

1. Weightloss 1

Subject: This weird regime got me a flat stomach in 4 weeks

I know, you've heard similar claims before.

You've likely dismissed them as another gimmick trying to sell you processed supplement junk.

But despite that, you're still reading, and I appreciate your open-mindedness.

If you're like me, you want that stubborn fat clinging to your stomach to melt away like butter on a hot pan.

And that's exactly what this method will help you achieve.

No need to spend hours in the gym destroying your muscles.

No more endless meal prep cutting up broccoli and putting it in boxes.

This isn't about cardio...

It's not a grueling workout...

And it certainly isn't about processed junk with hidden side effects.

What you'll discover is based on the natural workings of the human body.

A method proven over time, with real results.

If you're curious,

If you truly want to know,

Click here:

[Link]

2. Self improvement 101

Subject: Is this You?

Picture this -

You're young, ambitious, smart and funny

Girls just gravitate towards you. For your peers, it's a big deal

For you, it's like "DUH!, obviously"

But if you do not have a strong muscular build to back it up,

If girls don't look at you like you're the rock, a mountain for her waves to crash into, a tank what is even the point of all of that glamor?

That she knows deep in her heart that if someone bigger than you comes around,

You couldn't do a single thing.

Here's the situation:

Do you dedicate your life, your time, your blood sweat and tears to excel in this one part of you that will determine the foundation of your success with anything in life

Or will you just go about your life, hoping that one day, some chad doesn't come along to beat you up and take away all the limelight

Will you be able to look at yourself in the mirror?

Imagine you walk in the next day and you hear those same girls saying: "Yeah, he's cute and funny and all, but he isn't CHAD!"

Physicality is the foundation upon which you build your life gentlemen! Do not leave it to chance.

If you really want to become the strongest and the most capable version of yourself

Click [here](#);

3. Diet plan sale

Picture this:

You made a vow to transform your life with this year's resolutions.

You discover a potent tool—an ancient sword (your workout plan)—and master its use.

With each swing, you vanquish your foes: Procrastination, excuses, late nights, and stubborn belly fat.

But there's one adversary standing in the way of your ultimate victory—a 6-pack abs.

No matter how hard you wield your sword, this final boss is relentless. His laser beams—cravings for sugar, chocolate, and more—threaten to undo your progress.

You realize you need more than strength alone. You need a shield, a powerful diet plan to supplement your sword—a tool to resist these temptations without losing ground.

Suddenly, a portal opens—a chance to embark on a side mission to level up your power. Your gut tells you to seize this opportunity.

This portal offers you FREE access to the shield you seek. But it won't stay open for long.

Jump in now

4. Weight loss 4

Subject: The All new, revolutionary Mechanism that will help you burn 40 pounds in 40 days

Yes, you heard that right!

An all new revolutionary system that will allow you to burn off that stubborn fat around your waist and reduce 40 pounds in 40 days.

Backed by Harvard studies, this mechanism will burn off fat like a butter on a hot pan while you sleep!

No extra workouts

No more cardio..

And definitely no more of that bland meal prep nonsense that tastes worse than a dog's vomit.

Plain and simple regime/program which WILL get you shredded.

Click below to learn more:

<https://aditya-raju-a.ck.page/092455ad59>

NESB Template:

Hey [Name],

Ever dreamed of shedding 40 pounds in just 40 days? Well, buckle up because we've got a revolutionary system that's about to blow your mind—and your waistline!

Introducing our all-new fat-burning mechanism, backed by Harvard studies (seriously, they don't mess around). This isn't your grandma's diet plan—it's more like a turbocharged rocket to Slimville.

No extra workouts? Check. No boring cardio sessions? Double-check. And forget about tasteless meal preps that make you gag—it's time to ditch the dog vomit and embrace a simpler, tastier approach.

This isn't just another weight loss program. It's a straight-up fat-burning, muscle-defining, confidence-boosting regime that's going to get you shredded faster than you can say "six-pack."

Ready to level up your fitness game? Click below and join the revolution:

[Link]

Cheers to a healthier, fitter you!

[Your Name]

5. Weight loss 101

Subject: Lose 20 pounds or Get your Money Back !

Hey [Name],

Ever seen someone go from overweight & obese to fit in 20 days and wondered if they were on steroids?

Well, it's possible, you can do it too, without throwing a stack of cash for an injection that will put a full stop to your bloodline.

It's a revolutionary approach which was stumbled upon recently which will burn fat like there's no tomorrow.

And NO...

It doesn't involve any complex workouts...

No boring cardio sessions...

And definitely no more time wasted in cutting up broccoli and putting them in little boxes.

Used by Hollywood celebrities and movie stars, this revolutionary Harvard backed system ensures you lose fat and reduce your waistline in 20 days.

If you don't see results in 20 days, you'll get your money back

Sounds fair?

Sign up to learn more:

[Link]

6. Wallet sale 2

Subject: The Storage for your Generational Wealth!

Ever wondered where these millionaires, oligarchs and oil sheiks store their precious green bills with numbers printed on them?

Some of them keep it in a vault all locked up and hidden, probably evading taxes; while most of 'em keep a few 100 dollar bills in their wallet.

Used by oligarchs, businessmen, multi-millionaires, this exact wallet is trusted among the most elite category of men on earth.

If one of these wallets were given to you, along with all the tricks, hacks and gimmicks of the big money, giving you insights from these billionaires on how to make money; would this wallet be a deal breaker for you?

Would you buy it in an instant knowing that by just purchasing a piece of foldable leather, you will gain access to hidden knowledge of wealth?

To top that, if you would get a free call with one of the millionaires; oh boy, that's just too tempting.

That's exactly what you're going to get: a deal of the century: a return of \$100,000 for pennies on the dollar.

This is the deal of the century. If you're curious about this very wealth generation method, click below to book your call with none other than XYZ.

Limited Slots only

{Link}

7. Wallet sale

Subject: The Storage fro your Generational Wealth

Ever wondered where these multi-millionaires, oil sheikhs and oligarchs keep their precious green bills?

Some of them hide it away in a vault, probably evading taxes, while most keep a few \$100 bills in their wallet.

Trusted by these very individuals, these wallets are trusted by the most elite category of men on earth.

If suppose, one of these luxury wallets was given to you with access to all the knowledge, hacks, gimmicks on making GENERATIONAL wealth from these very elite individuals, would that be a deal breaker for you?

Gaining the insights to the wisdom of wealth by just the sheer possession of an accessory, and to top that off, you will also get to speak to one of these very individuals about wealth creation

That's exactly what you're going to get: a deal of the century: a return of \$100,000 for pennies on the dollar.

If you're curious about this very wealth generation method, click below to reserve your piece and talk to none other than XYZ.

Limited Slots Only

{Click Here}

8. Tea cup

Subject: The representation of Life and Death

Long ago, around the 17th century in present day Japan, people were of a warrior samurai culture.

Trained from a tender age of 13, boys were put on a path of physicality and violence, a rite of passage, to transition from a boy to a man.

A life of constant bloodshed and death.

BUT,

Enlightenment was also of equal consideration. "An enlightened killer is much more effective and dangerous than an unenlightened one", they would say, highlighting the duality of life.

The Yin and the Yang. Life and Death. ZEN.

To embody this philosophy, they performed a tea ceremony. It was a crucial training in Zen philosophy. Any slight loss of focus would result in spilled tea and severe punishment from the master.

Imported from Japan, this exact cup has a rich cultural history. It embodies the samurai code of Zen and the spirit of duality.

The representation of Life and Death. An artifact, steeped in this philosophy over centuries.

Drinking from this very cup, you'll feel your body invigorated with its spirit, gaining power with each sip.

This exact piece is available right now for you, but not for long.

Click here to gain access to this ancient artifact:

{Link}

9. Selling a phone

Subject: Unlock Your Digital Future

You're reading this on a small yet powerful device—a phone.

While many use it for entertainment, a select few harness its power to advance in life. This email is for you.

Success comes from a sequence of deliberate actions, and your tools play a crucial role. If you're one of the rare individuals who strive to break free from the 9 to 5, retire your parents early, and enjoy financial freedom, pay attention.

Introducing [Brand New Mobile Phone], designed for achievers like you.

With cutting-edge technology, a sleek design, and robust performance, this device is your gateway to endless possibilities. But that's not all.

By purchasing this phone, you'll gain access to exclusive content and resources that connect you with industry leaders, successful entrepreneurs, and visionaries. Imagine the wealth of knowledge and opportunities at your fingertips.

This phone is not just a device; it's your partner in success.

For a limited time, we're offering an exclusive deal. Reserve your [Brand New Mobile Phone] now and start your journey to success.

Click here to learn more and secure your device: [Link]

Stay ahead. Stay connected. Stay successful.

10. Webinar

Subject: The Secrets to your confidence

Hey [Name],

Ever feel like no matter how well you dress or how much effort you put into your look, there's a nagging voice in the back of your mind saying:

“You look fat.” “You’re not fashionable at all.” “Everyone’s judging your outfit.”

I understand. I’ve been there, and it took me 10 years in the fashion industry to overcome these challenges.

From being chronically insecure, I transformed my life. Now, I network with celebrities, movie stars, and hosts—all of whom come to me for fashion and styling advice.

There is a way. A method. A mechanism.

