

PUBLIC REPORT BY PROMTPRESS

Channel audit

fitness SHOCK



@fitnessshock

Get our boxes by completing fun tasks here 👉

@fitness_shock_bot Ask a question 👉 @fitness_shock_help Our

VK: <https://vk.com/fitnessshock> Application on Gosuslugi:
(5317018981)

SUBSCRIBERS

24 545

+402 per month

ERR (% SEE POSTS)

28.0%

in 24 hrs 11.1%

REACH/POST

7K

ad reach 2.7K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a health indicator. Subtitle shows the period.

SUBSCRIBERS 24 545 —	SUBSCRIBER REACH 28.61% avg % subs see post	VIEWS/POST 7K median 8.5K · 22 days	POSTS/WEEK 1.0 over period
7D TREND — no data for period	REACTIONS/POST 130.7 total 392 reactions, 48 reposts, 99 comments	POST LENGTH 200 chars median 183 · 22 days	POSTS ANALYZED 3 22 days
AD REACH 2.7K 24h avg	CHURN / MONTH +402 over last month	CITATION RATE 56 citation index · 140 channels mentioned ever	CHANNEL AGE 5 years 15 days created 05.07.2021

AI EDITOR SUMMARY

Channel «fitness SHOCK» — 24 545 subs. Each post averages 7K people (29% of subs), good reach. Posts 1 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT TOP POSTS HAVE IN COMMON

- 01 Analysis based on 3 posts over 22 days.
- 02 Dominant format — Video (2/3 of posts).
- 03 Avg post length — 200 chars (median 183).
- 04 Peak audience activity — Thursday, 19:00 MSK.
- 05 Top posts get 1x more views than the weakest (7K avg for top vs 7K for worst) — among 3 posts in 22 days. Worth analyzing what the top has in common — topic, format, timing.

TOP 3 POSTS

Nº1 25.06 · 16:39 PHOTO  strategic task of special importance: urgently deploy to all Magnit stores and evacuate the boxes...	VIEWS 8 801 REPOSTS 12	REACTIONS 210 ER 35.9%
Nº2 24.06 · 17:58 VIDEO Here it is: @fitness_shock_bot 🤖	VIEWS 8 538 REPOSTS 7	REACTIONS 64 ER 34.8%
Nº3 16.07 · 17:59 VIDEO We've already sent you 250+ boxes! 📦🚚💨 And now we'll send even more) Just keep those views coming! • 100K📦x3 standard boxes • 300K📦x6...	VIEWS 3 731 REPOSTS 29	REACTIONS 118 ER 15.2%

WORST 3

↓ 25.06 • 16:39 PHOTO  strategic task of special importance: urgently deploy to all Magnit stores and evacuate the boxes...	VIEWS 8 801 REPOSTS 12	REACTIONS 210 ER 35.9%
↓ 24.06 • 17:58 VIDEO Here it is: @fitness_shock_bot 🤖	VIEWS 8 538 REPOSTS 7	REACTIONS 64 ER 34.8%
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SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

