

**V-1:**

**Subject Line:** Your Brain Is Stronger Than Your Body?

You work out day in and day out.

Spending hours upon hours.

Some do it to get stronger, some to look better, and some do it for both.

But you're missing out on the most crucial steps of all.

That is...a strong brain.

If you are mentally strong then you will perform better than if you weren't.

Both at the gym and in real life.

*And the best way to do that?*

Choose a specific number of reps of a weight which is fairly easy for you.

And then gradually increase the reps.

Another way to do this is by doing planks.

Planks are a great way to increase mental strength and core strength.

Remember, a strong mind and a strong body combined can make you achieve things that you could not have imagined otherwise.

Catch you later,  
[Brand Name]



## V-2:

You know that grind at the gym, the endless reps, pushing yourself to the limit?

It's all about getting stronger, looking better – heck, maybe both.

But there's something huge missing from that routine...

A powerhouse brain.

Seriously, mental strength isn't just a nice-to-have; it's a game-changer.

Think about it – when your mind is dialed in, you perform at your peak, whether you're pumping iron or tackling life outside the gym.

*So, how do you strengthen that mental muscle?*

Start easy with a weight and rep count that feels comfortable, then crank it up gradually.

It's like leveling up in a game, but for your mind.

And another great way is to do planks.

They're killer for your core, sure, but they're also a secret weapon for building mental toughness.

Remember, a strong mind and a strong body combined can make you achieve things that you could not have imagined otherwise.

Catch you later,  
[Brand Name]



### **V-3:**

I see you grinding it out at the gym, putting in the hours for those gains.

But, here's the kicker: your mental game is just as important.

Seriously, a strong mind isn't just about being a brainiac; it's about dominating in every aspect of life, including those killer workouts.

How do you boost that mental muscle?

Start easy, then push a bit harder.

It's like a training session for your mind.

And those planks?

They're not just for the abs; they're like a secret weapon for mental toughness.

It's about focus and pushing through the burn.

When your mind is as ripped as your physique, there's nothing stopping you.

Combine that mental beast mode with your physical strength, and you're unstoppable.

Cheers,  
[Brand Name]