Used by the stars and fashion professionals I know, this method will unlock your charm and unleash your inner beauty.

And no, it’s not about affirmations, self-praise, or spending a fortune on clothes.

If you’re curious about this revolutionary approach to fashion and psychology, join me for an exclusive webinar where I reveal these secrets.

Click here to sign up now and transform your confidence: [\[Link\]](#)

Don’t miss out on this opportunity to reinvent yourself and radiate confidence like never before.

See you there,

[Your Name]

11. AirPods

Subject: The Sounds of symphony

Ever experienced music so transcendental that it gave you a temporary high?

The rhythm, the mellow flow of chords draped by catchy beats like that of “We will Rock You” – are unparalleled only if you have a good enough sound system.

Hearing the chords, the sounds, the beats, with crystal clarity, from a device that comfortably fits in your ear.

A revolutionary, state of the art technology combined with advanced artificial intelligence, that configures the music to exactly fit your hearing.

Whether it be a noisy surrounding or a serene calm hilltop, this revolutionary buds configures your music according to the surrounding and your hearing capabilities.

Backed by Harvard research and used by singers and musicians worldwide, this piece of tech is the epitome of musical symphony.

And this is available to all the music enthusiasts, right now, with limited edition copies signed by your favorite artists like Charlie Puth and Taylor Swift.

But hurry, these exclusive copies won't last long.

Grab yours NOW:

{Link}

12. Self improvement

Subject: The Basic Necessity

Think about this:

Your body is like a computer, with your conscious mind as the RAM and your subconscious as the Memory.

Your conscious thoughts determine how you see the world and how your body functions.

How often do you feel dazed, dizzy, or foggy?

How often do you affirm to yourself,

"I'm the best,"

"I'm unstoppable," or

"I can conquer anything"?

Not often.

And it's exactly the reason you are where you are. The concept of mind over matter is known by all.

But very few know the actual secrets of the mind-body connection.

Little do people know that you can bend reality to your will by sheer thought.

Many high-profile billionaires, politicians, sportsmen and other elite level achievers use these techniques to achieve the impossible.

Napoleon conquered Vienna with this secret knowledge.

Alexander the Great harnessed it in his legendary conquests.

And it is the very reason history remembers the names of these men.

A profound wisdom hidden away from the populace by the elite.

It isn't just working hard.....

It isn't just about shouting affirmations....

Nor is it just about working smart

The secrets of this wisdom are codified over centuries in this very specific book.

It synthesizes these mysteries and working of the minds of these great men and gives you practical steps to implement them.

If you want to know the secret to world conquest, click below:

{Link}

13. Pen Sale

Subject: The Mark of Success

Question: Do you have a unique, one of a kind signature that speaks for itself?

Do people just stare in admiration when they see your signature?

Is it unique, bold enough to indicate your affluence and the kind of person you are?

I have seen many affluent men scratch out some gibberish as their signature, lacking presence and fails to exude class

Imagine crafting a signature with a pen so special that it leaves anyone who sees it in awe.

A kind of elegance that radiates class and reflects your success. The kind that leaves the bank employee in awe even before he sees your account.

This state of the art cobalt ink pen does just that. Helping you craft a sign that radiates class, every stroke painting a picture of your elegance and the ink which brings the whole signature to life.

It isn't just a pen, it's a tool that carves your name into reality, remembered for generations.

Don't just sign, make a statement. Carve out your legacy with the pen that redefines elegance.

Order now and leave your mark:

{Link}

14. Tripod sale

Subject: The Pillars of Inspiration

Ever been so inspired by a story so much that you were moved to tears?

How many of you were inspired by a story to completely change your lives for the better?

The grandeur and magnificence of the story, inspiring captivating possibilities, the sheer depth and emotionality of it moving the viewer to tears.

A story has the power to change lives.

To move people.

A good story alone can be enough to produce the next generation of engineers, astronauts, businessmen, presidents of countries, doctors and lawyers alike.

To inspire ground breaking ideas in all domains of science and engineering, and to craft a future of humanity.

Elon Musk himself was inspired by the stories of galaxies, life beyond the cosmos which eventually led him to put rockets in space for a fraction of the cost.

Stories are powerful. And do not let this power go to waste.

With our revolutionary tripod with state of the art image stabilization and remote control features you will craft a story which will inspire the next generation of Elon Musk.

Used by movie directors and Hollywood producers alike, this stand is trusted by the very best storytellers on the planet.

It isn't just about the camera....

It isn't just about the script....

It also isn't just about the actors....

Learn the secrets of crafting oscar worthy stories and movies along with a trusted stand that will bring your ideas to life.

A Free guide along with the stand which will make you the very BEST of storytellers.

This is a limited time offer. Do not let this opportunity to inspire the young generation slip by.

Order your piece now and get the free guide

{Link}

15. Book

Subject: The Grind to the TOP

How many have you set a goal for yourself only to fall off within a few weeks?

How many of you have given up with the very thought about the sheer audacity of your goals?

Like an enormous mountain, clouded at the top, making the climbing of it, a daunting task

But to the few of you, who irrespective of the risk and the challenges are reading this, are ready to give it your all....

To stand by your sword...

To climb that mountain regardless..

To risk it all....

This is for you, warriors.

A secret that has shaped history as we know it.

A secret used by men like Napoleon, Alexander, Donald Trump, Elon Musk to carve their name into eternity.

All warriors of their time. True Heroes.

And the secret so powerful that will alter the very course of your life.

It's not just about working hard, gentlemen...

Nor is it about putting in the hours.

The secrets are all explained in this very journal.

A journal, etched with the saying of these very men and their routines and regimes, designed to make you a winner, forcing you to level.

A book which helps you organize your day and model it around the routines of these men, printed with their principles and mindset, which will allow you to think into their minds.

And it isn't some fancy feel good writing that will make you feel better.

But if you actually follow the instructions, if you actually dedicate yourself to it, you will find out very soon your own potential gentlemen. You will find out your actual potential.

You WILL become the BEST!

If you're ready, to etch your name into eternity, Click below:

{Link}

16. Water bottle

Subject: The Storage of Elixir

Ever felt so dehydrated during your training that mere water just wasn't enough?

Electrolyte imbalances messing with your focus, causing cramps and headaches, hindering your progress. Does this haunt you at night? Knowing that you're giving it your all, yet not seeing progress due to something as simple as hydration?

It's not your fault, champs.

The supposedly pure water you're drinking might be causing this agony, filled with unknown chemicals meant to make it clean and pure. How ironic.

But there's a solution. A way used by elite athletes and sportsmen worldwide, delivering pure, mineral-rich water from a revolutionary, state-of-the-art bottle that filters out harmful chemicals within seconds of filling it up.

Backed by Harvard studies and trusted by NBA players, this bottle ensures you get fresh, clean, mineral-rich water, elevating your performance to the next level.

It's not about putting in more reps, taking complex supplements, or special medicines.

It's about having access to the elixir of clean, mineral-rich water for optimal health and performance.

Don't leave your hydration to chance. Take charge of your performance and career. Order your customized bottle NOW.

Limited pieces remaining.

Order Now: {Link}

17. Martial Arts class

Subject: The Foundation of Strength

How many times have you walked down a dark road wondering if you'd survive if someone pulled a knife on you?

If you would survive and be able to protect your loved ones on a street if someone came in to jump you?

But the same man armed with the knowledge of martial strategy and wisdom will walk through the same street, in the same situation prepared to face if anything were to happen.

Being only half the weight and size of these ripped, big bodybuilders, fighters can unleash a set of strikes that will bring even a man of that size to his knees, defeated.

These lean men can kill at will.

Martial arts is a very powerful skill.

From every conqueror in history to any politician in power, worthy of respect and admiration, all were well versed in this realm of violence.

It is only by wielding violence as a weapon can you wish to destroy it.

Learning these skills is imperative to your advancement and survival as an individual. And we have a very specific class put together to teach you these very skills.

Taught by world champion fighters ranging from arts like MMA, boxing, BJJ, wrestlin, Muay Thai, these fighters truly understand the various facets of martial arts.

And they are willing to teach you, to ensure that you cannot be easy to kill. Recognised by various well reputed individuals, authorities and facilities alike, this dojo will bring forth your inner warrior.

Molding you into a person that isn't easy to kill.

There is tremendous power in knowing and understanding martial arts. Do not leave these knowledge and skills to chance.

It isn't just about running...

It isn't just about punching people in the face.

It is a way of life. An essential tool for your survival. A dojo which will bring forth that inner warrior in you.

Limited spots available. Sign up now

{Link}

18. Time management 101

Subject: Missed opportunity. Tik-tok. Tik-tok

Ever fallen behind schedule so badly that you missed the opportunity of your life?

Being late to that one meeting, that one interview, that one date, which made you regret it for the rest of your life.

The weight of lost opportunity hovering over your head like a dark cloud atop mountains.

This world belongs to people who seize every opportunity they get. Billionaires, oil sheikhs, oligarchs—they reached the top by seizing every opportunity.

Recognizing and managing their time to get the most out of life, they are predators that attack life and claim what is theirs—be it money, power, or influence.

Managing their vast empires of wealth, they never fall behind on anything.

And what allowed them to become rich and reach the pinnacle of success was knowledge of a very specific mechanism for managing their time.

