

4).

SL: How to do PAIN FREE squats

If you're someone who gets knee, leg or back pain from squatting...

Listen up.

That's because not so long ago I shot a [short video](#) with Ben Patrick.

(Ben runs the 'Knees Over Toes Guy' YouTube channel and has trained several world class athletes.)

In the video you will learn:

- The LIES other coaches have told you about squatting
- A precise knee movement to overcome poor technique
- Ways you can increase blood knee/ankle blood flow to avoid pain
- How to execute a beautiful, deep and **PAIN FREE** squat

The younger version of me used to get LOTS of squatting pain.

Working with Ben allowed me to 2x the weight I can squat on the bar and removed the terrible knee and back pain I previously had.

So I would highly recommend you listen to him carefully.

[Check out the video here!](#)

Talk soon,

Marcus

5).

SL: 🙄 Why you HAVEN'T got in shape yet

There's a simple reason why you haven't got in shape on the previous fitness programs you've tried.

You'll likely kick yourself when you find out what it is.

It has nothing to do with you not following the program's instructions.

Or anything to do with you not having a genuine burning desire to be muscular, toned and able to catch eyes.

Instead, it's because previous programs have been *using* you.

What I mean is that these programs are cookie cutters.

They involve coaches taking the same generic advice, throwing it on to everyone and hoping that it will stick to as many people as possible...

Your age, health, free time and personal goals are left to the dogs.

As long as you're bled dry on their cash conveyor belt, it's all good.

These coaches are *gambling* with your health and wellness.

Programs which shower you with frustration and leave you feeling burnt out and depleted don't work...

And what's *worse*, they pose a genuine risk to your health.

So if that's what you want, close this email now.

But if you want a program which:

- **Respects** your time
- Is centred around *your* personal goals
- Requires four hours in the gym per week

- Gets you supermodel looks and confidence

[Click here now to fall in love with fitness again](#)

Talk soon,

Marcus