

Read This if You Want Us to Personally Help You Double or Even Triple the Effectiveness of Your Workout and Nutrition Plan – for FREE

From the desk of Abdulla Al-Emadi

Dear Friend,

If you would like personal, one-on-one help with building muscle and losing fat, we're happy to help ...free of charge.

Here's How it Works

To thank you for going through our five-day email course, my team and I have set aside some time to give you a free breakthrough call.

It's a pretty simple process.

You tell us your current situation and what you want to accomplish...

And we help you get better results from your nutrition plan, workout routine, and fitness lifestyle.

I'll tell you why we're doing this in a minute, but first...

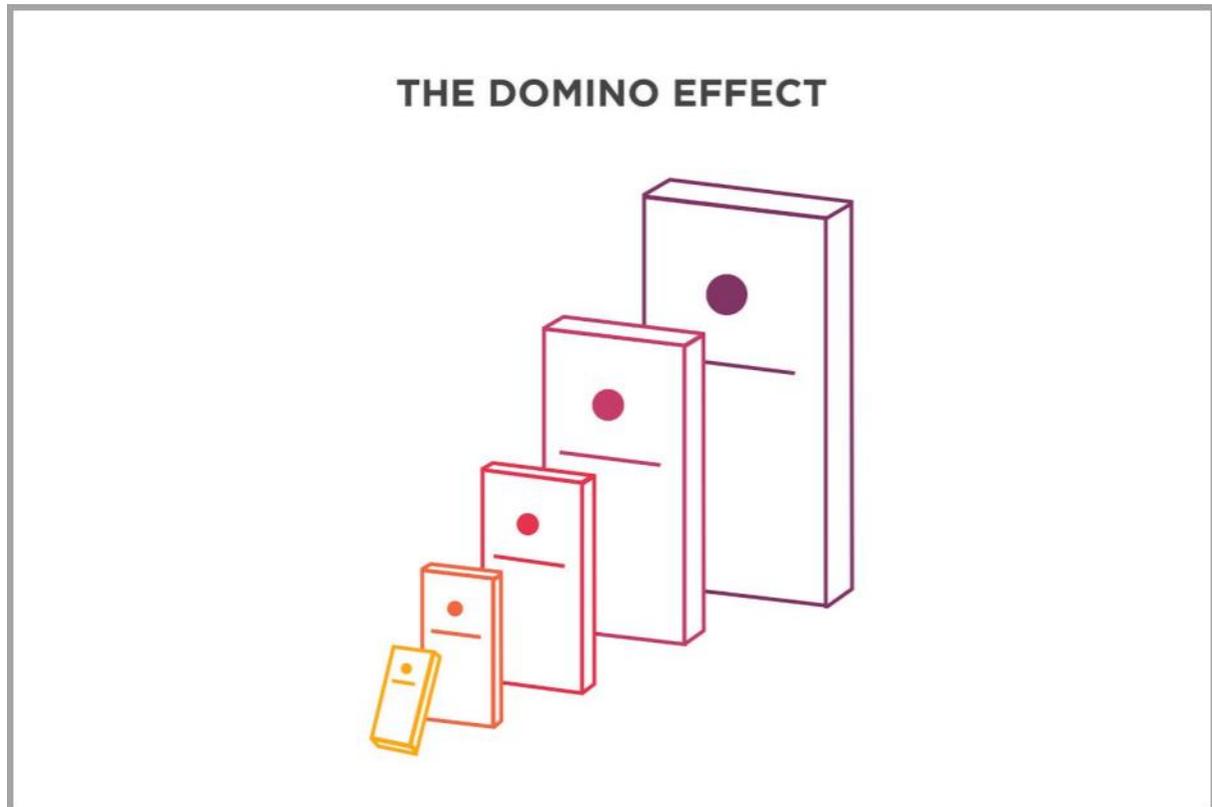
Here's What We Will Help You With, Specifically

We will help you find your one "big domino."

You see, throughout my years of providing personal training, I've come to realize **there's always ONE big domino.**

ONE "big thing" that when identified, will totally transform your fitness results.

If you can find this domino and knock it down, *everything will change*.



Let Me Give You an Example

I've got this real ass-kicker of a friend and client we'll call Eric for now.