An ancient method designed for rulers to manage their kingdoms.

A system that ensured rulers could oversee entire realms without missing a single important meeting. A method codified and perfected over centuries.

Modern-day studies prove the effectiveness of this very method and the psychological effects it has on the human mind.

It isn't just about setting an alarm...

It isn't just about scheduling a week in advance...

It definitely isn't just following a routine...

What you will learn will make you efficient beyond proportion, an epitome of speed and god-like efficiency.

As this webinar unfolds, you will uncover the secrets of this knowledge and how simple organization and planning can accelerate your efficiency.

A thorough guide to implement this system into your life and business, helping you dominate both.

Opportunities can determine your life. Don't leave them to chance. Seize your initiative now.

Click below to register now:

{Link}

19. Physique 101

Ever wondered what it takes for celebrities and stuntmen to achieve their impressive physiques?

From meticulously planned diets to specialized workout routines, their secrets to a flat-bellied, ripped physique seem like a mystery of the gods.

But here's the reality: achieving and maintaining such a physique is simpler than you think.

Imagine a lifestyle that keeps you looking ripped year-round, effortlessly maintaining your best shape without worrying about a protruding belly.

Backed by extensive research, including studies from Harvard, this approach ensures you reach your peak fitness with minimal effort, all while enjoying the foods you love.

It's not just about mindless workouts or boring cardio routines—it's about understanding the science behind sculpting your body effectively.

Join me in my exclusive webinar where I'll unveil these secrets to achieving an indefinite ripped physique.

Don't miss out—click here to join now:

[Link]

20. IIT course sale email:

Subject: A Topper's Secret

Ever wondered how these students, from random places in India manage to get an All India Rank below 1000?

These kids from the most rural and random places in India, with no proper training background and facilities just manage to get a rank below 1000.

While the majority, studying with all the support and facilities and guidance, end up way behind! The lack of such results in metropolitan areas is quite surprising.

But there is a secret to their achievement.

A method which these rural students unknowingly use, that propels them to the heights of achievement.

A routine and mindset that helps them retain and apply everything they learn with minimal practice.

A method that enables them to solve any problem without breaking their brains or spending hours revising theory.

There is a way, students, to develop this level of intellect. A proven method used by all the toppers and achievers in IIT preparations.

A common pattern of mindset and beliefs among all the toppers, and I will be revealing this secret in my special foundation course.

Along with all the necessary materials required, easy to memorize notes and various complex concepts crystallized and distilled into simple theory explanations and demonstrations.

This course has everything you need to make an all india rank 1 topper.

Designed by myself, who topped the exams in 2017, I will teach you the secrets.

Distilled from all the lessons and experience of preparing and acing a national level exam,

A secret through which you will master all concepts and solve any problem in a fraction of time.

A course which is designed to put you on the path of mastery and become a problem solving ninja

Click below to unlock the secrets to your achievement:

Limited spots Available. Enroll now for an early-bird discount of up to 30% off!

{Link}

21. Laptop Sale

Subject: The Epitome of Performance

Ever had your computer slow down and lag enough times that you missed out on important details of your meeting?

The slow and choppy processor adding to your mounting frustrations of missing key opportunities which would propel your career to new heights.

All because of a sloppy computer that was probably put together in a junkyard.

Here's a proposition:

If I tell you that you will never have to miss any key details, have a fully functioning, powerful processor which can accomplish various processor intensive tasks while also still being smooth and swift enough to hold a meeting without any lag, would that be a deal breaker for you?

Knowing that a device which can sit on top of your lap, slim enough to slip into a door gap unmatched capabilities like no other competitor.

A tiny metal device, capable of enough power to edit an entire movie without slowing down.

This is exactly what we are offering you: A revolutionary, state of the art GPU processor backed by the leading processing power of the silicon chip, a Macbook air M1, that will propel you to the heights of your career.

Be it movie editing, IT, software, processing, gaming, this laptop can do it all.

Backed by various claims and trusted and used by various high profile individuals who work in processor intensive industries, these laptops do not disappoint.

It isn't just about the CPU...

It isn't just about a GPU...

Nor is it about RAM....

This laptop promises you pure performance, anything less, you will get your money back

Sound fair?

Order your unit now:

{Link}

22. Fitness Bootcamp

Subject: The Untold Reality

Ever thought about becoming the strongest and most powerful person on the planet?

The grandiose thoughts of you, conquering lands, crafting an empire, and crowning yourself a King!

A king, commanding an army, headfirst into battle, with unmatched skill and the intent to conquer.

If you're like me, you get these thoughts all the time.

But the real question is: "What are YOU going to do about it?"

Are you going to act on these thoughts, working out harder, becoming stronger and better?

Or

Are you going to go back to your bed, after a session of Netflix, thinking how that was just a dream?

The choice is YOURS.

Act on your natural masculine inclinations,

Or

Choose to be a coward and bow out, happy working in your 9 to 5, like a cog in the machine.

This is your imperative, gentlemen. If you are truly dedicated to actualizing your potential,

Truly hungry for the betterment of your existence, this email is for you.

A series of tests, designed to challenge your will and character.

To see which of you brave men are actually worthy of being crowned a king.

A test of will and gumption.

Starting next week, we will host a 3-day bootcamp with the objectives mentioned above. Spanning three days, there will be various activities and challenges to bring out the warrior in you.

Your mission, should you choose to accept it, is to successfully complete these objectives and face a surprise test at the end of the 2nd day. You will know the nature of the challenge 20 minutes before it is set to happen at 6 PM.

Sign up to reserve your spot and prove that you are the ONE!

Register here: {Link}

May the best man WIN!

Cheers!

23. Passion Systems: Mentoring

Subject: Whispers of Freedom

Have you ever sat at a desk in your 9 to 5 and thought:

“Life cannot be so boring and mundane.”

“Am I really meant to spend the next 60 years of my life in this cubicle and leave the fate of my career in someone else’s hands?”

The sheer boredom of just sitting at a desk and crunching hours for a person you don’t respect—or even hate—is a conundrum with no beauty, passion, or inspiration.

If only there were a way to escape this rat race.

If only you could build a career out of something you truly love, something you’re genuinely PASSIONATE about.

Imagine creating a career from your passions without enduring a single day at a job that drains your soul.

The digital world makes this possibility very real.

By leveraging various tools, you can craft a fulfilling career out of something you love, from the comfort of your laptop.

Your life is NOW. Don't let anyone dictate what you can or cannot achieve.

With discipline and the right guidance, I will help you turn your passions into a profitable, sustainable business model that generates income without you working tirelessly every day.

No more 9 to 5, no more ungrateful bosses, no more sitting in a cubicle regretting your life choices.

Just pure Passion.

Over 1,000 students have already transformed their lives with these systems, achieving financial freedom and living their dream careers. Here's what a few of them have to say:

- *"I was stuck in a dead-end job for years, but this system showed me how to monetize my passion for photography. Now, I'm making more than I ever imagined, and I wake up every day excited about my work!"* – Alex R., Professional Photographer
- *"I was skeptical at first, but after following the strategies laid out, I turned my hobby of writing into a full-time business. I'm now earning from my passion and couldn't be happier."* – Maria L., Freelance Writer
- *"This program gave me the tools and confidence to turn my love for fitness into a thriving online coaching business. I'm now financially free and living life on my terms."* – James T., Fitness Coach

Passion is a powerful force. Don't let anyone tell you it doesn't lead to success.

Here's how it works:

1. **Learn Proven Systems:** I'll teach you the core principles and actionable steps to build a career from your passions.
2. **Implement Strategies:** Apply these strategies with discipline and dedication.
3. **Achieve Success:** Watch as your passion turns into a profitable, sustaining business.

Join over 1,000 others who have already made the leap.

Click here to get started and learn how to make money from your passions: [Enter Link]

Email Sequence 1:

Introduction and indoctrination sequence

Email 1:

Subject: Day 1 of XYZ lifestyle

If you've ever researched about human psychology,

You'd be surprised how powerful your environment actually is.

You naturally gravitate towards things and influences in your vicinity.

The books you read, the people you surround yourself with, the accounts you follow

All of which rubs off on you

And you are the amalgamation of your immediate environment.

It is a well studied fact.

And what you do with this fact will determine the difference between smart and stupid people.

Stupid people do not use this to their advantage

They do not actively strive to cut out the bad habits

They do not actively strive to add in positive ones into their lifestyle

As a result, they actively drift off into the gravity of obesity and loserdom.

You've subscribed to my mailing list.

You've demonstrated your desire for more.

You've surrounded yourself with good influence in your life.

Apply these fitness principles and lessons and watch your body and physicality propel to the new heights

Email 2:

Subject: Hungry mornings

I start my day hungry.

With only caffeine, i get to my workouts and start off the day,

Hungry, agitated, and filled with rage and pain I channel all of it into my work.

My workouts, my business, training and fighting.

And it is what allows me to stay on my edge, and perform at my absolute best

Breakfast, on the other hand, breeds laziness.

It gives you a false satisfaction of a reward when you have accomplished nothing.

Your caveman ancestors began their day hungry.

Hunting on an empty stomach and eating only after they successfully killed an animal.

That is what allowed them to bring home food for their families. That is what allowed them to efficiently craft their skill in order to survive.

Hunger focuses you, and fires you up. Your Chi is concentrated on the task at hand.

