

Marketing Email: **TRW STUDENTS FV-D-I-C Style Email**

Subject Line: Feel Empowered and Uplifted.

The endless struggle to find motivation.

(I know, Netflix is calling!)

Do you need help with the abundance of fitness information online?

Decoding the confusing world of workout routines and muscle development.

(What even is a "superset"?)

Overcoming anxiety and depression through the power of exercise.

Sustainable Fitness Routines.

Better Understanding of Exercise Techniques and Muscle Development.

Ability to help you achieve your fitness dreams and overcome your insecurities, giving you the confidence and self-assurance you need to succeed in all areas of your life.

Achieve a balanced and fulfilling lifestyle where fitness is just one piece of the puzzle.

Periodized full body training program for hypertrophy

Three core training blocks are divided into 1-2 week blocks, each with varying rep ranges, total volume, intensity, and exercise selection.

Exercise substitutions are perfect for tweaking the program before rerunning it.

[Ready to feel empowered, uplifted, and motivated? Join Full Body Training today!](#)