When we first started working together, he just couldn't get rid of his excess belly fat.

He had tried "everything," he told me.

Calorie counting. Keto. Paleo. Intermittent Fasting. Full-body workouts. Split routines. High-intensity interval training... You name it.

But aside from losing a few pounds every now and then, he would quickly regain that lost weight and be back at square one.

That made him feel frustrated, confused, and on the verge of giving up.

When we went through his situation and goals, we found out why he wasn't making progress...

Binge Eating

You see, Eric would follow his nutrition plan to a tee 95% of the time...

But occasionally, he would undo those efforts by going for a binge.

That caused him to reverse the calorie deficit he had created over the last few days or even weeks...

Which meant his body fat percentage remained the same.

He was aware of this problem, but he couldn't figure out how to avoid his binge-eating episodes.

In his own words, his urges to load up on junk food like pizza, donuts, and ice cream were "uncontrollable."

Now, in such a situation, you may assume he could overcome this by adjusting his diet ...

But that turned out not to be his ONE Big Domino.

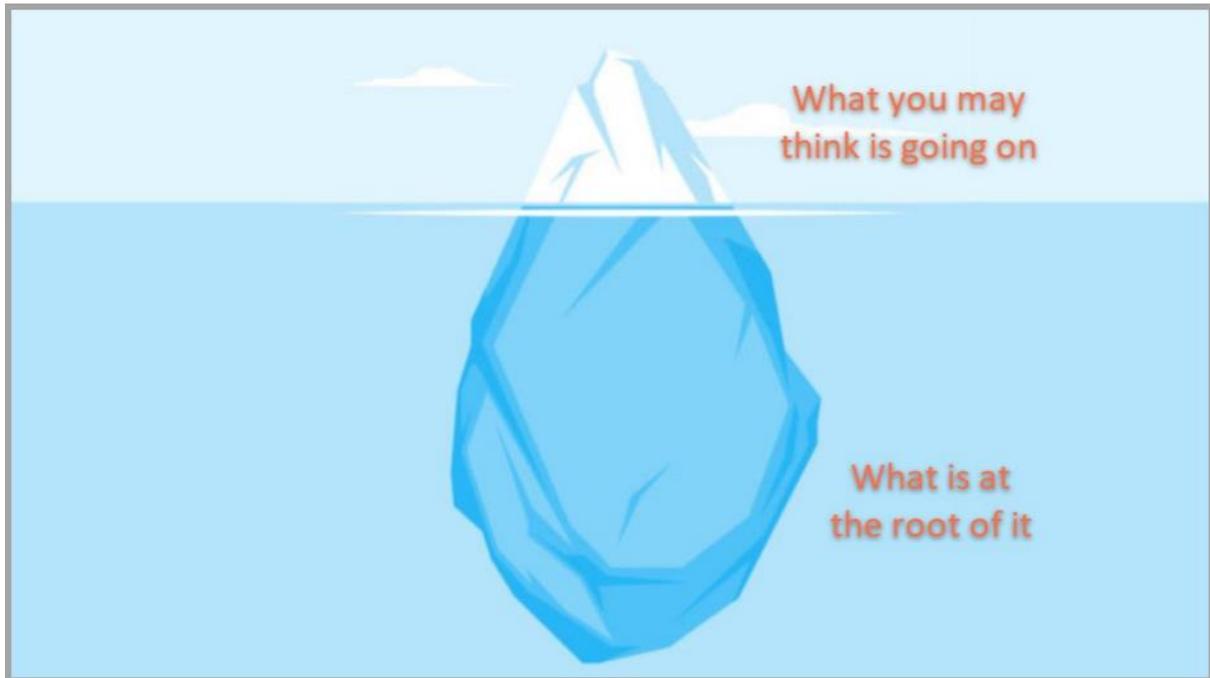
Instead, As Is Almost Always the Case, Eric's "Big Domino" Was Hidden

His binge eating wasn't the real problem.

It was merely a symptom of the root cause.

You can compare this to an iceberg.

While you can see the top part, that represents just a small percentage of everything else that's going on underneath.



Sure, his binge eating was causing him problems...