Breakfast waters down that fire and scatters your focus.

You do not perform at your best on a stomach filled with dosa and idli.

Doesn't matter what all these gym bros tell you,

"Oh bro, you need to eat breakfast to kickstart your metabolism bro!"

"You won't have enough energy to workout if you don't eat breakfast bro!"

F*king GAY.

Start your day fasted

Only after you complete all of your work should you eat.

Apply this philosophy and watch as you become a productivity machine, burning fat like there's no tomorrow, without having to do a single ab workout.

Email 3:

Subject: You have No idea

You think you know what it's like to have a six-pack. But trust me, you have no idea.

Imagine every morning, waking up to a body that radiates strength and discipline. Your reflection in the mirror commands respect from others, and admiration from women who can't help but be drawn to your confidence and vitality.

Picture this: You stroll into any room and heads turn. Men see you and immediately recognize a fellow alpha—a leader among men. You don't just fit in; you stand out effortlessly.

Life changes when you have a six-pack. It's not just about aesthetics; it's about a mindset. You exude confidence in every interaction, whether it's at work, in social settings, or in your personal relationships.

And the best part? Achieving this isn't some distant dream. It's within your grasp. It starts with a commitment to yourself, a decision to push your limits and prioritize your health like never before.

I'm here to guide you on this journey—to reveal the secrets that will unlock your true potential and transform your life.

Stay tuned for my next email where I unveil the blueprint to sculpting your dream physique and living the life you've always imagined.

Prepare to be amazed.

Email 4:

Subject: Wake Up

If you're feeling provoked right now, that's exactly what I intend. I'm here to shake you out of complacency once again.

Let me make this crystal clear: you will never achieve a sculpted physique without a plan. Anyone who tells you otherwise is leading you astray, keeping you trapped in a cycle of mediocrity.

Think about it—when was the last time you saw someone with a chiseled body say, “I stumbled into this shape by accident”? Never. Just like building financial wealth, achieving physical fitness demands a disciplined approach.

But here's the truth: the traditional “wait and see” approach to fitness is a trap. It's a slow, agonizing crawl that robs you of your confidence and vitality.

Do you really want to spend your life on ineffective diets and sporadic workouts, hoping for results that never come? I didn't think so.

You need a different kind of plan. A plan that's as dynamic and effective as a rigorous training routine—a plan that works smarter, not harder.

I'm talking about a specific routine—a blueprint that will transform your physique faster than you ever thought possible. It's not about sacrificing your favorite foods; it's about transforming your lifestyle, now.

Email 5:

Subject: The Red Pill

If what I just shared resonated with you, get ready to take the next leap towards your fitness goals. Here's the truth: just like in the financial world where having the right knowledge and strategy makes all the difference, achieving your dream physique requires a plan grounded in effectiveness, not just effort.

Imagine this: you're handed a proven blueprint that guarantees you'll achieve your fitness goals faster than you ever thought possible. It's not about wasting time on ineffective workouts or restrictive diets—it's about optimizing every moment towards sculpting your ideal body.

Forget the mainstream myths and cookie-cutter advice that leave you spinning your wheels. What you need is a strategy that's backed by results, not rhetoric.

This isn't about quick fixes or empty promises; it's about empowering yourself with the tools and knowledge to achieve lasting change.

Get ready to transform your body and take control of your fitness journey like never before.

Email Sequence 2:

Welcome email:

Subject: Elevate your Mindset: Day 1

If you've genuinely researched human psychology,

You'd understand the importance of mindset.

When your mindset is driven by the motive to achieve and conquer,

Your mind becomes naturally invigorated by the sense of difficulty, giving you enough energy to achieve your goal, and surpass that challenge,

While the same person, with a mindset driven by laziness and limiting self-belief will be bogged down by the mere thought of that exact same challenge.

Your Mindset determines your reality.

It is more like gravity. Why spend all that effort, toiling and torturing yourself, fighting your inner demons of self-doubt and laziness,

When you can achieve the same result with a fraction of the effort.

An upward spiral leading you into the eternal greatness of your potential.

When you surround yourself with killers, your mindset becomes that of the killer.

When you surround yourself with the go-getters, you naturally become a go-getter.

You have chosen to subscribe to this newsletter.

I provide you with daily actionable tips and all the necessary programming to reprogram your mindset and unleash your potential.

With the upcoming lessons on reprogramming your mindset and vanquish your inner doubts,

You will learn the mindset of Kobe Bryant, Andrew Tate, Elon Musk, Donald Trump and many high achievers.

Apply these lessons and principles, and watch as your life tailspins into an endless, limitless growth in every domain.

- Elevate Start

Email 2:

Subject: No Fancy Mourning Routines

I do not believe in morning affirmations.

I do not believe in having a 2 hour long morning routine.

Filled with all the junk in the world - meditation, cold showers, journaling, eating a breakfast

Except for the ONE thing that will directly benefit your life and solve problems -

WORK.

I do not have a morning routine,

I get up, finish my morning workout, get to my desk and just work.

No meditation. No fancy routine. No nonsense.

Just pure old school WORK.

That's how my best work gets done. That's how I built my following . And that's how I am earning money today.

These lengthy morning routines are a coping mechanism for losers to avoid work and face their problems.

That's how shit gets done. That's how you conquer the world

That's how you internalize the MAMBA mentality.

- Elevate Start

Email 3:

Subject: Better Than You Imagine

Being in shape, having financial freedom and having game with girls is better than you imagine.

Don't let some fat, basement dwelling loser tell you otherwise.

"Oh he has money, he is a playboy and all that stuff, but he isn't happy"

"These people who have it all, have a harder life and are chronically depressed"

Shut the f*ck up!

As a man, you've got to excel in every field gentlemen.

You can't only be good at one thing and suck at everything else.

You need your fitness, money and also game with girls, to become a complete man and dominate.

This is the core tenet and philosophy of this newsletter.

It isn't only about sending you fell-good tips and advice, but also actionables on how to excel in everything.

Do not let some basement dweller tell you what you CAN and CANNOT want out of life.

It is your life. Your Mind. Your choice.

Are you actually ready to uncover these secrets and ELEVATE your life?

If you're truly ready, watch out for my next email – "Money. Power. Fame. Glory"

- Elevate Start

Email4:

Subject: YOU NEED ACCOUNTABILITY

In your endeavors of self-development and success, you will eventually have days where you don't feel like it.

You don't feel like working out.

You don't feel like working.

You don't feel like putting the reps in to better your skill.

And no matter how many times you try to overcome these thoughts and push yourself beyond,

You will have days where you skip them, or avoid doing them.

Why?

Because you aren't accountable to anyone.

You have no one to make sure that you do exactly what you told you would do.

You made a promise, but to whom?

And this makes it very tempting to just slack off on your work.

Your results fall behind, but you can come up with excuses to justify it.

Because you do not have a group of like minded men who hold you accountable.

You may push through and get some results and achieve something.

But that will never come close enough to the level of achievement you can accomplish by having a group of like minded people around yourself to hold you accountable.

You can't surpass the person who has 6 brothers, all on the same mission of self development in any area of life - Business, skill, fitness, game

Why?

Because they keep each other accountable. When one says he will do something, the other five will hold him to it.

You cannot make excuses in a group.

And you can easily achieve the same result with just a fraction of the effort - all by having a group, a community of like minded men, with the same goals as you.

- Elevate Start

Email 5:

Subject: The Million Dollar Network

If you were to scour the internet for a genuine community of like minded men,

You'd drown in the vast cesspit of information.

The average community of self improvement space is filled with empty servers, basement dwellers, incels alike.

All just sitting in their mom's basement and posting motivational quotes with no real life experience.

Why would you join them?

Why would you risk all your progress towards your goal by just joining some random incel group on the internet who don't have a defined goal?

It is rarely beneficial to waste your time on the net searching for it, while ignoring what matters most - your work.

The alternative?

Elevate Community

A community designed specifically to hold you accountable.

Gamified to tailor your goals, and with specific channels for each aspect of life - girls, business, money, fitness.

Every member in the community has proven his worth by accomplishing and reaching a skill level in each aspect of life.

And with people ranging from millionaires, to business owners, playboys to fitness gods, we have every aspect backed by people on elite levels of their game.

These mentors will track your progress and keep you accountable.

Over 10,000 students who have benefitted by these campuses,

teenagers succeeding and winning in every aspect of life.

Our community is well distinguished and is designed to PROPEL YOU FORWARD.

No incels, typing quotes from their mom's basement.

No losers pretending to be something they are not

Just pure winners, with proven track records and real life accomplishments.

There is no better community to join to keep yourself accountable.

No other platform to outperform everyone with very little motivation and inspiration

Once you understand the power of this community, you are failing yourself if you do not join.

Join:
{Link}

Email Sequence: Wealth And Finance

Email 1:

Subject: Driving Action

If you've ever truly researched human psychology,

You'd understand the importance of Belief.

People who believe they will succeed, will eventually succeed,

And the ones who believe they will never amount to anything,

Will eventually not amount to anything.

“Do you BELIEVE you can do whatever you put your mind to”

“Do you BELIEVE you will achieve your dream of certain number of figures in your bank account”

Belief drives action.

Whether you believe you can or cannot do,

You're right.

Belief is a powerful thing.

