

## Twitter Thread by [Hypertroph | Fitness Coach](#)



[Hypertroph | Fitness Coach](#)

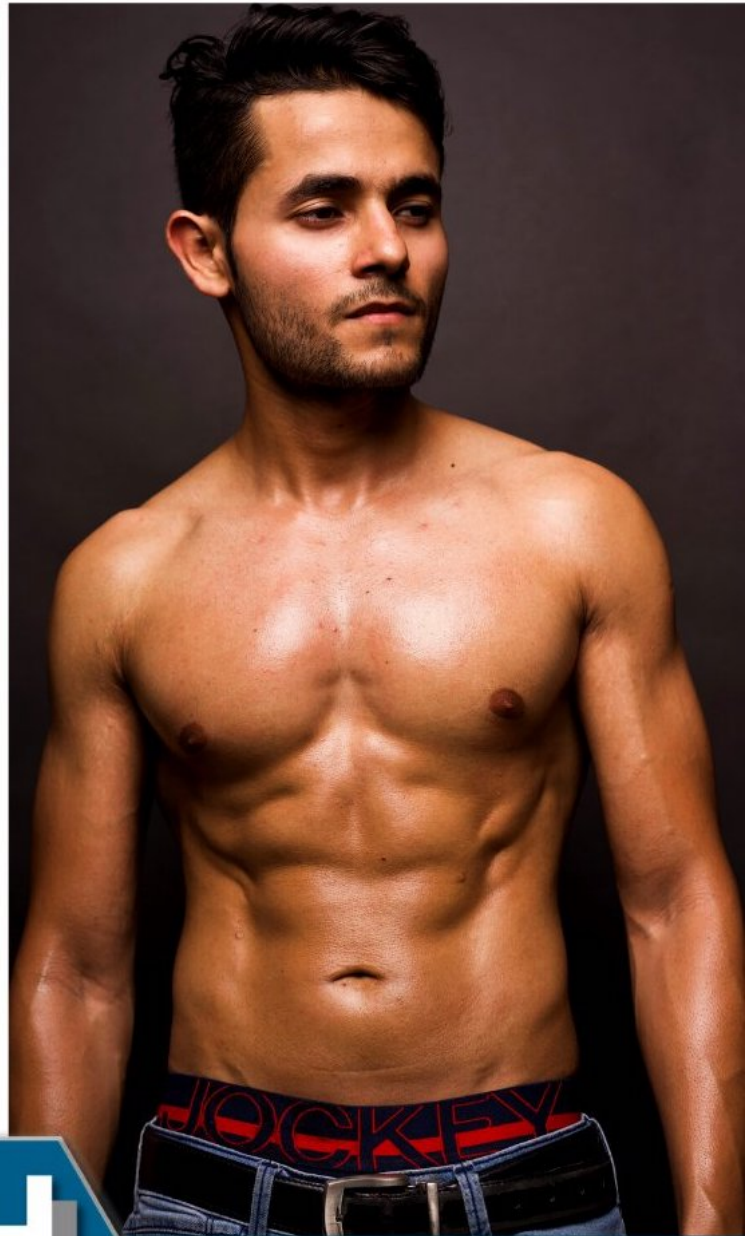
[@CoachHypertroph](#)



**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:**



Before - 78 Kgs



After - 60 Kgs

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/WA12a1nUJ>

### 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/IIKS8PBMqv>

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

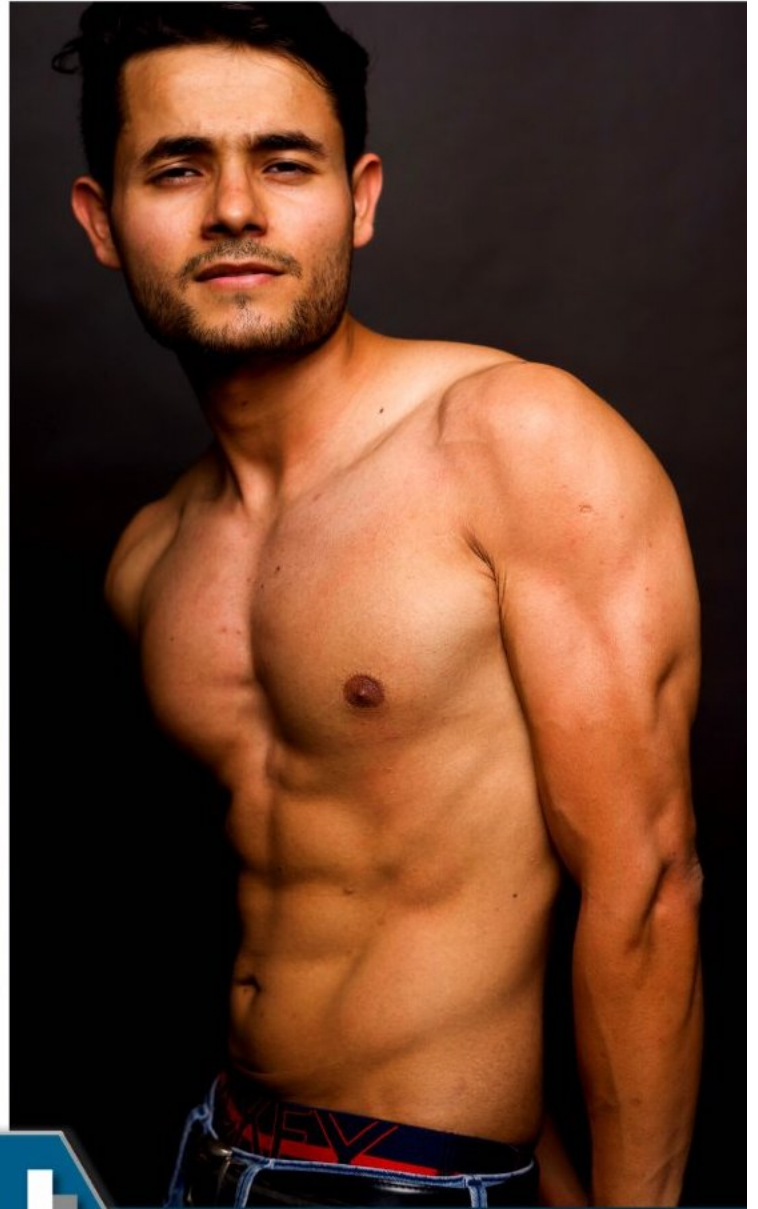
- Don't bookmark and forget.
- Sit in a no-distraction zone.
- Watch the videos in 2 hours.
- Make notes. Take Action.

I sincerely hope you will.

Before you go,

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

(No, I am not kidding.)



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After - 60 Kgs

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.