

Give value to the reader and add video in end HSO

SL: you'll stay skinny

Hey Name,

Wondering why you haven't built muscles?

Felt like you're stuck at one position?

I get it, that's normal,

Check out how Kevin's built 13 pounds of lean tissue in 67 days,

*"I started off skinny,*

*A proper body structure was what I craved for,*

*Broad shoulders and small waist,*

*But my journey wasn't only uphill,*

*People used to call me names like 'scrawny dog'*

*I got insulted for my physique,*

*They assumed I was weak,*

*This made me feel demotivated and ashamed of myself.*

*Things had to be changed,*

*I hit the gym not knowing anything about muscle building,*

*Going full gas for 16 days exhausted me,*

*I wanted to correct the mistake,*

*Doing research told me to hop on a structured nutrition and workout routine,*

*Feeling confused, I consulted Team One coaching to direct me,*

*Their customized meal and training plans were game changer,*

*Following this, Progress started to flow.*

*My body was starting gain size,*

*People started noticing me,*

*In 67 days, I gained 13 pounds of muscle,*

*I felt empowered and proud of myself,*

*Everyone around appreciated me,*

*I'd recommend One coaching to all those hard gainers out there"*

Only if Kevin could do it you're no different,

Want to transform yourself now?

Click here to check out what we provided in his meal plans.

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