

## **SL: Here's how prison workouts could make you jacked**

[first name]

Ever wonder why many prisoners are so ripped?

Despite being stuck in a cell all day and not having access to a proper gym...

Some of them look freakishly fit (to say the least).

And yet you have access to top-notch equipment, pay \$70 a month for your membership.

And look like you...

There's a key difference in what they're doing that is the trick.

Let me break it down for you.

Firstly, they have loads of time to waste, so they train hard.

Secondly, they value *simplicity*, they don't overcomplicate the process.

And trust me, simplicity WORKS.

No need for fancy towels, a fancy gym membership or fancy equipment.

They use their body weight.

You should too.

Studies show that many people following a simple bodyweight training program have seen an upper body strength increase of up to 31% in the span of just 8 weeks.

To put this into perspective.

You could go from benching 225lbs all the way to 295lbs in 8 weeks... without benching.

Some sessions last less than 20 minutes and require no equipment whatsoever.

This makes it clear... bodyweight workouts aren't just convenient, they pack serious strength-building potential.

Stop wasting time trying the newest high-tech fitness gear, performing the most ridiculously complicated exercises, or throwing your money away by paying that much for a membership.

Start using the extremely simple and highly effective exercises taught in my *Bodyweight Mastery* training program.

This program will make sure that the hard work you put in pays off.

Every time.

Simply click this button to get rid of ineffective workouts and start seeing true progress in the gym.

[insert link]

Talk soon,  
[name]