Your belief determines your actions. Your actions determine your habits, and your habits determine your future.

It is a well established fact.

And what you do with this fact will determine the difference between those who succeed and those who don't.

The difference between the smart ones who abuse this fact to better themselves and the stupid ones who go back to watching netflix.

Stupid people do not actively examine their most cherished belief and why they do what they do.

They do not actively seek out the right beliefs that will help them better their lives.

They do not put in effort to add influences to their life that will reshape their beliefs for the better.

You have chosen to subscribe to this newsletter.

You have added a good influence to your life.

The proper beliefs and the mindset are paramount in your endeavors to wealth generation.

Apply the upcoming lessons and principles and watch as your finances goes into an endless tailspin of upward spiral to financial freedom.

Email 2:

Subject: The Ascent to Freedom

Back when Adrocx media was in the inception phase, we had little funding to go around.

I did not come from a wealthy family to back me with the finances

Nor did I have any support from friends or family.

When i was in college, I remember asking my friends –

“Will you really be happy working a 9 to 5?”

“Will you really be comfortable handing the fate of your life and career in the hands of someone else?”

Something about this whole job culture didn't add up to me. I knew I was never going to be satisfied by these jobs.

I was only laughed at for expressing these opinions.

Adrocx media was a distant dream, the flourishing of which rested on the sole idea of breaking out of the rat race.

All I had was the will and gumption to bring my dreams into reality.

I tried dropshipping, Saas, SMMA and various other business models but only failed in each one.

And with each failure came invaluable lessons that only helped me grow and see the world through more clarity.

2 years in, going on and off on my side gig and my quest to break out of the system, I stumbled upon this perfect idea of becoming a middleman in this economy.

All the great businesses minting cash was a model of middleman - Ola, Zomato, Youtube, Facebook.

And that was when Adrocx Media was born.

Crystallizing all my knowledge and lessons from failure, I successfully created the single largest marketing and media company to help local creators and businesses transition to a creator economy.

It was a problem I solved for everyone, and I got paid for it.

And that's what made it scale to the level it has scaled today.

All I'm saying is, I came from the most difficult circumstances and was able to build a business out of sheer knowledge and information.

And that anyone can make money online. All you need is a laptop and internet connection. I solved a problem for local businesses and creators and got paid for it.

You need to solve a problem and you will get paid for it.

And with the right mindset and belief, if you truly implement the lessons and principles of cash, you will achieve your financial goals in no time.

Crystallized from my long journey of building businesses, I'm giving away all the lessons I have learned about money and wealth generation in the upcoming emails.

Stay tuned to learn.

Email 3:

Subject: Better than you Imagine

Having wealth and financial freedom is better than you imagine.

Do not let some broke middle aged troll on the internet tell you otherwise.

Having money does buy happiness.

Sure, you may still have problems, still face challenges.

But at least you get to show up in a ₹500000 suit, in the back of a Rolls wearing a ₹100000 gold watch.

There is no nobility in poverty.

“Oh bro, rich people are actually very unhappy bro”

“Oh bro, they may be rich, but they suffer in life bro”

Shut up.

The smile and relief on your mother's face when you tell her that she doesn't need to work for another day in her life.

The satisfaction of fulfilling your mom's dream of having that mansion, that car, and that trip to tour the world

All of that is what brings you happiness.

Money does buy happiness. And your life will never be worse if you have money.

Don't let anyone tell you otherwise.

Email 4:

Subject: YOU NEED A PLAN

Have you met anyone who has ever achieved anything significant tell you that they just got it by accident?

A person with a ripped physique telling you – "Oh, I don't know bro. I just woke up one day and had it"

Never.

The body builder had a specific training routine, and ate a very specific way to get to where he is.

He was a very diligent, dedicated and focussed individual, who dedicated his lives to achieving his goals and after putting in effort everyday and working towards that goal with focus, was he able to achieve it.

And the same applies for making money.

And the way to achieve massive success in this domain is by being regimented and having a plan.

The idea that it'll happen by accident, via luck, or simply being patient is a lie purported by those who want to KEEP you stuck in a job.

They want you stuck in your job, to harness YOUR energy and time to realize THEIR dreams.

They need you stuck at a lifeless job, to make THEM money.

The traditional path to wealth – get a degree, go to a job, save until you're 50, and maybe,

Just MAYBE, you will have enough money to buy a house then.

The traditional path to wealth is a lie.

You need to break out of this way of thinking.

Email 5:

Subject: CHOICES.

Imagine someone handed you ₹100,000 in cash.

You could start a business, invest in crypto, or buy property.

Now, imagine modern education trying to convince you that their service is worth this ₹100,000 investment.

They would fail spectacularly.

Why? Because given the choice, how many would choose a traditional university degree?
Almost none.

The real scam is that the first loans you can access as an adult must be used for "education."

They won't let you use them for anything else.

Why?

Because if you could invest that money in real estate, stocks, or a business, you'd likely achieve much greater returns.

Traditional education doesn't compare ₹100,000 in tuition fees to ₹100,000 in crypto, real estate, or stocks.

They combine this lack of competition for investment funds with heavy indoctrination, pushing the narrative that a university degree is the only path to success.

This is a LIE. It's the blue pill that keeps you in a system designed to create workers who build the luxury lives of others, not their own.

Which do you want to be? The one who makes the supercars or the one who buys them?

The modern education system promises an escape, but it actually starts your life with debt.

You become too replaceable to be paid well. Millions of university graduates exist, making you just another number in the workforce.

The alternative?

Awaken the Passionpreneur Within!

By investing in yourself through avenues that align with your passions and skills, you can break free from the conventional path and pave your own way to success.

Learn how to harness your unique talents, start your own venture, and build a life of freedom and financial independence.

Join us for an eye-opening event that will transform your mindset and equip you with the tools to take control of your future.

Don't settle for a life of mediocrity; embrace the journey to becoming a passion-driven entrepreneur.

Click here to learn more and reserve your spot: [Awaken the Passionpreneur Within](#)

Your future is a choice. Make the one that leads to a life of passion, purpose, and prosperity.

Email Sequence 4: Fashion and beauty

Email 1:

Subject: Elevate Your Style and Confidence

If you've ever explored the world of fashion,

You'd understand the power of Style.

People who believe they can express themselves through their clothing will eventually develop a unique style,

And those who think fashion is frivolous will miss out on the confidence it brings.

“Do you BELIEVE you can create a personal style that turns heads?”

“Do you BELIEVE you can achieve your dream of being the best-dressed person in the room?”

Belief drives style.

Whether you believe you can be stylish or not,

You’re right.

Style is a powerful thing.

Your belief determines your actions. Your actions determine your habits, and your habits determine your image.

It is a well-established fact.

And what you do with this fact will determine the difference between those who stand out and those who blend in.

The difference between the smart ones who use fashion to their advantage and the ones who don’t realize its potential.

Smart people actively explore fashion and why they wear what they wear.

They actively seek out the right pieces that will enhance their lives.

They put in effort to add influences to their wardrobe that will reshape their style for the better.

You have chosen to subscribe to this newsletter.

You have added a good influence to your style journey.

The proper style and mindset are paramount in your endeavors to look and feel your best.

Apply the upcoming lessons and principles and watch as your fashion sense goes into an endless tailspin of upward spiral to style confidence.

Sign up now and get access to our exclusive fashion webinar for just ₹499! Limited to the first 100 sign-ups.

{Link}

Email 2:

Subject: The Ascent to Style Mastery

When I started my fashion journey, I had little knowledge to go around.

I did not come from a family with a keen sense of style to guide me.

Nor did I have any support from friends or family.

When I was in college, I remember asking my friends –

“Will you really be happy dressing like everyone else?”

“Will you really be comfortable letting others dictate your fashion choices?”

Something about conforming to trends didn’t add up to me. I knew I was never going to be satisfied by following the crowd.

I was only laughed at for expressing these opinions.

My fashion journey was a distant dream, the flourishing of which rested on the sole idea of breaking out of the mundane.

All I had was the will and determination to bring my style dreams into reality.

I tried following trends, experimenting with different styles, and learning from fashion icons, but only failed in each one.

And with each failure came invaluable lessons that only helped me grow and see fashion through more clarity.

Years into my fashion journey, going on and off with my style experiments, I stumbled upon this perfect idea of creating a unique fashion identity.

All the great style icons had their own unique sense of fashion - think Audrey Hepburn, David Bowie, Lady Gaga.

And that was when my personal style was born.

Crystallizing all my knowledge and lessons from failure, I successfully created a style that is uniquely mine and resonates with who I am.

It was a problem I solved for myself, and now I want to help you solve it too.

All I'm saying is, I came from the most difficult circumstances and was able to build a unique style out of sheer knowledge and experimentation.

And that anyone can elevate their fashion sense. All you need is the right guidance and mindset.

I solved my style dilemmas and you can solve yours too.

And with the right mindset and belief, if you truly implement the lessons and principles of fashion, you will achieve your style goals in no time.

Crystallized from my long journey of building a unique style, I'm giving away all the lessons I have learned about fashion and style in the upcoming emails.

Stay tuned to learn.

Don't miss out on the early bird price of ₹499 and the chance to receive our exclusive fashion e-book and join our private Facebook group.

Email 3:

Subject: Better than You Imagine

Having a unique and confident style is better than you imagine.

