

First Post – Getting Attention + Sneaky Call to Get Personally Trained

The 4 Questions

1. Who am I writing to? *Who is my avatar?*

Females and males from the age of 15 to 55, lower-middle to higher-middle class income.

2. Where are they now? *What are they thinking/feeling? Where are they inside my funnel?*

They are confused, lost, or angry, they don't know the answer to their fat loss. They are at the beginning of my funnel.

3. What actions do I want them to take at the end of my copy? *Where do I want them to go?*

Minimum I want them to follow my client's Instagram. Best case scenario, I want them to DM him to start training.

4. What must they experience inside of my copy to go from where they are now to taking the action I want them to take? *What are the steps that I need to guide them through to take them from where they are now to where I want them to go?*

They have to feel security, intrigue, trust, and excitement.

Roadblocks and Solutions

Their roadblocks:

- Not knowing what high-intensity workouts are
- They don't know to workout efficiently
- They don't know how long they should be working out consistently to start to make some real changes

Their solutions:

- Gaining more knowledge
- Getting someone more professional to help them

The Copy

High intensity is the secret you've been missing to drastically thin out this year...

Over the years of working with clients, I have always made high-intensity workouts the priority. Studies have shown that high-intensity workouts increase your heart's capacity to pump blood to your muscles because of an increase in heat.

Your muscle endurance improves. Your VO2 max, the maximum amount of oxygen you can utilize, increases.

Utilizing more oxygen with far more efficiency. 😞

You won't just be able to melt fat and build muscle just by trying this yourself. If you want to complete body recomposition in the fastest and most effective way possible, then you need access to the most knowledge and experience.

With a 5/5 star rating with far more than 10 clients, I know how to transform you from a man into a king or a woman into a queen in as quickly as 6 months. 👑

Learn more with me @christian.nicholas.official 📖

P.S. Let's work together ;)

Stop that boring sit-and-chat game they play in gyms for an hour! ❌

DM me the word "TRAIN" to start affordable online personal training today. 📱💪

Limited Spots Available ✅

.
. .

#bodybuilding #physique #bodytransformation #fitness #workoutroutine

#workoutmotivation #workouttips #fitnesstips #motivation #aesthetic #gaintrain

#gainsgainsgains #strength #weightloss #losefat #loseweightnow #results

#caloriedeficit #muaythai #keto #diet #sydney #sydneypt