Swipe Files For Affiliates

**Email #1 (teaser email: Monday, Oct 28th)**

Subject: Finally, An Excellent Pull-Up Program For Women (and men)

As many people know, I’m all about empowering women and helping them feel like total badasses. In the gym, and in life.

Performing a pull-up is one of the most empowering and impressive feats of strength you can achieve.

Sadly, the media, and much of the fitness industry, have led women to believe that they are not capable of doing a single pull-up. Not one.

Instead, women are constantly being told that they should do nothing more than shrink, diet, and detox, and should stick to using tiny weights that can fit into a handbag.

Let me tell you, this is false.

You can and should perform workouts that leave you feeling stronger, fitter, more confident and empowered. You absolutely deserve to feel good, and look the part.

If you are reading this email, you are sick and tired of being told that you should shrink, diet, and detox, and make yourself less. You want more.

You are fed up with doing nothing more than monotonous cardio, or hundreds of reps of ineffective exercises that do not make you look, feel, or perform better.

Your fitness journey can be so much more.

You want to create a strong, athletic, and lean physique.

You want to feel more energetic, vibrant, and healthier.

You want to love your body. Not only how your body looks, but what your body is capable of doing, and how your body is capable of feeling.

Performing pull-ups, whether it is your first rep ever, or your tenth rep in a row, will help you achieve all of the above, and so much more.

You will unleash your untapped strength.

You will sculpt the muscles in your arms and back.

And you will even develop your glutes, and strengthen your abs.

Yes, this is true. The pull-up is a full body exercise.

Unfortunately, very few people know how to train in a way that is conducive to optimal pull-up performance.

Most pull-up programs that exist do not treat the pull-up as a full body exercise. As a result, very few people improve their ability to perform pull-ups.

They do not improve their strength, change their physique, or feel confident and empowered.

And most pull-up programs, or even pull-up specific magazine articles that are out there, are designed for men. Women are being largely ignored.

But even most of the pull-up programs for men are not effective.

Well, let me tell you something extremely positive.

My colleague Meghan Callaway has created an incredibly comprehensive and thorough pull-up program for people who want to perform their first pull-up ever, or their tenth consecutive rep.

Her pull-up program targets the entire body, as the pull-up is a full body exercise.

Currently over 2700 women and men from over 65 countries worldwide are following *The Ultimate Pull-Up Program*.

So many people of all ages, genders, and backgrounds are achieving their pull-up goals, and have been praising this pull-up program.

Meghan’s pull-up program is so comprehensive that a lot of coaches from around the world are using her program with their clients, and have been raving about the results!

In fact, her program, *The Ultimate Pull-Up Program,* is so detailed it is over 200 pages in length. No stone will be left unturned.

You will improve your full body strength, sculpt your muscles, improve your athleticism, and maybe even lose fat (if this is a goal).

**Starting tomorrow, *The Ultimate Pull-Up Program* will be on sale for over 40% off the regular price, and I am so excited to share her badass program with you.**

Stay tuned as I will be filling you in then.

YOUR NAME

PS. Tomorrow I will tell you Sue. She is 75 years old, and just did her first unassisted chin-up. Actually, she did more than one in a row!!

PPS. I will also be sharing with you what the NBA team Los Angeles Laker’s head strength and conditioning coach had to say about The Ultimate Pull-Up Program.

**Email #2 (first email on launch day 1: Tuesday, October 29th)**

Subject: Pull-ups At Age 75? You Better Believe It!

PROMO VIDEO

Let me introduce you to Meghan Callaway’s client Sue.

She is 75 years old.

Sue has always wanted to be able to do an unassisted pull-up.

So for the past few years Meghan and Sue have been working as a team to achieve this goal.

They have been following the frame-work of *The Ultimate Pull-Up Program*.

**Guess what, several weeks ago Sue just performed her first unassisted chin-up ever, and she’s SO close to being able to do an unassisted pull-up.**

She actually did two consecutive chin-ups.

The level of excitement and empowerment that filled the room was absolutely amazing.

[**https://www.youtube.com/watch?v=CuOVNwBe-2Q**](https://www.youtube.com/watch?v=CuOVNwBe-2Q)

This proves a great point.

So many people believe that they will never be able to perform a pull-up, and just give up.

It doesn’t need to be this way!

Sue is no different from many people.

When she first started working with Meghan, she struggled to simply hang from the bar, and was using “all arms.”

