

SL:80/20 rule,the shortcut to fat loss

Hey %FIRSTNAME%

Training like it's Doomsday?,there is smarter way

A way for you to lose fat faster by doing less workouts

Yeah you're properly wondering that i am just an email writer...

AKA:a fitness guru trainer whose about to give you false information for fitness training

While in truth,you are listening to those tiktok fitness gurus who tell you:

- *"One day or day one,you decide"*
- *"No excuses ,no results"*
- *"No pain no gain"*

But they don't give you the actual process on how to burn fat

They sell motivation, but forget to mention the reps, the macros..

And the discipline that actually shreds fat.

That's why you'll see a dude hyped up on Monday, screaming New Year, New Me!

And by Tuesday, he's back on the couch with chips, saying "maybe next Monday."

It's simple..

Eat more calories and get 7-9 hours of sleep

Stay hydrated and cut off unnecessary liquid calories

But does it sound simple?

Well %FIRSTNAME% it's not..

Getting your dream body isn't a one-night stand with motivation

It's a long-term relationship with discipline and consistency.

FYI: That's where I come in

I am not just going to help you to master the 80/20 rule

But I am going to teach you to master the arts of discipline

It takes a dedicated man who doesn't just set goals but follows the '3D Method

Decide, Develop, and Dominate every day.

[Click here to learn the 80/20 rule](#)

Let's kill that fat!

See you there