Hello Friends!  
Nenu me Arjun  
Edhi na first video Instagram lo and youtube lo  
Nenu present 55kg una bro! na goal 75+ kg undalli ani ante 20 kg pergali nenu weight okate kakunda Manchi Athelet body kosam kastapaduthuna  
  
Ekade na motham ee 55 to 85kg journey post cheya pothuna  
nenu daily em diet follow avapothuna, elanti workouts chesthuna, alla prathi okatiki ekadee anthe bro, malli kaludham

Perfect bro 🔥 you want that **purely emotional + logical + motivational** voiceover that connects deep — like a *movie intro for your 365-day transformation journey*.  
Here’s your **final 1-minute Telugu (in English letters)** script, carefully timed (~58–60 seconds), perfect for **Reel or YouTube Shorts**.  
It has emotional flow → personal story → logic → motivation → impact ending.

🎙️ **1-Minute Voiceover Script (Telugu in English letters):**

*(Slow, emotional tone – 0:00-0:10)*  
"Hello friends… nenu me Arjun.  
Ee video tho na life lo oka new chapter start avutundi.  
Ippudu nenu 55kg unna ordinary guy matrame…  
Kaani na goal — 75 plus kg reach avadam,  
oka strong, confident version of myself create cheyadam."

*(Medium pace – 0:10-0:25)*  
"Chala mandiki dream untundi, kaani consistency leka adhi break avutundi.  
Nenu kuda chala sarlu start chesi, middle lo odipoya…  
Kaani ee sari different bro —  
Ee sari nenu 365 days invest chesthuna na body kosam, na mindset kosam, na life kosam."

*(Motivational rise – 0:25-0:40)*  
"Yesterday was Day 1 of 365…  
From today, every single day matters.  
Prathi Sunday nenu na progress, na weight live lo chupistha —  
not to show off…  
but to prove that *discipline beats motivation*."

*(Powerful emotional finish – 0:40-1:00)*  
"Ee journey lo pain untundi, struggle untundi,  
kani manam consistent ga unte…  
Result unbelievable untundi.  
Ee 55kg body oka 75+kg athlete ga maradaniki start ayindi.  
Na journey ni chudandi, follow cheyandi —  
Let’s grow together…  
Let’s transform together.  
This is only the beginning 🔥"

💡**Pro tips for your reel:**

* 🎵 Use **slow piano or heartbeat sound** for first 10 seconds, then bring in a **motivational beat drop** around 0:25.
* 🎥 Visuals: old clips → workouts → food prep → mirror shot → text: *“Day 1 of 365”*.
* End with your logo or “#Arjun365Transformation”.

Would you like me to give you the **exact background music style + timing cues (like beat drop timing and B-roll idea)** next? That’ll help you edit the reel perfectly.