

Welcome sequence

Email 1:

Subject Line: Dear [Subscriber's Name],

Welcome to [Company Name]! Thank you for signing up to receive our free ebook, "The Fit Man E-book."

Click here to download it now: [<https://youtu.be/xvFZjo5PgG0>].

In the following email, I will also share the story of how I went from the Pit of Despair to achieving greatness. Plus, I'll reveal a bonus secret technique that I used to make a significant change in my life

And that you can use without going through all the pain I when through 😊

So, get ready!

Explore our website for more valuable resources. If you have any questions, I'm here to help.

Enjoy your ebook!

Best regards,

[Your Name]

[Company Name]

Email 2 HSO:

Subject Line: From the Depths of Despair to Absolute Greatness: Discover the Secret Behind My Transformation

And How you can use it in your life.

Dear [Subscriber's Name],

I want to share a powerful story with you, a story that takes me from being a bullied, overweight kid to becoming the best version of myself.

Throughout my life, I struggled with my weight, enduring constant ridicule and disrespect. I felt isolated and depressed

but things took a turn for the worse when one day a particularly cruel bully targeted me, subjecting me to relentless harassment and abuse.

And One day, after school, I had yet another brutal encounter with him, when he finished I found myself beaten and bruised

Then when I could stand up I went home curling like a worm in my dark room, consumed by despair.

However, fate had a fortunate twist in store for me. As I wiped away my tears, I stumbled upon an old magazine in my room's trash.

Its cover featured a fit and muscular man named Charles Atlas if I remember.

curious, I decided to take the magazine and give it a read.

Within three weeks, I would make a radical transformation, emerging in the best shape of my life.

Suddenly, people started complimenting me, showing respect, and I even made genuine friendships.

But Most importantly, the bully who tormented me no longer dared to cross my path.

Whenever he saw me in the hallways, he would stare at the floor, unable to confront the person I had become.

So, If you're ready to discover the lucky technique that saved me from that moment of despair and propelled me toward absolute greatness

[Then Click here to uncover ho that Charles Atlas magazine changed my life.](#)

Best regards,

[Your Name]

[Your Name]

[Company Name]

Email 3 DIC:

Subject Line: How to Become Stronger Than an Ox!

How to Gain More Results in Your Fitness Journey with Only One Technique

Hey [Subscriber's Name],

There is a reason every fitness expert continues to get stronger and stronger.

It's not because of steroids, ancient secrets, or any type of drug.

They use a simple, well-known technique that seems to have vanished from people's minds.

So, if you are ready to start keep getting stronger

[Then click here to discover the underestimated technique everyone knows about but never uses.](#)

Best regards,
[Your Name]

Best regards,

[Your Name]
[Company Name]

Email 4 DIC:

Subject Line: Ronnie Coleman: Unique Methods to Success

Dear [Subscriber's Name],

There is a reason why Ronnie Coleman, the highly successful bodybuilder, won Mr. Olympia 8 TIMES!

And it's not because of steroids (since everyone was using them), nor is it due to unknown knowledge or some form of magic.

He employed unique and fundamental methods that were often underestimated, such as the importance of water.

If you desire to achieve the same level of bodybuilding success as Ronnie Coleman, the 8-time Mr. Olympia winner

[Then click here and learn about the methods he used that most people overlooked.](#)

Best regards,

[Your Name]
[Company Name]

Email 5 PAS:

Subject Line: Are you the man you imagined you would become?

When you see your fitness progress, are you where you desire to be?

Are you the big, strong, and muscular man you imagined you would become?

The man who demands respect from every man and is the embodiment of women's deepest dreams?

Or do you see a small, weak, and skinny man?

A man who doesn't even look like he lifts?

Can you even look yourself in the eyes in the mirror and say that you gave your best in your workouts?

If you KNOW that you gave your best and still can't see any results from your hard work,

[Then click here to learn how to channel that hard work in the right way.](#)

Best regards,

[Your Name]

[Company Name]