

PAS Style Email

Subject Line: How to escape the 3 WORST hunchback habits.

Preview Text: Feeling more confident and looking attractive in public.

Look at the way you are standing or sitting. I bet you \$10 your back isn't straight. Let's just take a moment and see how we can improve your posture.

"Why does that matter?" I hear you ask. Not only will you feel more self-esteem, but you will also feel far more **confident**, and therefore look more **attractive** to others!

This sounds amazing, right? But, what exactly is keeping you from unlocking these benefits?

First, answer these questions for me:

How often do you sit hunched over your desk? Or, looking down at your phone for a long period of time. Do you stand with your shoulders back?

These are the biggest factors that are keeping you from walking the streets like a boss, and the only way to break escape is by starting to pay attention to these bad habits.

However, this is way easier said than done. Therefore, you can do many more things to gain the benefits of a good posture. Are you ready to dive in?

Just know, all it takes is a few minutes a day to improve your posture.

[Click here to learn the exact exercises that make you look like a true Mr. Olympia](#)