Overusing the arms, and neglecting using the muscles in the mid and upper back, is one of many mistakes that is preventing an abundance of people from performing their first pull-up, or performing many reps.

This mistake is also causing many people to experience needless discomfort, often in their elbows, forearms, and even biceps.

Can you relate?

*The Ultimate Pull-Up Program* covers the full body, troubleshoots the many reasons that are holding SO many people back from excelling at pull-ups, AND provides a very practical game-plan.

With this top notch blue-print, Sue went from not being able to hang from the bar, to banging out some pretty awesome looking unassisted chin-ups.

And she’s days away from being able to do her first unassisted pull-up.

Again, at age 75!

**SAVE OVER 40% - From today until November 3rd at 11:59 pm PST, you can take advantage of the special sale price and can get *The Ultimate Pull-Up Program* for only $57. After that the price will increase to $97.**

==> *The Ultimate Pull-Up Program* (Get It Now For Just $57) http://XXXX.mcpullups.hop.clickbank.net

*The Ultimate Pull-Up Program*, which is 4 phases in length, meets YOU where you currently are in your pull-up journey, and will lead you to pull-up dominance, and at your own pace.

*The Ultimate Pull-Up Program* systematically addresses all of the pull-up specific pre-requisites, including:

* Pull-up technique
* Upper body strength
* Pull-up specific body positioning/core stability
* Shoulder and scapular controlled mobility
* Grip strength

So, if you have been unsuccessful at performing your first pull-up ever (or improving your current PR), and think there is no hope, think again.

Many people fail to perform pull-ups, not because they are incapable, but because they are not training for this badass exercise as effectively as they could be.

*The Ultimate Pull-Up Program* can be your solution, AND it’s on sale!!

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You will have all of this extremely detailed and helpful content forever, and can achieve pull-up greatness.

YOUR NAME

PS. The Ultimate Pull-Up Program is NBA approved! Here is what the Los Angeles Lakers former head strength and conditioning coach had to say about The Ultimate Pull-Up Program. He worked with the Lakers from 2011-2017.



“The pull-up is one of the more challenging and complex movements in the gym. I rarely see it done correctly and I never see it prepared for properly. Poor form and faulty planning leads to a lack of results with this movement. I've only come across one resource that has laid out a program and plan that will help you to develop results in your efforts to build a better pull-up. Don't waste your time looking at other programs, the Ultimate Pull-Up Program is it, game over. You will learn how to build your body for the pull-up movement in a comprehensive way that takes into account far more than just your upper body. You won't be disappointed and you will be doing the pull-ups you've wanted to do thanks to Meghan and this program.”

Tim DiFrancesco

DPT, CSCS

Former Los Angeles Lakers Strength And Conditioning Coach (2011-2017)

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PPS. If you have any questions about *The Ultimate Pull-Up Program*, this detailed Frequently Asked Questions page should help.

[**https://ultimatepullups.com/elite-pull-ups/faqs-and-contact-information/**](https://ultimatepullups.com/elite-pull-ups/faqs-and-contact-information/)

**Email #3 (launch day 2: Wednesday Oct 30st)**

Subject: Are These 4 Exercises Holding You Back From Your Pull-Up Goals?

Hey [[first name]],

Do you have the amazing goal of being able to perform your first pull-up ever?

Or can you already perform pull-ups and want to increase your overall number of reps?

But you are stuck and cannot seem to make any progress, and no matter how hard you try?

As a result, you have not improved your pull-up specific performance, you have not increased your full body strength, and you have not sculpted the muscles in your entire body.

You are growing frustrated, see no light at the end of the tunnel, and want to quit? Let me tell you, it doesn’t have to be this way.

The odds are very high that you have been wasting your valuable time and effort by performing exercises that will NOT improve your ability to perform pull-ups.

While they might not be bad exercises, they do not have a positive carryover to your ability to perform pull-ups.

PROMO VIDEO

**Here are 4 exercises that MANY people think will improve their ability to perform pull-ups, but don’t.**

Exercise 1 - Lat Pull-Downs: This is probably the least specific of all exercises relating to your pull-up progress.

Exercise 2 - Band Assisted Pull-Ups: This exercise on its own is not the solution to helping you learn how to perform pull-ups as the band provides the assistance at the wrong time.

Exercise 3 - Machine Assisted Pull-Ups: This exercise is similar to the band assisted pull-up, but in this exercise, your body is actually doing even less work, particularly your “abs” and glutes.