Do not let some naysayer on the internet tell you otherwise.

Having a great sense of fashion does bring confidence.

Sure, you may still have challenges, still face criticism.

But at least you get to show up looking your best, feeling confident in your style choices.

There is no nobility in neglecting your appearance.

"Oh, people who care about fashion are shallow."

"Oh, they may be stylish, but they lack substance."

These are misconceptions.

The smile and pride on your face when you receive compliments on your outfit.

The satisfaction of wearing clothes that truly represent who you are.

All of that is what brings you confidence.

Fashion does bring confidence. And your life will never be worse if you have a great sense of style.

Don't let anyone tell you otherwise.

The early bird spots are filling up fast! Ensure your spot for just ₹999 once the early bird offer ends.

Email 4:

Subject: YOU NEED A PLAN

Have you met anyone who has ever achieved significant style without intention?

A person with impeccable fashion sense telling you – “Oh, I don't know. I just woke up one day and had it.”

Never.

The style icon had a specific vision and curated their wardrobe very specifically to get to where they are.

They were diligent, dedicated, and focused individuals who dedicated their lives to achieving their style goals, and after putting in effort every day and working towards that goal with focus, were they able to achieve it.

And the same applies to fashion.

The way to achieve a unique and confident style is by being intentional and having a plan.

The idea that it'll happen by accident, via luck, or simply by following trends is a lie purported by those who want to KEEP you stuck in the ordinary.

They want you stuck in the ordinary, to harness YOUR lack of style to make themselves feel better.

The traditional path to style – follow trends, buy what everyone else is buying, and maybe,

Just MAYBE, you will stand out.

The traditional path to style is a lie.

You need to break out of this way of thinking.

Join our fashion webinar for ₹999 and gain insights that can transform your style. Plus, get exclusive access to our e-book and private group.

Email 5:

Subject: CHOICES.

Imagine someone handed you a wardrobe of high-quality, timeless pieces.

You could mix and match to create countless outfits, or stick to the same old trends.

Now, imagine the fashion industry trying to convince you that you need the latest fast fashion items.

They would fail spectacularly.

Why? Because given the choice, how many would choose timeless elegance over fleeting trends? Almost everyone.

The real scam is that fashion trends are designed to make you feel outdated quickly, so you keep buying.

They won't let you feel stylish with what you already have.

Why?

Because if you invested in timeless pieces, you'd likely achieve a much more sustainable and stylish wardrobe.

Fast fashion doesn't compare investing in quality pieces to buying cheap, trendy items.

They combine this lack of competition for your fashion budget with heavy marketing, pushing the narrative that you always need the latest trend.

This is a LIE. It's the blue pill that keeps you in a cycle of endless consumption.

Which do you want to be? The one who follows trends or the one who sets them?

The modern fashion industry promises style, but it actually starts your wardrobe with clutter.

You become too replaceable to be stylish. Millions of people follow trends, making you just another number in the crowd.

The alternative?

Awaken the Fashionista Within!

By investing in yourself through timeless pieces and unique style choices, you can break free from the conventional path and pave your own way to style success.

Learn how to harness your unique fashion sense, create your own style, and build a life of confidence and individuality.

Join us for an eye-opening event that will transform your mindset and equip you with the tools to take control of your style.

This is your last chance to join at the standard price of ₹999. Prices will go up to ₹1499 in the last 48 hours before the event.

Click here to learn more and reserve your spot: {Link}

Your future is a choice. Make the one that leads to a life of confidence, individuality, and style.

Email Sequence 5: Fitness Course/Personal Training

Email 1:

Subject: Genetic Potential

If you've ever actually researched the human biology,

You'd understand the importance of diet.

When you eat right, you naturally become healthier and fitter.

When you eat a certain way, your body naturally functions at its peak, optimal level

But also, when you eat junk, your body naturally betrays you.

It actively resists your will, makes you dumber, slower, clouded

And most of all, an empty shell of your pre-existing potential.

Eating a proper diet and having a good, quality sleep is the foundation to your elite level performance,

Be it in the gym, in a business negotiation, getting rich, and even your standing in society.

How you do this ONE thing, determines everything else in your life.

This is a well established fact.

And what you do with this fact will determine the quality of your life

Choose to ignore this, and go about life in a body functioning at suboptimal rate,

Leaving you losing in every aspect.

Or choose to actively abuse this fact to live a life of pure satisfaction.

The satisfaction of living your life at the fullest, overcoming any daunting challenges, problems and leaving you with a sense of pride

Proud of your accomplishments and the very foundation through which all of it was possible:

YOUR BODY.

It is the foundation upon which you lay your building blocks of life.

If the foundation is weak, no matter how neatly you lay your bricks, how organized your brick network is,

It'll always collapse.

And the only mold that will strengthen your foundation beyond proportion is you DIET.

Do not let this power go to waste.

You've chosen to subscribe to my newsletter.

I will be sending out key facts and information about diets most suitable for your body.

Crystallized by over a decade of experience of transforming myself and my clients reality, this methods are used by athletes, Cinema stars alike

Enabling them to have the body that everyone desires.

It isn't about any fancy processed supplements...

It isn't any costly pre-workouts or protein powder that will eventually put a full stop to your youth.

Nor is it about any steroids

What I'm offering you is a natural recipe to enhance your being. A natural way to skyrocket your genetic potential.

Apply these lessons and principles and watch as your life goes into an upward spiral of monumental strength.

Email 2:

Subject: Hungry Mornings

The concept of breakfast is a LIE.

Yes, it was a concept created by the meat industry to sell bacon in the U.S.

And to this day everyone on the planet has been brainwashed by this marketing campaign to believe that it is essential for your body.

When the truth of the matter is..

IT ISN'T.

If you've actually ever went to work, gave an important interview, wrote an exam, went into a business negotiation, on an empty stomach

You'd notice that you had performed your absolute best in those key moments.

And it is probably the reason you are in the job that you've dreamt of, or built a business you've always wanted to build, or passed an important exam that has altered your reality significantly.

And the ONE factor that helped you perform at your absolute best was...

You were HUNGRY.

Human beings are designed to function at their peak levels when they are fasted.

Our hunting and gathering ancestors went out to hunt animals fasted.

It is what allowed them to stay focused and concentrate, which eventually helped them bring home food.

They would starve if they couldn't stay focused.

This harsh condition burned a precept into our neurological makeup that ensured peak performance on an empty stomach. And it is how we are wired.

You must only eat after you've accomplished a major task for the day.

Anything otherwise breeds lethargy and procrastination.

Many complain that they procrastinate and can't get work done.

Apply this lifestyle and watch as you burn through your day, getting sh*t done without breaking a sweat.

And watch, as your work improves, your boss promotes you, you sign a big business deal, you smash your PR records.

All with a simple biological fact.

You can thank me later.

Email 3:

Subject: Better Than You Imagine

Peak physical condition, healthy heart, strong bones, ripped muscles, gladiator level stamina

Having these is BETTER THAN YOU IMAGINE!

"But bro, you need to have 3 meals a day bro!"

"Breakfast is essential to kickstart your metabolism bro!"

"But bro, you need supplements to become muscular bro!"

Just shut up.

I'm the strongest I've ever been, I can bench press 2x my weight and look lean and ripped throughout the year.

My blood work shows above average vitals and results, and I'm 35 years old, with no pre-existing medical history of any coronary disease.

I know, for a fact, that my lifestyle and methods transform even the weakest individuals into specimens of strengths and vitality.

I have never taken anabolics, steroids or any other supplements.

My strength is natural.

It is only some fat, obese basement dweller that says not eating breakfast is bad for you.

The average man has no idea about the biological functioning of the human body. What the body needs, and what lifestyle suits it the best.

And I'll tell you this -

There is nothing more satisfying than benching the PR weight of someone on sh*t loads of steroids, as your warmup set.

It is better than you imagine.

The food industry relies on you believing that eating 3 times a day is good, eating more is always better.

These are profit driven industries my friend, and they manufacture studies and theories to get you to buy more of their harmful products.

Do not fall for this trap. The only thing you own is your body. Do not let it get poisoned by profit driven entities.

Email 4:

Subject: YOU NEED A PLAN

Have you ever come across a guy in shape tell you -

“Oh i don’t know, i just woke up one day and had it”

That the physique he has was built by accident?

Never.

You need a routine to achieve your goal.

You need a plan to get into shape and lose those love handles.

All these aesthetic bodybuilders didn't get that chiseled abs by accident.

They had to follow a very specific and regimented routine: workout a certain way, eat a certain way and focus on things that gave them the majority of their results, to get where they are.

Sure, you can just go around doing random exercises, without the proper guidance and framework and put on some muscle.

You may even look better.

But that is nothing compared to achieving even more, be in a proper ripped body, in just a fraction of the effort

Why toil away, waste your time, flitting about exercises that don't work, workout routines that get you mediocre results at best,

When you can achieve the same result with a proper plan, a methodology and the right guidance,

With just a FRACTION of the effort.

Email 5:

Subject: CHOICES

Imagine someone handed you the ultimate key to transforming your body and life, providing unparalleled access to fitness and health.

Now, consider the countless fitness programs and diets vying for your attention. Picture them trying to justify their worth.

How well would they fare?

How many would you actually choose if you knew the real results?

