

Use a testimonial to build trust,

SL: YOUR EFFORTS ARE WASTING

Hey Name,

Is your weight scale stuck?

It Doesn't seem to go up?

Maybe you've hit a plateau,

I get it, that's pretty discouraging.

Look how my old folk Ryan broke this barrier to craft his dream physique.

Back in 2019, He started off skinny,

Not knowing anything about training and diet,

He kept going, gaining 15 lbs in 6 weeks,

This encouraged him to stay consistent and stick to the routine,

But eventually he had to face a weight plateau,

The scale stopped for weeks and this made him question his progress,

Getting to believe his progress was wasting,

He started to skip gym and meals,

His mood stayed off and depression was on the door,

Why?

Because he didn't provide a stable foundation to his routine;

- 1) A customized workout and nutrition plan,
- 2) Calculating his calories,

Getting to know this from a friend, he started looking into this,

Confused Ryan pushed him to consult me for a routine specific to him,

He wanted to break this plateau and gain size,

I advised him to prioritize carbs and saturated fats,

By following this, he packed 7 lbs of lean mass in less than 21 days,

He felt cheerful and appreciated his progress,

This made him gain confidence and a new life,

Now, he's built the aesthetic physique he always wanted,

Only if Ryan can do it, you're no different.

Facing the same problem?

[Click here](#) to check out the tricks Ryan used throughout his journey

Use them to inspire yourself and implement into your plans.

Sign off