

DIC - Email to sell a Course that shows how to grow fast in the gym

D (Disruption) - Red

I (Intrigue) - Blue

C (Click) - Yellow

Title: WHY your gym results are slow, and HOW to progress fast!

Mail/Content:

Growing in the gym is a simple task, but most people fail.

You don't need to be an expert in nutrition or fitness.

You don't need good genetics either.

All bodybuilders like CBum, Sam Sulek, or Ronnie Coleman have something in common.

But they only teach that trick to people who train with dedication.

[Click to find out the trick and be able to become like one of them.](#)