Likely, very few.

The fitness industry is filled with promises that rarely deliver.

They rely on flashy marketing and temporary solutions that leave you frustrated and disillusioned.

These programs advocate random, one-size-fits-all workouts, push expensive, ineffective supplements, emphasize quick fixes over sustainable results.

But here's the reality:

Most of these programs are designed to keep you coming back for more, never truly achieving your goals.

They create a cycle of dependency rather than empowerment.

The alternative?

ABC fitness initiative.

A program designed to shatter this mold, offering a comprehensive lifestyle transformation.

Crafted with the guidance and expertise of the very best in the industry and distilled from yeast of experience in transforming lives,

Delivering a customized regimen tailored specifically to your body type and its unique needs, ensuring you attain peak physical condition and fitness without any costly supplements.

The program is the red pill in a sea of blue.

Over 100,000 people have experienced the power of this program and are reaping far more value than they've invested. We couldn't retain them any other way.

There is no better solution to the modern day struggle of fitness and health.

Once you understand ABC is simply the best possible investment on the planet, you are failing yourself if you do not join..

Lets keep this very simple:

You will learn how to build a physique from people who have built a physique

We limit spots to ensure every participant receives the highest level of support and attention.

Click Here to Register Now: {Join Now }

Newsletters:

1.

Subject: Eclipsed Shadows

The dramatic jolt from the bo staff struck Sasaki, forcing him to retreat.

Master Yamamoto advanced, each movement sharp and poised, his eyes reflecting an unwavering will.

Despite the intensity of the fight, his face remained serene and emotionless.

With a swift strike to the head, Sasaki fell to the ground.

Fear had consumed him.

Master Yamamoto approached him, his steps deliberate.

“Why did you fall?” he asked, his voice mellow yet firm.

Sasaki felt his master's penetrating gaze.

“Do you know I can kill at will?” Yamamoto whispered.

“Yes, Master,” Sasaki replied, his voice trembling.

“Then stand up and FIGHT!” Yamamoto commanded.

Though still gripped by fear, Sasaki stood. As his master advanced, the fear began to slip away.

He stood ground and struck back, each blow transforming his fear into power.

His mind became immersed in the spirit of his movements.

He had fended off his master's attacks.

His fear was dissolved.

His spirit was revived.

The weapon was mastered.

2.

Subject: The Quest for Mastery

As I trekked across the treacherous crevices of the snowy mountains in my quest for truth, I ventured through every temple, sought out every monk, and consulted with every scholar I could find. My question was simple yet profound:

“How does one truly understand life?”

To my frustration, the answer remained eerily consistent: “You don’t.”

Unyielding in my quest, I traversed the majestic, untamed lands of Shambala, a land where the silence spoke volumes. "You don't understand the meaning of life? How is that even possible? How does one find meaning without understanding?" I muttered through chattering teeth, the biting wind howling across the Shingong mountain's valleys.

The night descended cold and dark, so I sought refuge beneath a gnarled tree, my thoughts as restless as the wind. At dawn, I ventured towards the temple perched atop the Shingong mountain, determined to seek answers from a new source of wisdom.

There, I found a monk sitting cross-legged at the temple gates, immersed in deep meditation. His stillness was profound, an island of tranquility amidst the encroaching cold.

"Hey," I called out, my voice slicing through the serene silence.

The monk's eyes fluttered open, revealing a gaze of deep calm. Without speaking, his eyes beckoned me closer.

"I have traveled far and wide, seeking the meaning of life. Every monk, every scholar I have encountered has given me the same answer: 'You don't.' I cannot accept that. There must be a way to understand life," I implored, my voice trembling with frustration.

The monk remained silent for a moment longer, then motioned for me to follow him. I followed, a storm of emotions churning within me.

He guided me through ancient wooden gates and up a path lined with blooming cherry blossoms. We arrived at a serene courtyard where a master stood, a figure of both warrior-like strength and monk-like tranquility. His presence was a harmonious blend of power and peace.

Without speaking, the master led me to a secluded clearing in the garden, enveloped by the gentle rustling of leaves and the distant murmur of a stream. His presence radiated a quiet, resolute authority. He picked up a massive stone and placed it before me. Its sheer size and weight hinted at the gravity of the lesson that was to come.

"Pick it up," the master instructed.

I bent down and grasped the stone. Immediately, its weight was a tangible force, pressing down on my arms with a merciless heaviness. I strained to lift it above my head. My arms quivered, my breath grew ragged, and sweat streamed down my face as the stone seemed to grow heavier with every passing second.

"Hold it steady," the master commanded, his gaze unwavering.

Minutes dragged on like hours. My muscles screamed in protest, and my resolve was tested to its limits. My focus narrowed to the singular task of keeping the stone aloft. The burden was overwhelming, and despite my fiercest determination, I could feel my strength ebbing away.

Finally, the weight became too much. The stone slipped from my grasp, crashing to the ground with a thud. I fell beside it, gasping for air, my entire body trembling from the exertion.

In silence, the master picked up the stone and placed it back where it had been. He then selected a smaller, lighter stone and held it effortlessly in his hand.

“Now, pick up the smaller stone,” he said.

With relief, I lifted the lighter stone. Its ease in my hand was immediate and comforting. I balanced it with ease, feeling a sense of tranquility and relief wash over me.

The master observed me in silence, his expression a calm enigma. After a few moments, he set the lighter stone down next to the heavier one and walked away, leaving me alone with my thoughts.

I sat in the clearing, the two stones before me—one a testament to my struggle, the other a symbol of ease. The contrast between them was stark and revealing. The heavy stone had tested my endurance, while the lighter stone had granted me relief.

In that silent, solitary moment, the truth became clear. The heavy stone represented the burdens and trials of life, and the lighter stone symbolized the moments of ease and respite. The master’s lesson was profound in its simplicity: both the weight of challenges and the relief of ease were integral to the journey of understanding life.

As I sat there, the truth of his demonstration etched itself into my soul. The value of persistence in the face of hardship, and the appreciation for the moments of relief, became apparent. In the silent eloquence of the master’s demonstration, I found the understanding I had been seeking.

3.

Killer Instincts

At noon, when the sun was at its highest, Master Yamamoto sat in lotus position, sipping his neem tea.

The open verandah, decorated with cherry blossoms, drew in the spring air as Yamamoto was lost in adoration of the Shingong valley.

It was my seventh year atop the mountain. I swept the crystal white marble floor directly behind the master.

Upon noticing him lost in adoration, I wondered if he had noticed me being behind him.

“Is he aware of me? If he is completely lost in thought, he wouldn’t notice if I sneaked up on him.”

Thinking thus, I slowly tiptoed my way towards him.

Yamamoto sat, still lost in thought. But something about him had changed.

He didn't move, nor did he turn back. But the air around him seemed different.

He slowly opened his eyes and stood up, his body still facing towards the valley.

"What do you intend to do?" he asked in a mellow voice.

"Nothing, Master, I... I..." I stammered, my voice shaking in fear.

"Do you know I am a master of the seven styles of Kyokushin?" he continued, still facing away.

He turned towards me and walked, his steps deliberate.

Everything around him had changed. From a mood of intense bliss to the gripping weight of anger.

Yet it didn't reflect in his face, nor in his body.

He walked towards me and leaned close, his breath warm against my ear.

"Do you know I can sense everything?" he whispered after a long pause.

Trembling in fear, I replied, "Yes, Master."

And he walked off to his quarters, the mood instantly changing back again into the intense tranquility he felt when he was lost in adoration.

Such is the way of Wudan.

4.

Crushed Bones

It was my 542nd year atop the Shingong mountain. Half a millennium dedicated to arduous training.

My body was strong, my Chi concentrated, and my Zen perfect.

Although I was the number one student, my skills had not yet matured.

On the day of the full moon, it was my duty to sweep the temple floor.

I began my chore at 4 am and, with vigor and speed, finished the task in minutes.

At 5 am, all adepts assembled in the training yard, standing in crane pose to begin our training.

Master Yamamoto, standing at the stairs, looked straight ahead into the dark sky. Oddly, he seemed in a happy mood.

“Pardon my happiness,” he said. “But I have no concern for the bone-crushing training you will undergo today.”

“Each of you will descend the mountain, find a thick, gnarled tree, and damage it. The wood from these trees will be used for heat,” he commanded.

As everyone dispersed, Master Yamamoto called me aside. He led me to an ancient tree on the cliff of the mountain.

It was a gnarled peach cherry blossom, a tree that had withstood the test of time. An ancient symbol of Shingong Mountain itself.

“Strike this tree and damage it,” he said in a mellow voice. “Show me what you have learned.”

With perfect form and power, I struck the tree fifty times. It made a small dent on the bark, but my bones were broken.

Whimpering in pain, I tried to gather my Chi and strike again, but the pain was too much.

Master Yamamoto clenched my fist, held it tight, and crushed it further. He smiled as he saw me control my pain.

“You have learned nothing,” he said steadily.

Crushing the already broken bones in my fist, Yamamoto said, “When I pluck the leaves of the tree, do I not damage it? Does it not signify death for the tree?”

“I can pluck a few leaves or I can pluck all of them while I enjoy my tea,” and so he did. He plucked all the leaves from the tree, stripping it of its life.

The tree was damaged.

