you to have a great diet you need the proper knowledge on the food you are eating.

Do you actually know how the body works and what is happening when you start to digest?

If you answered "no" then you are in for a literal treat.

When we are looking at someone's diet, we can generalize almost everyone into *ONE* simple routine with only 5 main principles.

Don't you want to make weight loss easier on yourself?

[\*Click here today to learn what it takes to SIMPLIFY your diet\*](#)

**\*\*\*NEW**

Subject: What are you going to do about being fat?

Email:

Do you have a plan for weight loss?

Most people decide to go into left field and *LITERALLY* destroy their diets before they even start them.

Weight loss is EASY!

That's right, I said it. EASY.

Although, this is only true when you conceive the proper plan.

A lot of people turn a good diet into a crash diet simply because they are not prepared for what is going to happen to their brain and body.

You can't wing your diet.

You need some careful and strategic planning to get you from A to Zed.

There are 5 rules you want to follow when building out the perfect diet.

You especially want to use these 5 if you are particularly heavy set.

One click is stopping you from breaching the glass wall you have always hit.

[Click here to see how easy your diet plan can get](#)

**\*\*\*NEW**

Subject: Who are you going to trust? Little Debbie or your trainer?

Email:

What is stopping you from going home today and devouring a box of Ho-Ho's that you know you shouldn't be eating?

Do you put your life in the hands of a sweets company every day?

You are their customer, but do you think they want the best for you?

Go and take a look at the soda in your fridge or the snacks in your cupboard.

Do yourself a favor and google the nutrition facts of those items 10 or even 15 years ago.

Did your jaw just drop to the floor?

If it didn't, maybe you missed the mark, but sugar in products today has literally doubled.

Today is a perfect opportunity for you to make the change you have always wanted to make.

And guess what. You don't have to change your diet!

Learn how to completely turn your health around while still using the same diet you do today.

[Click here and discover the next step in your health journey.](#)

\*\*\*NEW

Subject: The secret to creating your beach body in 90 days

Email:

Why is it such a tremendous feat to gain some self control and take charge of your health?

That's easy.

It's because today's day and age is designed to keep you occupied in ways that *DON'T benefit you*.

The distractions are endless.

Entertainment is becoming your downfall and you can see it!

That is why I am here to help.

Sometimes, all we need is a bit of help to see the next step to take.

Controlling your life does not have to be as pitiful or dreadful as we often make it out to be.

There are 4 principles to follow that will bring you into the right direction.

These 4 simple principles will drastically change how you take on your day and teach you how to **GET** from your day.

All you have to do is [Click here](#)

## P-A-S Framework

Pain/Desire-Amplify-Solution