Exercise 4 – Bodyweight Rows/Australian Pull-Ups: While this is a good exercise and definitely serves a purpose, your body is traveling in more of a horizontal path, and this is not specific enough to the pull-up.

**There is a solution to your pull-up problems. Meghan Callaway has created a beast of a pull-up program and it’s called *The Ultimate Pull-Up Program*.**

Meghan’s absolutely comprehensive 200+ page pull-up program will help beginners solve problems that are holding them back from being able to perform their first pull-up.

Or if you can already perform pull-ups but want to improve your form, increase your number of reps, or perform more advanced variations, this program is also designed to help elites excel.

*The Ultimate Pull-Up Program* has been broken into 4 phases. Each phase lasts from 4-8 weeks.

But you can go at your pace, and at your own convenience. This program is all about YOU.

Each phase includes exercises that will help you: improve your pull-up technique, upper body strength, upper body muscle tone, shoulder and scapular controlled mobility, core strength, grip strength, glute strength, and even lower body strength.

Remember, the pull-up IS a full body movement!

In her 40 page bonus section that she added back in 2018, Meghan included exercises that address shoulder health, elbow health, grip strength, and basic lessons on breathing and bracing.

With each exercise, you will be given a very detailed written description as well as a video. You will also be given a prescribed number of reps, sets, rest, and tempo. This program has it all!

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**Why is *The Ultimate Pull-Up Program* different?**

Most people think of the pull-up as an upper body exercise. Due to this false belief, they ONLY train their upper body.

And when they are performing pull-ups (or are attempting to), they neglect the rest of their body.

To excel at the pull-up, your entire body must function as a synchronized unit, not in parts.

Due to this very common mistake and mentality, many people fail to improve their overall pull-up performance, do not improve their untapped strength, or sculpt their entire body.

It does not have to be this way.

*The Ultimate Pull-Up Program* is an absolute game-changer and is truly one of a kind. This fantastic program treats the pull-up as a full body exercise, and trains for it accordingly.

No matter where you are in your pull-up journey, *The Ultimate Pull-Up Program* will meet you there, and will lead you to a level of pull-up performance that you didn’t even know existed.

Meghan has been a strength coach for over 16 years and has mastered how to perform pull-ups herself. Have you seen any of her crazy pull-up videos? If not, you need to.

Meghan has also helped thousands of people from over 65 countries worldwide achieve the same.

Beginners, intermediates, and even elites. Meghan has taken their pull-up game to a totally different level.

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YOUR NAME

PS. Here is Meghan Callaway having a little fun with Canadian Olympic Bronze medalist Jen Kish (rugby) at the Evolve Canadian Strength Symposium in Edmonton, Alberta.

Meghan was teaching her how to do one of her favorite advanced pull-up variations.

Meghan’s 60 minute presentation, which she I did this September, was about Troubleshooting And Advancing Pull-Ups.

[**https://www.youtube.com/watch?v=qbTjvc-qkDM**](https://www.youtube.com/watch?v=qbTjvc-qkDM)

PPS. If you have any questions about *The Ultimate Pull-Up Program*, this detailed Frequently Asked Questions page should help.

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**Email #4 (Day 3 of launch: Thursday, October 31st)**

Subject: From 0 To 10 Pull-Ups In 8 Months?

Pull-ups have ALWAYS been something that have impressed me.

Watching people effortlessly propel their bodies to and from the bar with their own strength.

I can't tell you how impressive that is.

Have you ever done a pull-up? Or many? Nothing feels more powerful in this world.

Meghan Callaway, author of *The Ultimate Pull-Up Program* ....she's the master at them.

And yes, I said she. Don't be fooled, in the world of Wonder Woman and female empowerment, she's a real deal super hero.

Don't believe me?

Check out her promo reel on her website, or her awesome content she consistently delivers on Instagram.

To celebrate the two year anniversary of *The Ultimate Pull-Up Program,* Meghan is offering her program for over 40% off the regular price.

If you've ever had an interest in fixing your pull-up problems so you can perform one, or many reps, Meghan is your coach.

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Now let me introduce Emily. When she first started Meghan Callaway’s *The Ultimate Pull-Up Program*, she wasn’t able to perform a single pull-up. After following this program for 8 months, she hit a PR of 10 pull-ups!