But the *reason* Eric couldn't avoid his binge eating episodes was because of his poor sleep.

He was in a constant state of sleep deprivation, which suppressed levels of satiating hormones like leptin while increasing the hunger hormone ghrelin.

That's why he was hungry all day long.

Combine that with the fact sleep deprivation impairs willpower and the ability to make healthy food choices, and his binges were to be expected.

Simply put, he could make all the dietary adjustments he wanted but it was unlikely to solve the problem...

Especially when you consider that his nutrition plan was already quite okay.

**So, From That Moment, We Focused On His
One Big Domino – Improving Sleep...**

Which we did in various ways.

For example, we helped him maintain a more consistent sleeping schedule, develop a pre-bed routine, and optimize his bedroom environment.

Plus, we instructed him on taking two all-natural supplements that are proven to aid sleep, as well as a few other tweaks.

The result?

For the first time in years, he had no issues anymore falling asleep, and he got at least 7.5 hours of quality shut-eye every night...

And his hunger cravings and binge eating episodes were non-existent...

Which Led Him to Lose 21 Pounds and 11% Body Fat in Just Three Months

All simply by focusing on that ONE THING...

His ONE Big Domino.

Amazing, right?

But it didn't stop there.

Once he understood the real key to major success was finding that ONE thing and focusing on it, Eric was all in.

So, he came to us again, this time wanting to build muscle.

He was already sporting a near single-digit body fat percentage at that time, which made his situation favorable for muscle growth...

And his next "Big Domino" was to focus on ONE little nutritional tweak – optimizing his macros.

We determined his ideal calorie intake as well as his targets for protein, carbs, and fat...

And as a Result, He Gained Seven Pounds of Lean Muscle in Just 90 Days

That was not because he did five-hundred different things... but because he found ONE "Big Domino" and focused on that ONE THING.

Is that cool or what?

Oh, and by the way, he only trains three days per week.

He refuses to exercise more than that, which is fine.

(I personally prefer to train more often... but whatever.)

The point is that you can schedule your nutrition and exercise plan based on your lifestyle and preferences.

You just have to find your ONE "Big Domino."

Now, Imagine What Could Happen if You Found Your "One Big Domino"...

Imagine how that could change your physique.

You could **double, triple, or even quadruple your fitness results...**

All while improving your health in the process.

You wouldn't have to worry about implementing countless things that don't do much to move the needle...

Because instead, you'll be focusing on that ONE big domino.

Now, the problem is that it's hard to find your one big domino.

It can take years of trial and error.

And you may suffer countless amounts of frustration and spin your wheels for long before you finally "get it right."

But that's where we come in.

We Would Like to Help You Identify Your ONE Big Domino...

So that you can progress towards your health and fitness goals most efficiently.

We will do that during your breakthrough session...

And as mentioned, there is no charge for this.

It only takes about 45 to 60 minutes of us talking together...

And you won't have to worry about implementing a whole bunch of ideas you don't have time for...

Because all you have to do is that ONE THING we uncover together.

Does That Sound Like Something You Want?

If it is, let me explain how the process works.

First, you'll need to fill in an application.

Don't worry, it's simple and only takes about three minutes.

We just need to know a bit more about your situation and what you want to accomplish.

From there, you'll get a link to our calendar so that you can book a spot for your call.

Your call will be between 45 and 60 minutes, and it's either with myself or one of my coaches.

Just to be clear, that will NOT be a random "sales rep" who pretends to be a personal trainer.

Instead, you'll get access to a handpicked coach I even use myself to learn more about nutrition and exercise science.

There are only TWO people in my organization who are qualified to help you with this...

Both of which have learned under the great exercise and nutrition scientist and world-renowned physique coach Menno Henselmans.

So, I promise you'll be in good hands.

During the call, we'll painstakingly review your current situation and what you want to achieve... *with the goal of finding your ONE THING.*

Once that's done, we'll tell you exactly how you can implement that ONE THING into your life so that you'll be able to get the body you really want.

From There, At The End Of Your Breakthrough Session, One of Three Things will Happen:

1. **You love the plan** and decide to implement it on your own. If this is the case, we will wish you the best of luck and ask that you keep in touch with us to let us know how you're doing.

