*Bold Segments of the Copy are to be made clickable with your link\**

**1)**

Subject Lines:

Revolutionary Yoga + Resistance Routine (Must See!)

Must See Total Body Band Workout!

Body Copy:

The very best of yoga and resistance training has been harnessed into a super short and incredibly enjoyable 15 minute routine...

I’m talking about a revolutionary fitness routine for women that will save you a ton of time while allowing you to experience:

A Faster Metabolism

Improved Flexibility & Posture

Long, Lean Muscle Tone And Definition

Improved Health, Energy and Focus

Renewed Dedication To Your Yoga Routine

And so much more...

**Tap here to see the first ever Yoga + Resistance Routine**

SIGNOFF

2) Subject:

avoid high impact exercises (here’s why!)

STOP doing high impact exercises!

Body Copy:

The main problem with most resistance training exercises is that they’re high impact and aren’t even slightly designed for a woman’s body.

This is what leads to muscle tightness, soreness, bulkiness along with a negative impact on our flexibility and even posture... .

I say forget dealing with pain, strain and discomfort and living in ‘recovery mode’ all of the time just to get the body shaping results we’re after.

At the link below you’ll see a **low impact** resistance routine that will deliver you amazing body sculpting results without the nasty ‘side effects’.

I think you’re going to love this :)

**Try This Revolutionary Approach To Female Fitness**