

Script :

(There's no need for a caption in this post):

Hi, I'm the ISKA 3-time British and 1-time European Kickboxing Champion and a personal fitness trainer. "What is this personal training all about?"

Well, at absolutely no cost, I'll personally send you a martial arts and fitness consultation today. Yeah, not even a DOLLAR. Is the consultation any good?

No...

My consultations are f*cking great...

I'll make sure that when you open that bedroom door, your wife will have her jaw dropped when she sees your sweaty yet sexy abs, biceps, chest, and core strength.

And you won't have to think twice if you're prepared to protect them.

Listen, my consultations are so simple that a toddler could use them and look like Hercules.

And do you like spending all your time and money in the gym "to get big" when you have businesses to run? Or not even knowing where to start?

Do you think you need a program designed to be done at home while watching your favorite TV program? Your handsome-ass grandfather had push-ups, a bike, and polio.

If you're serious about blasting through your insecurities like the Terminator, click the link in my bio and get your (FREE) consultation...