### Who is your avatar?

Dan, 24, works as a chef. He has an average build and finds himself lacking energy in his workouts which makes him feel demotivated.

#### What is their dream outcome?

His dream outcome is to always have energy and motivation for every workout to help his training to gain muscle mass. He would be respected by his family and friends by getting better results in the gym and not just hitting the same results every session. He would find himself more energised each day allowing him to have more effort to put into his job as well as his mental health. He would feel proud and confident getting PBs regularly and improving reps and weight consistently. He would gain more attention and confidence towards women due to his muscular and well built physique.

## What pains do they experience in their current state? And how do they feel about it?

He hates how he lacks energy all the time and has noticed his numbers (weight and reps) going down more than often and feel like he will never get a muscular, toned physique. He feels as if he lacks overall respect from his peers and wants a muscular body to show off his hard work to be respected.

## Day To Day Life

Wakes up late, goes to work, comes home feeling exhausted, goes to the gym in a bad mood, doesn't progress in numbers (reps and weight). He hates this cycle and wants to break out of it in order to build more muscle. He tends to think these thoughts many times throughout each day.

#### What roadblocks do they face?

He doesn't have much time for more sleep so he's stuck for a way to get better results in his training.

## What is the solution? - Should be 1 thing

A way for him to have energy for all of his workouts so he can feel motivated for each workout and confident knowing that he is on track to getting the muscular, toned physique he desires.

#### The Product

A Pre-workout that helps give the user that boost of energy needed for their workout to get results and to stay motivated.

# Subject Line: a dagger into your energy levels

With weight feeling 3 times heavier than usual,

And the impression that your body is giving up on you.

It's only natural for your muscles to cut back on the usual reps you could once achieve.

But there's an easier way to get that kick of energy you need to smash your progress.

And no it's not steroids.

It's the remedy that cures the fatigue and tiredness you have within your workouts.

With the quick-to-act supplement so you can immediately defeat tiredness and doubtful emotions.

Which secures victory over any current PB or barrier you just can't break through.

Better yet, the chance for you to obtain a muscular, lean physique is just around the corner.

So get your energy and motivation back for every workout by clicking here