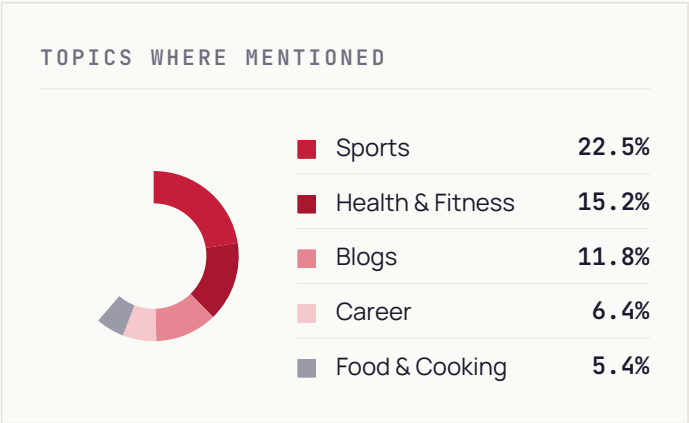
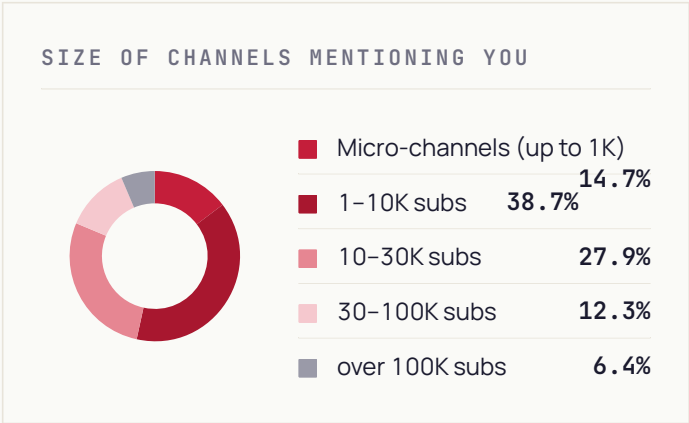
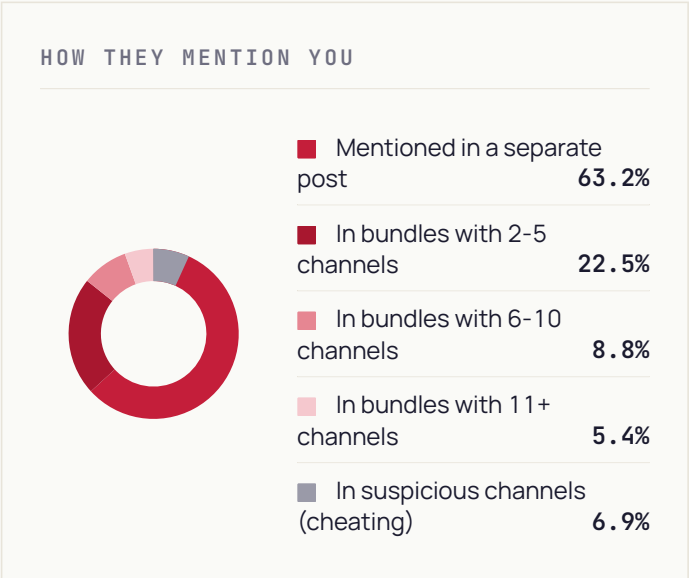
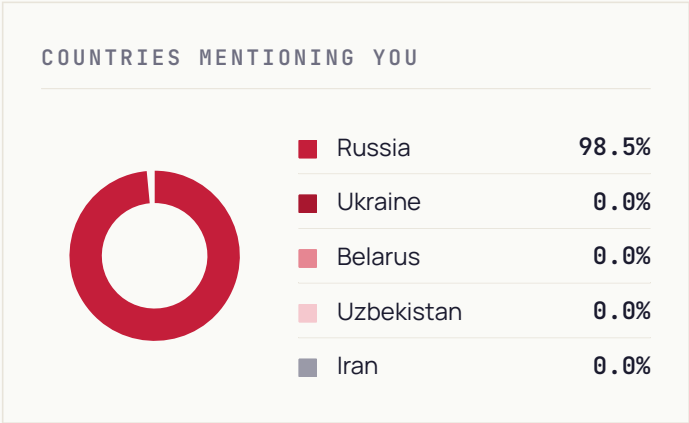
Yearly subscriber growth chart. Key months show exact subs. See gains and losses.