[**https://youtu.be/KhAkj1Qdfcw**](https://youtu.be/KhAkj1Qdfcw)

Here is what she had to say about The Ultimate Pull-Up Program:

‘’I did it! Ten overhand grip strict pull-ups. It's taken me 8 months of consistent hard work, sweat, and some tears to get from zero to ten. Some of you have followed this little journey of mine on my Instagram stories. I began posting as a way to keep track of my progress and keep myself accountable, but in the process, gained a ton of encouragement from those who took time to cheer me on with kind words and messages. Thank you so much!

Pull-Ups are an incredible total body exercise involving so much more than your back. This video shows the end result, but there were many different exercises I needed to do to improve my core and lumbo-pelvic stability as well as grip strength and scapular mobility.

A few months into my training, I was fortunate to find Meghan and her *Ultimate Pull-up Program*. I don't mean to sound like an ad, but, I honestly don't think I could have achieved my 10 without this program and her specific guidance. She is the real deal and I'm so grateful.’’

Emily Fauser

You can achieve your pull-up goals as well!

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YOUR NAME

PS. Since Meghan released *The Ultimate Pull-Up Program* two years ago, she’s received these questions more times than she can count. In case you were wondering…

PROMO VIDEO

**1) Can The Ultimate Pull-Up Program be performed at home? And what equipment is necessary.**

The answer to this question is YES. In terms of the pull-ups and regressions, all you need is a home pull-up bar, monkey bars (in a playground), or rings. This IS a requirement.

For the other exercises, she recommends some dumbbells/kettlebells, and several exercises require a resistance band, a TRX, and a barbell.

That being said, if you do not have this equipment, you can absolutely modify the exercises. Meghan will gladly provide you with alternatives.

**2) Can The Ultimate Pull-Up Program be combined with other programs?**

The answer to this question is also YES. A huge number of people who are following *The Ultimate Pull-Up* Program are powerlifters, Crossfitters, runners, bodybuilders, and other athletes.

While Meghan’s program has the goal of improving one's ability to perform pull-ups, the exercises in her program also have a positive carryover to other programs, sports, and definitely everyday life!

*The Ultimate Pull-Up Program* involves 3-4 workouts (3 with an optional 4th) per week, and it addresses the full body.

Remember, the pull-up IS a full body exercise.

Meghan’s program is more than enough to do on its own, but if you are following other programs you can do your program on off days, or you can add in exercises on days you are following my program.

For instance, if you are a powerlifter, you can do the "big 3" (squats, deadlifts, bench presses) on days you are not following *The Ultimate Pull-Up Program*, or you do one exercise on each day you are following her program.

You can figure out what works and feels best for you.

**3) How long does each workout take?**

While this absolutely varies on an individual basis, each workout generally takes around 35-45 minutes to complete.

When you are first starting out, each workout might take slightly longer.

If you add in extra exercises, or have a customized warm-up or cool-down, this will also increase the overall length of your workout.

If you still have questions about *The Ultimate Pull-Up Program*, this detailed FAQ page should help.

[**https://ultimatepullups.com/elite-pull-ups/faqs-and-contact-information/**](https://ultimatepullups.com/elite-pull-ups/faqs-and-contact-information/)

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**Email #5 (Day 4 of launch: Friday, November 1st)**

Subject: The Overlooked Exercise For Strong Abs

I've never met a single person who was great at pull-ups, but who didn't have extremely strong abs.

Okay, maybe a few people…

But for the most part, pull-ups build a killer set of abs. Or more technically, the anterior core muscles and obliques. You know the muscles that create the v-taper?

Here's why.

In order to perform one, or many consecutive reps of pull-ups, you need something called lumbo-pelvic stability. And you need to be able to create tension in your midsection.

This will help keep your hips and spine stable, to allow you to propel your body to and from the bar with greater ease.

You’ve seen many people trying to perform pull-ups, but they can’t stop themselves from swinging back and forth? Or maybe you can relate to this?

A large reason why many people can’t stop their body from swinging and struggle to perform pull-ups is because their “abs,” or more technically, their anterior core, and also obliques are weak.

When pull-ups are performed correctly, your “abs” will be working in a MAJOR way to keep your body stable and in the correct position.

With *The Ultimate Pull-Up Program*, Meghan has included many different exercises that will help strengthen your “abs,” and all of your core muscles. In each phase, the exercises will become progressively challenging.

She will also teach you HOW to use these muscles WHILE you are performing pull-ups.

