

V.1:

Subject Line: Leg days are the worst

Preview Text: But why?

As you already know, nobody enjoys training legs.

And even though you don't like training legs, you still have to.

Imagine having a huge upper body and chicken legs at the same time. Disgusting right?

But finding the best lower body workout isn't easy.

What's easy is to take a minute and read how to best lower body workout is done.

I won't delay this any further and we will get straight into it.

{Workouts}

That is everything I had.

I guess I will see you tomorrow.

Cheers,

[Brand Name]

V.2:

Leg day, am I right? It's the one we love to hate!

But you know what they say, gotta work those wheels.

Finding a killer leg workout isn't a cakewalk, but I've got the scoop for you.

Enough chitchat, let's dive right in:

{Workouts}

That's the deal for today.

Catch you later,
[Brand Name]

V.3:

I get it, leg day isn't everyone's favorite.

But it's a crucial part of the game, isn't it?

Think about it: skipping leg day is like building a mansion on toothpicks. Not a great idea.

Finding the perfect lower body workout?

Not a walk in the park. But guess what?

It's right here waiting for you.

Enough chitchat, let's dive right in.

{Workouts}

That's all for today.

Catch you tomorrow,
[Brand Name]