But the master was not pleased with my training.

He ordered me to stand in the crane pose in front of the tree until all of its leaves grew back as punishment.

Sun. Rain. Snow. Wind.

2 years had passed. The leaves grew back and my fist was healed.

Such is the way of Shingong.

5.

The Unyielding Blade

In the 545th year since the establishment of our temple atop Shingong Mountain,

Master Yamamoto's reputation as an unparalleled martial artist had spread far beyond the mountain's base. His teachings were revered, his skills unmatched.

Yet, whispers of his seemingly invincible prowess attracted challengers from distant lands, eager to test their mettle.

One autumn evening, as the sun dipped below the horizon and painted the sky in hues of crimson and gold, a lone warrior ascended the stone steps of Shingong Mountain.

His name was Arin, a seasoned fighter known for his relentless spirit and deadly precision with a blade.

Arin sought to defeat Master Yamamoto, believing that doing so would cement his legacy as the greatest warrior alive.

Master Yamamoto, ever observant, stood at the temple's entrance as Arin approached. His calm demeanor contrasted sharply with the fiery determination burning in the warrior's eyes.

"Master Yamamoto," Arin declared, his voice echoing through the mountain air. "I have journeyed far to challenge you.

Defeat me, and I shall bow to your superiority. But if I win, your title and honor shall be mine."

Master Yamamoto's eyes remained steady, reflecting the wisdom and tranquility of years spent in disciplined training. "Very well, Arin. Let us proceed to the training yard."

The moon had risen, casting a silver glow over the training yard as the two faced each other.

The adepts gathered silently, their breaths held in anticipation.

Arin unsheathed his blade, its edge gleaming with deadly intent.

Without a word, Arin charged with a ferocity that was both impressive and terrifying. But Master Yamamoto did not move.

He stood still, his hands folded within his robe, his eyes locked onto Arin's.

Just as Arin's blade was about to strike, Master Yamamoto spoke softly, yet his words carried the weight of mountains. "What is the sound of one hand clapping?"

Arin's mind faltered, his focus shattered by the sudden, profound question. His blade halted mid-air, mere inches from the master.

In that instant of hesitation, Master Yamamoto swept his feet and put him on the ground, snatching his sword, pointing it to his face, inches away from his eyes.

Arin's zen was broken. His spirit was crushed.

Such is the way of Shingong

6.

Scorched Debris

On the night of the full moon, I sat with Master Yamamoto beneath the ancient peach tree on the cliff of Shingong Mountain. The soft glow of the moon illuminated the dark valley below, while a cool breeze rustled the tree's leaves.

Across the valley lay a barren, dusty segment of land amidst the dense, luscious thicket of the forest, charred by a great fire. Tonight was the night of reminiscence, where Master Yamamoto and I would spend the night meditating in the lotus position, honoring the memory of the great masters who had come before us.

Master Yamamoto was particularly serene, his mood mirroring the soft glow of the moon.

"Pardon me, Master, but why is the land across the valley charred?" I asked, looking down, careful not to disturb his meditation.

"There once was a great war," Yamamoto began, his voice mellow. "Bandits ambushed Shingong Mountain, seeking to gain access to its wisdom and power. Master Shin, myself, and all the great warrior adepts fought to defend the mountain."

"It was a brutal war. The atmosphere reeked of death, desolation, and bloodshed for fifty years," he continued.

"The bandits finally lost and retreated. We chased them down into the valley. Not one soul would be pardoned. Master Shin and I pursued them to that very charred patch you see."

“Concentrating our chi and using kata, we ignited that patch, charring their souls to cinders. No one who dared attack the mountain would be spared.”

Master Yamamoto's eyes remained closed as he recounted the tale, his voice a steady whisper against the night. The valley seemed to hold its breath, the memory of the past heavy in the air. The charred land stood as a silent testament to the fierce protection of Shingong Mountain, a reminder of the unwavering resolve of those who guarded its secrets.

In the stillness of the night, beneath the watchful gaze of the full moon, I felt the weight of the history and the strength of the legacy that Master Yamamoto carried. The scorched debris across the valley was not just a remnant of a battle, but a symbol of the enduring spirit of Shingong Mountain and its guardians.

Such is the way of Shingong.

7.

Unparalleled Prowess

After 4,000 years of rigorous training atop Shingong Mountain, I descended for the first time, my journey across the world had just begun.

Upon reaching the base of the mountain, I found myself in a small, bustling town.

Though no visitors were allowed on the mountain, whispers of my unparalleled skill and countless accomplishments had spread far and wide.

The town was a haven for warriors from various classes, all boasting their prowess. I entered an old tavern to have a cup of jasmine tea.

As I stepped inside, a hulking warrior blocked my path.

“Everyone here says your skill is unmatched, your technique unfathomable. Fight me,” he demanded, his voice dripping with challenge.

“We’ll see if it’s really true. We’ll find out how great your skill is.”

“If you strike, I will just get back up and keep coming forward. If you break my bones, I will still stand and fight. If you crush my legs, I will crawl. If you gouge my eyes, I will fight blindfolded. I will prove to everyone that I am the better warrior.”

A crowd quickly gathered around us, other warriors and bandits eager to witness my downfall, their eyes alight with anticipation.

“Sasaki,” I replied, my voice calm and steady. “You have already predicted the future. Apologize to me now.”

His face twisted with rage at my cryptic comment. His hand moved to unsheathe his katana.

In the blink of an eye, he lay on the ground, blood oozing from his chest where his own katana had pierced him.

The crowd stood in stunned silence. The other warriors, their hopes dashed, looked on in disappointment.

They had wanted him to win, to see me fail. Slowly, they dispersed, their interest waning. No one cared for the corpse of the fallen warrior.

He lay there, lifeless, in the middle of the town, ignored by all.

Such is the way of Shingong.

8.

Frozen Wasteland

On every full moon Master Yamamoto and I would trek down the Shingong mountain to the frozen graveyard.

It was an eternal spar with eternal consequences with dead souls of warriors, cursed to eternal misery.

A place of restless souls, warriors and pirates, that died dishonourable deaths. The souls of bandits who plundered, looted, innocent souls.

These souls were cursed to eternal life. They had no rest. Not in this world or in the eternal darkness of the spirit world.

Exactly 1000 steps from the mountain.

We couldn't kill them, so the objective was to render them combat ineffective.

Yamamoto ripped through the souls with perfect ease. Crushing their spirit and tearing their limbs apart.

I could hold my own against one or two, but my skills hadn't matured.

I was getting frustrated. Too many close calls. Too many mistakes. And i took longer and longer to defeat each spirit.

I needed more power. "Master, i need more power. Show me your most deadly move", I cried out.

"You're too weak. You couldn't execute it", he replied.

"Weak? No. I am strong. I will prove it to him." i muttered to myself as i ripped out one of the spirit's head.

My anger grew and to prove i wasn't weak, i channeled it into ripping apart the spirits with more ferocity.

Tearing through them one by one, but i grew frustrated, i grew angry, and my zen was broken.

In an instant i felt a hand tugging my leg and sweeping me onto the floor. I had fallen.

As the spirit came to decapitate me i held my hands up in the air, anticipating my imminent death.

As the spirit swung its sword, master's Kagi tsuki tore through its limbs and ripped out its arms.

Then master gorged out its eye balls, as it screamed in pain. Blind and armless, it ran into the darkness, its screams echoing throughout the valley.

Pulling me to the ground, master and i fled the graveyard, leaving behind a trail of death and destruction.

The walk back to the Shingong mountain was embarrassing. I failed. I died.

But Master Yamamoto had saved me. It was an honour to be saved by him. He had the habit of letting people die from their mistakes. I felt no honour.

I felt shame. I was adept number one, and i had failed. Unable to bear the shame and loss, i asked him.

"Master, if i am too weak to execute your deadly move, will you at least show it to me?"

With a hint of smile, Yamamoto whispered "I just showed you. With using only my tongue, i broke your zen"

Such is the way of Shingong

9.

The

It was my 15th year atop the Shingong mountain. I had master the 7 styles of Shotokan and was well on my way to become adept number one. But i was still a long way from mastering the way of the Shingong.

Master Yamamoto, sat in lotus position on an open verandah overlooking the valley, engrossed in deep meditation.

It was early morning. The sun wasn't out yet and the moon was high. I got up to do my usual chores and assemble at the training grounds for practise.

As i swept the already clean crystal marble floor, i watched as Master Yamamoto was still as a rock. Though breathing 42 breaths per minute, his body didn't move.

No shaky movements. Perfect Stillness.

Then a loud thud broke the serene meditative atmosphere. The main door had fallen. Bandits, ambushed the mountain. The sounds of their swords and fierce howls turned the serene atmosphere to a sight of dread.

Making their way to the verandah, Master Asaki yelled out to Master Yamamoto, "Everyone here says you cannot be defeated in a fight. You are the strongest master known in this valley. I disagree. I have come here to fight you and prove to you that your style is ineffective. Fight me Yamamoto. Fight me"

Master Yamamoto didn't move. Eyes still closed, his body still facing away towards the valley, he let the moment sink in. Master Arasi had come to kill him.

After a long pause, he spoke out "Very well, let's get to it. Meet me at the training grounds, where we will have the duel."

Master commanded me to escort Master Arasi to the training yard and wait for him.