The end result will be much better pull-ups, and a stronger and more defined midsection.

PROMO VIDEO

Meghan Callaway has a program that is based around her 16 years of experience of helping people of all genders from around the world master this effective, empowering, and totally badass exercise.

In the past two years, over 2700 people from over 65 countries have been following this extremely detailed pull-up program, and have been raving about the program, and the results it is producing.

This isn’t exactly a small sample size!

With *The Ultimate Pull-Up Program*, you will learn new and amazing core exercises that you’ve likely never seen or tried before.

These exercises will dramatically improve your ability to perform pull-ups, and many other exercises. Even your squats, deadlifts, and bench presses.

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YOUR NAME

PS. ATTENTION MEN…

**Here is a message Meghan delivered to her male audience back in 2017 when she released The Ultimate Pull-Up Program.**

Nothing has changed here:

“I want to apologize to you as I admit that I somewhat intentionally targeted women when I marketed *The Ultimate Pull-Up Program*.

Why did I do this?

When it comes to fitness, women are often neglected.

Or at least women are often told that they should stick to doing cardio, or using weights that can fit into a small bag.

This is exceptionally insulting, unhelpful, and untrue.

I wanted to make it crystal clear that women are strong, just as capable as men, and can do whatever they choose.

This includes pull-ups.

Like all exercises, the pull-up IS a gender neutral exercise.

When it comes to training the pull-up, the same underlying concepts apply to both men and women.

You need to develop technique, full body strength, lumbo-pelvic stability, and scapular/shoulder controlled mobility.

The requirements are ALL the same.

In fact, you might be surprised to know that since I released *The Ultimate Pull-Up Program* two years ago, a HUGE number of buyers have been men.

I admit, I don't know exact numbers as I've lost track, but I'd say at least 30%, if not more.

Many of these men have also been coaches.

So, if you are a male who is looking to perform his first pull-up ever...

Looking to go from 5-10 reps...

Or perform some of my crazy and fun variations...

The Ultimate Pull-Up Program IS for you.”

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**Email #6 (Day 5 of launch: Saturday, November 2nd)**

Subject:Two Finger Pull-Ups? There IS A Reason…

Back in 2017, my colleague Meghan Callaway decided to create *The Ultimate Pull-Up Program* as she is incredibly passionate about pull-ups, and the feelings of power, joy, and confidence that they produce.

But for the 16 years that she has been in the fitness industry, she has never seen a single pull-up program that trains this exercise as effectively as it could be.

Meghan has watched countless people, including people of all fitness levels and abilities, keep making the same mistakes again and again, and she decided she wanted to make a difference.

*The Ultimate Pull-Up Program* will help you solve the MANY problems that have likely been preventing you from performing one or many pull-ups.

Beginner, intermediate, or elite? Meghan has you covered.

Meghan made sure that *The Ultimate Pull-Up Program* is extremely thorough, systematic, and progressive, and will meet you where YOU currently are in your pull-up journey.

Remember, *The Ultimate Pull-Up Program* includes 4 phases plus a 5th bonus phase, and 40 pages of new content she added back in 2018 (so her program is now over 200 pages in length), and is the most comprehensive and well thought out pull-up program that exists.

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Now, two finger pull-ups??

In this really cool video, Meghan demonstrates how to perform “two finger pull-ups.”

That’s right, she’s performing pull-ups while only using two fingers per hand.

[**https://www.youtube.com/watch?v=pkH7UkoD24o**](https://www.youtube.com/watch?v=pkH7UkoD24o)

The reason?

To ensure the biceps and forearms aren’t doing the majority of the work. The pull-up is an exercise for the back, NOT the arms.

Many people overuse their arms and underuse the powerful muscles in their back. This HUGE mistake is preventing a plethora of people from performing one or many pull-ups.

Other people are able to perform pull-ups, but are dealing with cranky elbows, or irritated muscles. This is often the reason why.

Scapular movement, in other words, the controlled movement of the shoulder blades, is imperative to your pull-up success.

NOT initiating and performing the movement predominately with the arms.

*The Ultimate Pull-Up Program* will help rectify all of this…

Meghan wasn't always this strong…

In fact, when she was 28 years old she was in a really bad car accident. This led to over five years of major body dysfunctions, various injuries, and endless heartache and frustration.

She had to put her pull-up dominance journey, and most of her training on hold. She never thought she would see the light at the end of the tunnel.

