

Bedros Keuilian's 6 Week Body Transformation Contest



Email 1

Description: Email 1 of the 6 Week Transformation Program. Send this out on a Monday (followed by email 2 on Wednesday and email 3 on Saturday).

Subject: #1 fat burning workout in Land O Lakes !

Content

This may be the most awesome things I've stumbled upon to help my clients burn more fat and get into shape faster.

Let me explain...

I've been testing out a new training program for my clients that not only burns more calories while they're working out with me - but it keeps burning extra calories even after their workout.

Sounds crazy, right?

The post workout calorie burn is actually called "after burn" and it only takes place when a few critical factors are accomplished during the workout.

I won't bore you with the details of the science behind "after burn", but what I can tell you is that if these few critical things are done during your workout, then you can expect to have an elevated metabolism for up to 18 hours AFTER your workout.

Pretty sweet!

Now, just the "after burn" factor is amazing in itself because it's almost like getting twice the workout results from each workout.

B-U-T I figured out a way where I can get my clients even FASTER results... and it has NOTHING to do with science.

Say what?!

Yep, this other way of burning more fat and getting faster muscle toning results has nothing to do with exercise science at all.

It's actually all about human psychology...

See, what I figured out was when I train my client in a group setting they actually workout harder. (human nature is to compete I guess)

So then I got to thinking and decided that if I can put together a body transformation challenge where I can train my clients in a group, for a period of time (six weeks), and give the person with the best transformation a prize (like one of the latest iPads) then you'd really see amazing results!

Makes sense, right?

My special "after burn" producing workouts + a body transformation challenge = massive fat loss, body toning, belly flattening, and sexy arms, legs and butt.

Brilliant!

In fact here's what I expect AVERAGE results to be on this six week body transformation challenge.

Men can expect to drop 25 – 32 pounds of fat Women can expect to drop 12-24 pounds of fat

AND...

on average men can expect to lose: 6.5 inches from their waist and women can expect to lose 4.8 inches from their waist

Yes, all this in six weeks.

Here's the deal: I'm going to launching this Six Week Body Transformation Challenge in about a week. And when I do I'm only going to take on 18 participants so that I can give every participant lots of attention.

And at the end of the six week transformation challenge I'm giving the winner a new iPad (actually everyone will win since there's going to be a LOT of inches and pounds lost).

So if you are interested in dropping 5-8 inches off your waist in the next 6 weeks (plus a pile of weight) then send me an email and I will put you on the "action taker" list and reserve your spot.

These action takers will get email notification of the program launch date BEFORE my normal list.

Email me now to get on the awesomeness priority list :)

[Name]

[Phone]

Email 2

Description: Email 2 of the 6 Week Transformation Program. Send this out on a Wednesday (following email 1 on Monday and followed by email 3 on Saturday).

Subject: Your body transformation challenge (action required)

Content

Big News!

A couple days ago I sent you an email telling you all about my six week body transformation challenge that starts on **[Insert Date]**, well... I have some big news...

The big news is that this six week program is more than 80% sold out because a bunch of people took advantage of the early notification list and got on board yesterday.

BUT you can still get on board with this six week body transformation challenge where you'll lose 4-6 inches off your waist, 12-24 pounds, and possibly win an iPad (yep, I'm giving the person with the best results a brand new iPad!)

A program like this would typically cost you \$400-\$600 because it includes...

- six weeks of awesome fat burning and body toning workouts
- Pre and Post program fitness evaluation
- customized nutrition plan to follow
- Unlimited motivation and accountability
- AND my "after burn" system so you can burn more fat!

But you're not going to pay anywhere near \$500-\$600 for this six week challenge.

When you join the program (starts this Monday **[Insert Date]**) you will only pay two payments of \$97 (30 days apart).

That's a savings of over \$300!

Here's what you need to do now to reserve your spot in my Six Week Body Transformation Challenge:

Just call me at **[Phone]**

Or email me at **[Email]** and let me know that you want in.

That's it, it's that easy. And then on Monday **[Insert Date]** your six week challenge workout program will start!

So just call me at **[Phone]**

Or email me at **[Email]** and let me know that you want in.

[Name]

[Phone]

P.S. This is for all fitness levels. Even if you've never worked out before this six week challenge is for you :)

Email 3

Description: Email 3 of the 6 Week Transformation Program. Send this out on a Saturday (following email 1 on Monday email 2 on Wednesday).

Subject: Bad News :(

Content

I have bad news about the six week body transformation that starts this Monday...

There are only two spots remaining - that's it.

If you're on the fence and unsure if this is right for you then give me a call at [Phone] and lets talk, I'll tell you if you'll be a good fit for the program or not.

If you are ready to do it, then call me anyway at the number above or just email me at [Email] and we'll get you into one of the last two spots.

Here's what the program is all about...

- six weeks of awesome fat burning and body toning workouts
- Pre and Post program fitness evaluation
- customized nutrition plan to help you burn maximum fat
- Unlimited motivation and accountability
- AND my "after burn" system so you can burn more fat!

But you're not going to pay anywhere near \$500-\$600 for this six week challenge.

When you join the program (starts this Monday [Insert Date]) you will only pay two payments of \$97 (30 days apart).

That's a savings of over \$300!

So just call me at [Phone]

Or email me at [Email] and let me know that you want in on the challenge!

Talk soon,

[Name]

[Phone]

P.S. Don't procrastinate. If you have extra pounds to lose then THIS is YOUR program and I'm totally committed to helping you get the extra weight off and getting YOU into amazing shape. But you gotta do your part and call: [Phone]