

SL: How to conquer the gym's inconsistency riddle

Hey Travis,

Have you ever been at the gym, feeling like you're chasing your own motivation on a reverse treadmill?

Even with all the motivation in the world,

There were still days where you couldn't make it to the gym.

I'll guide you on how to achieve gym consistency and safeguard your hard-earned progress.

Because realistically,

This is the problem that affects EVERYONE,

Even Arnold Schwarzenegger, the fitness legend, faced the same motivation and consistency challenges,

Showing that the Terminator also struggled against human nature.

But he conquered it and became the best to ever do it.

That's because he knew the comeback principle I'm about to tell you.

You see, if you stay inconsistent for too long,

Not only can your journey circle back to the very beginning,

But regaining your health might become a tough climb.

So how do you overcome the challenge of staying consistent with your workouts?

Go on some deep mindset work.

And I don't mean you need to meditate like a monk.

You just have to discover the way to sustain unwavering motivation and make going to the gym a lifelong commitment.

And I will help you achieve that, I will coach you 1 on 1.

Providing step-by-step instructions.

[Click here to get instant access.](#)

Your health will throw a party in the long run!

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