

Short-form copy:
HSO framework

SL: I was at my lowest, it was either success or failure

I was a normal guy, in university, and I was wanting to get good grades so I can become a successful person.

While I was studying I started to eat chips, candy, or drink energy drinks so I can study long at night. That was my biggest mistake yet....

I became obese, and even my closest friend started making fun of me because of that...

Even my favorite prof. at my university would sometimes laugh at some jokes about me, and I did not like that at all.

But this was only the beginning, all my grades were lower just because I looked different, that had to come to an end!

I had two options to choose from:

a) Let them laugh at me

OR

b) work out and take away their chance of laughing at me!

And I was no coward!

At first they would still laugh at me, but less and less.

In my first week of working out I began to see improvements...

In the first week I lost 10 pounds, that was a lot!

They were shocked, they saw that their ridicule was coming to an end!

I got in touch with a coach that helped me improve, from my diet, to the exercises I was doing...

Thanks to the efficiency of the workout he recommended to me, in just under a year, I got my long awaited sixpack!

Now I am finally with a six pack, in the best shape of my life, I have a nice girlfriend and recently graduated from university!

You can also improve yourself like I did, anyone can, and with an efficient workout routine you can have a six pack sooner than you think!

CTA:

[Learn more about working out and become someone that everyone wants to be!](#)