**Bodyweight Pilates**

**Email 1**

**(Proven & Tested by Amber Spears at ETR)**

**Subject Line: Workout for “grannies” gives you awesome abs**

There is a particular type of exercise I thought were for “grannies” because it looks so easy, our grandmas could do it.

But I couldn’t have been more wrong.

In fact, I was DEAD WRONG.

It took a little convincing, but I decided to give this exercise method a try…and we were amazed at how tough it is!

In fact, my abs were crazy-sore for at least 2 days afterward. No one in the office could laugh or cough without wincing for a few days LOL.

But after doing this exercise method for a few weeks, I was hooked.

Not only did I feel stronger and more flexible, I started noticing some serious definition in my abs, shoulders, and bootays!

What is this deceptively challenging workout method?

**Check it out here <----Harder than it looks (but so worth it!)**

*Warning: When you visit that page, you might be tempted to immediately click away. Don’t. Once you start reading, you’re going to want to try this (…at LEAST once…)*

With your best “you” in mind,

[SIGN OFF]

**EMAIL 2  
(Proven & tested email by Adam Steer, thank you for sharing ☺)**

**Subject Line:** Best “abs” workout ever…

Trendy exercises come and go every year and I thought it was the same for this particular exercise method.

And…I used to think this “workout” was for grannies.

But I was so wrong!

After a little convincing, I gave it a try. And I was amazed at how tough it was. In fact, my abs were crazy-sore for at least 2 days…

What’s this deceptively challenging workout method?

**Check it out here <--- Harder than it looks**

*WARNING: When you visit that page, you might be tempted to immediately click away. Don't. Once you start reading, you're going to want to try this. (...at LEAST once...)*

[SIGN OFF]

**EMAIL 3**

**(Highest CTR email by Tyler Bramlett, thank you for sharing ☺)**

Image Link:  
<http://www.360pilatesworkout.com/wp-content/uploads/2014/04/bwcelebs.png>

**Subject Line:** [PIC] 10 HOT Celebs all added this into their workouts…

Got a quick question for you today….

What do Jennifer Aniston, Jamie Lee Curtis, Kate Hudson, Jennifer Garner, David Beckham, Megan Fox, Hugh Grant, Sandra Bullock, and Madonna have in common?

==> **All 10 of These Celebs Added THIS Into Their Workouts**



=> **All 10 of These Celebs Added THIS Into Their Workouts**

[SIGN OFF]

**EMAIL 4**

**(Proven & Tested email by Tyler Bramlett, thank you for sharing ☺)**

**Image Link:**

<http://www.360pilatesworkout.com/wp-content/uploads/2014/06/s52014.png>

**Subject Line: Guess how old she is? [SWEET PIC]**

I wanted to share with you a type of exercise that most people swap under the rug as weak or for women only.

In FACT, you might be just like me a few years ago, thinking that this type of exercise was completely useless. But you’d be WRONG!

At one point I may have even said it was in the same category as Zumba (nothing against dance, just be sure to do some strength and skill work as well).    
  
So, what changed my mind?    
  
***This chick ---------------------------------------------------->***

*GUESS HOW OLD SHE IS???*

NOPE, not 27 like you thought...

...she’s is 41 years young!

She Looks Good, Right?     
  
She credits her youthful appearance and obviously slim core to this...     
  
**=> Learn Sylvia SECRET To Her Youthful Appearance And Slender Waist...**

**[SIGN OFF]**

**EMAIL 5**

**(Another Proven & tested email by Adam Steer, thank you for sharing ☺)**

Image Links:   
<http://www.360pilatesworkout.com/wpcontent/uploads/2014/04/bonusimages.png>

<http://www.360pilatesworkout.com/wp-content/uploads/2014/04/bwpic.png>

**Subject line:** Weird type of bodyweight workout….[PIC]

I was SURPRISED to see some of the people doing this “weird” form of bodyweight exercise.



Even the US President and his wife Michelle are reported to be in on the action.

I’m sure you’ve heard of it…Pilates.

It’s deceptively tough, all bodyweight and one of the best core workouts around.

Pilates Total System <== Tighten your tummy, improve your posture

Grab your copy and give it a try over the weekend. I think you’ll agree that it’s tougher than it looks.

And just in case you’re a little skeptical…Sylvia has assured me that she’s got a 60-day NO-questions asked guarantee so that you can give it a try with zero risk on your end.

==> Try the Pilates Total Fitness System Risk Free

[SIGN OFF]

**EMAIL 6**

**Pilates Swipe for Fatloss**

**Subject Line:** #1 Method to losing stubborn belly fat

Celebrities and fitness pros from around the world agree it’s the hottest method for TRULY defining abs and losing those unwanted pounds.

It’s a **MUST** to add these to your workouts

You see, my friend and Pilates Expert Sylvia Favela crafted a Pilates system designed to not only flatten your tummy and tighten your body but to **KEEP** it that way.

It helped her lose the baby fat, you know that stubborn mommy pooch after having her son and rid herself of that annoying muffin top.

This **#1 method to lose stubborn belly fat and tone your body** has been the go to method for today’s hottest celebrities.

When your body refuses to lose that last little bit of lower belly fat and you’re feeling frustrated staring at the muffin top in the mirror.

This Pilates system can finally rid your body of the extra weight you’re carrying around and awaken your fatigued out of shape physique.  
   
Take a sneak peek of the **#1 method to lose stubborn belly fat and tone your body.** (INSERT AFFILIATE LINK)  
  
Please share this with anyone who is struggling with losing stubborn belly fat.

[SIGN OFF]

**P.S.** You should **NOT** avoid this cutting edge Pilates method.....even if you're scared of trying it like most are because of the challenge it brings…

**Do NOT avoid this hot new Pilates method**  
(INSERT AFFILIATE LINK)

**EMAIL 7**

**Pilates Swipe for Flexibility**

**Subject Line:** Increase your flexibility with this…

How flexible are you?  Over time we lose flexibility, it just happens.

Especially if we don’t take preventive measures, stiff…tight muscles develop.

Instead of being active all day long we spend most of our time in front of a computer, commuting or being sedentary the majority of the day.

Being inflexible, and stiff can cause some serious injuries when least expected.

My good friend Pilates Health expert, Sylvia knows all too well about injuries and pain. She’s experienced plenty of injuries, from major car accidents, to slipped discs, shoulder injury to knee problems.

But how in the world does she stay active with ZERO pain?? So I asked her and you know what she said?...

*“Pilates! It keeps my body in proper alignment, flexible, agile and keeps my muscles equally balanced to prevent any unneeded strain on my joints and body. Plus I look and feel 10 years younger!”*

Alright, I’ve heard of Pilates being good for flexibility but now I’m convinced.

According to Sylvia there’s no magic pill or move that will miraculously make you super flexible the next morning. Lasting results come from working on it every day.

But the good news is you don't have to spend a lot of time every day working on your flexibility.

With Sylvia’s brand **NEW Pilates Total Fitness System**, you’ll spend only 12 minutes a day to reduce your tight stiff muscles. Instantly feel a HUGE difference in your range of motion and flexibility.

You can grab a copy of her new system at the link below:

**==> Look & feel 10 Years Younger with the Pilates Total System**

I hope you take a minute and grab a copy for yourself, Your body will love you for it!

[SIGN OFF]