2. **You love the plan and ask to become our client so that we can personally help you execute the strategies and help you optimize your results.**

If this is the case, it'll be GAME TIME. We'll do whatever we can to help you achieve your dream figure in the fastest and most efficient manner.

3. In the unlikely and unprecedented scenario you didn't feel this call was invaluable, **we will immediately send you \$50 to compensate you for your time.**

No questions asked.

In other words, you will always come out on top.

Think about it.

The "worst" thing that can happen is that you get \$50 for "wasting" 45 to 60 minutes of your time.

And the best thing that can happen is that we continue to work together one-on-one to help you finally get into the best shape of your life.

So, Why Are We Doing This?

Two reasons.

First, we enjoy it.

It makes us extremely happy to help people reach their health and fitness goals via principles and methods science indicates are best.

Second, this is how we attract clients.

You see, some – but not all – of the people we do this for end up asking us to become their personal trainer.

So, I hope to help you so much that you'll ask us if you can become our client.

Pretty straightforward, right?

But let me make one thing crystal clear...

You'll NEVER Receive a Sales Pitch in Disguise!

Look...

If you request this service and want to continue working together, we'd be happy to.

But if you don't, that's also fine.

It truly is that simple.

We won't pressure, cajole, or hassle you into anything...

And this isn't some "bait and switch" thing or anything even remotely like that.

In fact...

If this Free Coaching Call Hasn't Been the Most Valuable Health and Fitness Experience You've Ever Had, We'll Send You \$50 for Wasting Your Time

Think about it.

You'll probably never see such a fantastic offer from another quality trainer ever again.

We'll personally help you identify your ONE Big Domino ...for free...

And we'll pay you \$50 if you feel like we've wasted your time.

Just tell us and it's yours. No questions asked.

Which Other Trainer Would Do That?

None of them. We checked.

But we're willing to put things on the line like this...

Because we know this may very well be the most valuable experience you've ever had for your health and fitness.

**Now, Before You Apply,
Let Me Be Brutally Honest.**

If you want to become a coaching client, our service is not cheap.

Not crazily expensive either, but it also isn't cheap.

A service of such caliber simply can't be offered at a rock-bottom price.

Besides, we're going to ask you for a \$20 "real person deposit."

Don't worry, we couldn't care less about your \$20.

We just use it as a "filter" to keep time-vampires at bay.

You'll get it back as soon as we finish our call.

One exception is if you don't show up. We'll then keep your money because we set aside time to serve you.

Another exception is if you want to become one of our coaching clients, in which case we can apply it to your balance.

In all other scenarios, you'll get it back as soon as we finish our call.

What else?

Hmm ...oh yes...

This Service Isn't for Everyone

To get your free breakthrough call and have my team or I spend time with you, you need to meet some strict (although reasonable) criteria.

Here they are:

1. You must be a natural lifter.

We don't work with those who use performance-enhancing drugs.

It's not that we have anything against people who use them.

It's just that we've never used them ourselves and it's not our area of expertise.

So, if you use steroids, this service is not for you.

2. You must be interested in using science-based diet and training strategies.

To help our clients achieve optimal results, we rely on principles and methods science indicates are best.

3. You must follow directions. (Don't worry, we won't ask you to do anything weird.)

After all, if you don't act on our advice, we would be wasting each other's time.

That's it!

Those are all the requirements.

If you meet them, we'll make a good fit.

**So... Would You Like to Request
Your Free Coaching Call?**

In all honesty...

I think we've been clear on what we have to offer and what we want to accomplish here.

We're offering this service to thank you for your interest in our work and to potentially build a long-lasting relationship....

And we're investing our time, money, and ENERGY into ensuring this free coaching call delivers WAY beyond what you could EVER expect from it.

We won't take any shortcuts.

We won't cut any corners.

But we ARE fully committed to helping you identify your ONE Big Domino...

So that you can progress towards your health and fitness goals in the most efficient manner.

However, if you want our help, you must hurry because we can only do a handful of such calls every week.

Besides, we may start to charge our regular consulting price for these calls in the future...

[So, if you feel like this is right for you, click here while this offer is still available. Simply leave your application and let's talk.](#)

Talk soon,
Abdulla Al-Emadi