But she was wrong.

Once this blazing light emerged, Meghan systematically relearned how to move, and she rebuilt her body, following the philosophies that she instills in *The Ultimate Pull-Up Program*.

Training in this manner has helped Meghan regain her health, and has allowed her to achieve a level of strength and fitness that she didn’t even think was possible.

Including her ability to perform pull-ups. Now, Meghan truly believes that anything is possible.

If you don’t believe me, check out this recent video that Meghan took.

[**https://www.youtube.com/watch?v=E2FJId-8F-E**](https://www.youtube.com/watch?v=E2FJId-8F-E)

Meghan wants you to experience the same level of pull-up dominance, and feelings of joy and empowerment.

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YOUR NAME

PS. Here is what Meghan’s colleague TJ Mims had to say about her pull-up program. He is a coach, and has been using her program with his clients.



‘’Meghan’s will transform you into a Badass! (just like her)

I invested in Meghan’s Ultimate Pull-Up program after following and admiring her work for years. It didn’t take very long to realize that this was one of the best investments I could have made as a personal trainer. It has not only exceeded my expectations, but completely obliterated them. I was taken to school and class was in session!

It’s evident that Meghan is incredibly passionate about her craft. She put together the most comprehensive and complete pull-up program available on the market, without question. I’m literally envious or her understanding and knowledge of the science behind creating this program. Her dedication to her craft is matched only by how amazing of a person she is. And let me just say, she’s pretty damn awesome!

If you’re looking to improve your pull-ups, or even just to help your own clients improve theirs, you’d be doing yourself a huge disservice if you didn’t utilize this amazing resource. Get her Ultimate Pull-Up Program and don’t look back!’’

TJ Mims

Coach

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[**https://ultimatepullups.com/elite-pull-ups/faqs-and-contact-information/**](https://ultimatepullups.com/elite-pull-ups/faqs-and-contact-information/)

**Email #7 (Final day of launch: Sunday, Nov 3rd)**

Subject: Last Day To Save Over 40% On The Ultimate Pull-Up Program

**SAVE Over 40%!! - Here is a friendly reminder that today is the last day *The Ultimate Pull-Up Program* will be on sale for only $57. After tonight at 11:59pm PST, *The Ultimate Pull-Up Program* will increase to $97.**

Trust me, you don’t want to miss out on this amazing full body program. *The Ultimate Pull-Up Program* is the most comprehensive and badass pull-up program that exists.

==> *The Ultimate Pull-Up Program* (Last Chance To Get For Just $57) http://XXXX.mcpullups.hop.clickbank.net

If you are serious about taking your pull-up game to the next level, this program is for you.

Meghan has provided you with a top of the line blueprint that will lead you to the pull-up promise land, and beyond.

It is up to you to take action. The countdown is on.

An added bonus. You will build your glutes, sculpt your arms and back, and even strengthen your “abs.’

Transform your physique, and unleash your untapped strength.

Don’t wait around any longer for this amazing offer to pass you by.

PROMO VIDEO

This is your last chance. If you wait until tomorrow, the sale will be over.

*The Ultimate Pull-Up Program* is over 200 pages of pure gold. Videos and information that you will have forever.

Over 2700 people in 65+ countries worldwide are following this world class pull-up program.

You can be like 75 year old Sue and make unassisted chin-ups look easy…

[**https://www.youtube.com/watch?v=CuOVNwBe-2Q**](https://www.youtube.com/watch?v=CuOVNwBe-2Q)

Or be like Emily, who went from being able to do 0 to 10 pull-ups in just 8 months time.

<https://youtu.be/KhAkj1Qdfcw>

From fitness enthusiasts, to personal trainers/strength coaches, to elite athletes, the list is endless…

It’s basically a blueprint that leaves no stone unturned, and will help you perform your first pull-up ever. Or your tenth. The sky is the limit.

Again, today is the last day. You have nothing to lose, everything to gain.

**SAVE Over 40%!! - Until tonight at 11:59 pm PST, you can take advantage of the special sale price and can get *The Ultimate Pull-Up Program* for only $57. After that the price will increase to $97.**

==> *The Ultimate Pull-Up Program* (Last Chance To Get For Just $57) http://XXXX.mcpullups.hop.clickbank.net

Don't miss out,

YOUR NAME

PS. If you have questions about *The Ultimate Pull-Up Program*, this detailed Frequently Asked Questions page should help.

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