Twitter Thread by Hypertroph | Fitness Coach

Hypertroph | Fitness Coach
@CoachHypertroph

Transform your body in next 6 months.

People will charge INR 27,000+ for this course.

I am giving away the entire course for FREE:



Module 1:
Build your Fat Loss Diet Plan

· Step by Step Tutorial
· Length: 26 mins

https://t.co/SWD26Vszm5

Module 2:
Learn how to easily track your calories/macros.

· Step by Step Tutorial
· Length: 17 mins

https://t.co/vqhcM7CXD0

Module 3:
Calculate how many weeks it will take to reach six pack.

. Math behind building six pack
· Length: 12 mins

https://t.co/M4GIYNhBSQ

Module 4:
Learn how to Burn Belly Fat in 3 steps

· Science behind belly fat
· 100% Works
· Length: 15 mins

https://t.co/DdLqB0VNaV

Module 5:
Cardio Vs Weight Training: Your Workout Strategy

· Pros & Cons of both
· Strike the right balance
· Length: 14 mins

https://t.co/9ORDnAXnH8

Module 6:
The most effective FAT LOSS Cardio

· 5 Tips to boost your Step Count
· Burn 1 kg+ extra fat per month
· Length: 12 minutes

https://t.co/WA12aI1nUJ

Module 7:
Stay Motivated during your 6 month journey

· Mental Models for staying motivated
· Based on real experience
· Length: 15 minutes

https://t.co/U3VpeZMYzZ

Module 8:
Proof it works.

I teach only what I have proved after tons of research & self-experimentation.

I have made the mistakes - so you don't have to.

Here's my own 6 month transformation:

https://t.co/IlKS8PBMqv

Friends, this is all you need.

Trust me, I have coached & 1500+ people. I know what I am talking about.

"Knowledge is only potential power. It becomes power only when, and if, it is organised into definite plans of action, and directed to a definite end."
------Napoleon Hill

· Don't bookmark and forget.
· Sit in a no-distraction zone.
· Watch the videos in 2 hours.
· Make notes. Take Action.

I sincerely hope you will.

Before you go,
I want to give you 2 more courses (for FREE).

(No, I am not kidding.)



Help me reach more people in 2 simple steps:

1. Retweet the first tweet.

2. Follow me @CoachHypertroph to not miss my future threads.

■ Once done - DM me "Done" & I will share 2 more FAT LOSS COURSES on:

· Best Protein Sources
· Best & Worst Supplements

Thank You.