

Facebook/LinkedIn Ads

Ad 1: Pain-Focused

Headline:

"Too Busy for Fitness? That's the Problem."

Body:

Picture this: it's 8PM. You've been on calls all day, grabbed lunch at your desk, and now the kids need you. The last thing you're doing is driving to the gym.

Most fitness programs don't get it. They assume you have 2 spare hours and endless willpower. You don't.

That's why we built **The 6-Week Busy Pro Body Reset**—designed for people like you. Just 20 minutes a day. No gym. No diet misery. Real results you can see.

CTA: [Learn More →]

Ad 2: Story/Testimonial

Headline:

"John Proved Busy Doesn't Mean Out of Shape"

Body:

John's a 42-year-old exec. Long hours, business travel, zero free time.

He thought fitness was out of reach—until he joined the **Busy Pro Body Reset**. In 6 weeks, he dropped 15 lbs, doubled his energy, and showed up more confident at work and home.

His secret? 20-minute workouts + simple nutrition + a plan that fits life, not fights it.

If John can do it, so can you.

CTA: [Start Your Transformation →]

Ad 3: Urgency/Offer

Headline:

"Enrollment Ends Tonight. Don't Miss Out."

Body:

6 weeks from today, you could be lighter, sharper, and proud of what you see in the mirror.

All it takes:

- ✓ 20-minute workouts
- ✓ No-fuss nutrition
- ✓ Expert coaching on your side

But here's the catch: enrollment for **The Busy Pro Body Reset** closes tonight at midnight.

Miss it, and you'll wait months for the next round.

CTA: [Join Now →]

Landing Page Copy

Headline:

"Finally—A Fitness Plan That Fits Your Life."

Subheadline:

"20 minutes a day. 6 weeks. Real results for busy professionals."

The Problem

You're busy. Calls, deadlines, family, repeat. Fitness always gets pushed down the list.

Why? Because most programs were built for athletes, not professionals.

- ✗ 90-minute gym sessions
- ✗ Restrictive meal plans
- ✗ Coaches who don't get your life

No wonder it hasn't worked.

The Solution

That's why we built **The Busy Pro Body Reset**. In just 6 weeks, you'll:

- Train in **20 minutes a day**—no gym required.
- Follow a **simple nutrition plan** (no calorie counting, no meal-prep marathons).
- Stay accountable with **expert coaching and support**.

It's fitness designed around your life, not the other way around.

Proof

💬 *“I lost 15 lbs in 6 weeks and feel better than I have in years. The workouts are quick, and the results are real.”* – John, 42

💬 *“This program finally fits into my busy schedule. I feel in control of my health again.”* – Sarah, 37

The Offer

Join today for just **\$497**—that’s less than **\$12 a day** to reclaim your body and confidence.

Urgency

⚠️ Enrollment closes **[DATE] at midnight**. Miss this round, and you’ll wait months for the next.

CTA: [Start Your 6-Week Reset Today →]