

Dr. [REDACTED]

Hey, I hope all is well with you, and I hope that the summer was enjoyable. It's been a very busy summer for me, but I now have some open times in my schedule because many of my college athlete clients have gone back to school. I thought of you right away as possible new client. I GUARANTEE that you will get the results that you are looking for when having me train you.

In working with me you can absolutely expect to gain muscle, get stronger, get leaner, have more flexibility and stamina, and obtain an unbelievably fast metabolism. Your energy level and overall sense of well-being will sky rocket which will lead to even more confidence in your life. I PROMISE that if you do what I say, you will have the body you want. It sounds a little corny but it will change your life! : )

I have been in business since 1998 where I have completed well over 30,000 sessions. I have a B.S. degree in Exercise Science, and I have studied under the National Academy of Sports Medicine. I was featured in the [REDACTED] newspaper, and I have been published on several occasions. I have also performed many speaking engagements. I know that you probably don't need to hear all this, but I want you to trust that I will take care of you. My workouts will allow you to feel physically and mentally better than you've ever dreamed. This is because I base my workouts on the latest, cutting-edge scientific research, not magazine articles or the latest fad workout. Plus, it will be fun!

Alright, give me a call and let's get started! I know that you will be very happy in choosing to be trained by me. Great things will happen! You will get the results you are looking for. Talk to you soon. By the way, if you know anyone looking to hire a trainer, please send them my way.

Thank you,

Mark Ruehle

Cell # [REDACTED]

mark@personaltrainingbiz.com