SECTION 04 · MENTIONS

Who mentions the channel and how

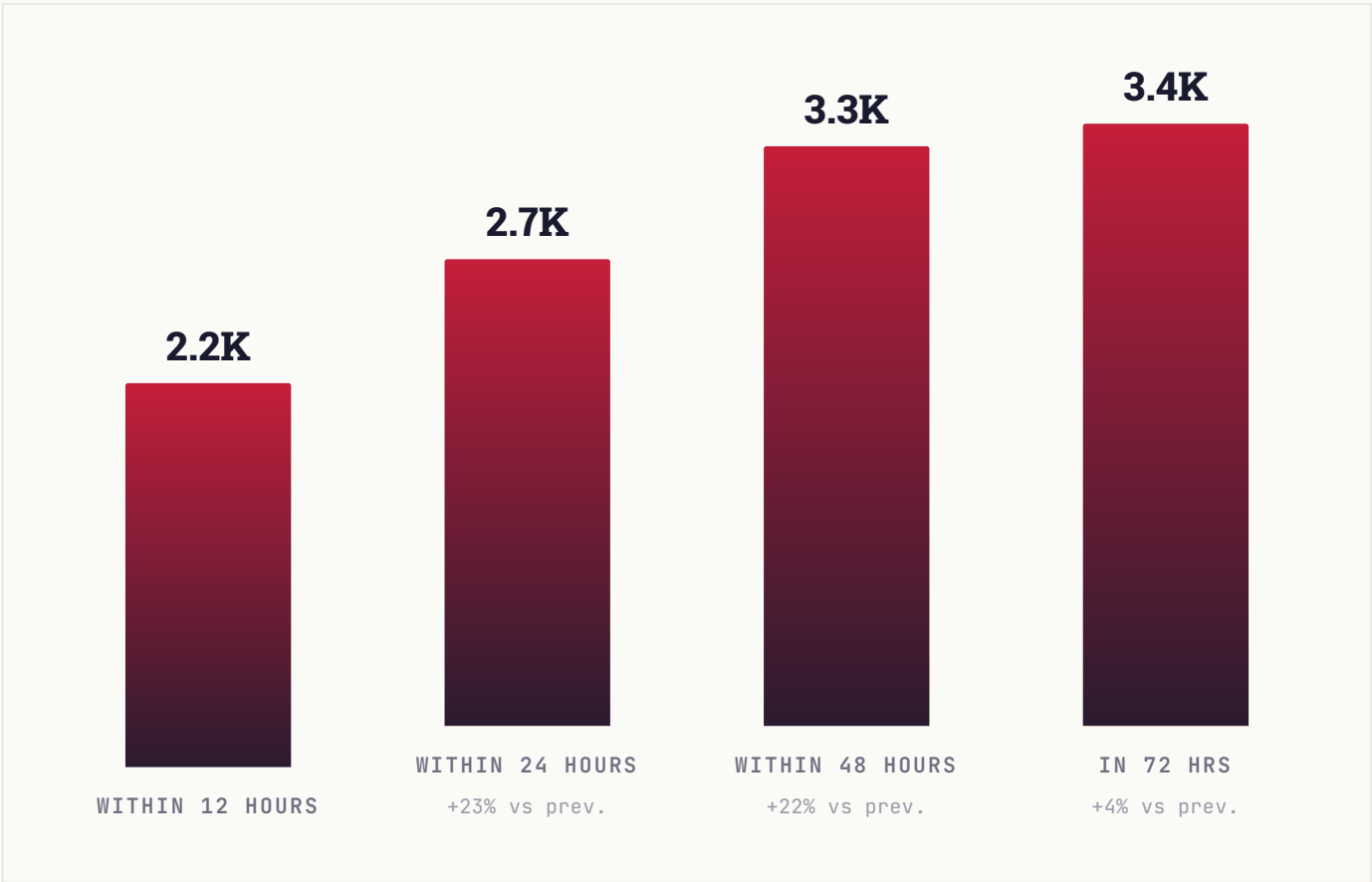
Citation index **56** — channel popularity score based on mentions. Considers both count and weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **140** different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

Avg ad post reach over time since publication. Helps gauge how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.2M
KZ Test purchase	761.6K
BI Biohackers	579.1K
GS GymDeals- Supplements & Whey Protein Offers	539.6K
BI Biohacking	530.5K
SL Sport Life	522.2K
VN Eternity in Tibet	490.9K
NT Our body	479.2K
AU Ales Ulischenko Osteopath, PhD Face plastic surgery author	475.3K
BZ Stay healthy	446.6K
FS fitness SHOCK YOU	24.5K

COMPARATIVE CONCLUSION

Channel not yet outside top-97 of niche — early growth stage. Niche leader — DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.2M), top-97 median: 165.8K. First goal: break into top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Monthly we track posts in other channels that mention yours. Over the last **6 months** such mentions were **39**, they brought **2 290** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	7	5	1 383	
December 2025	6	6	206	
Nov 2025	13	11	246	
Oct 2025	2	2	174	
September 2025	7	6	281	
August 2025	4	3	0	

TOTAL MENTIONS	MONTHS IN DATA	GAINED SUBSCRIBERS
39	6	2 290

Where channel ranks in its league

The figure consists of three horizontal bar charts, each representing a different performance metric. Each chart has a light beige background bar representing the peer group range, a darker beige bar representing the median, and a red dot representing the channel's performance. A vertical line marks the median value.

- SUBSCRIBERS:** The channel has 24,545 subscribers, which is 86% below the median of 170.1K. The peer group range is from 53K to 544K.
- AVG REACH / POST:** The channel has an average reach of 7,023 per post, which is 33% below the median of 10.6K. The peer group range is from 573 to 44.3K.
- CITATION INDEX:** The channel has a citation index of 56, which is 75% below the median of 220. The peer group range is from 0 to 2.7K.

Metric	Channel Value	Median	Percentage Below Median	Peer Group Range
SUBSCRIBERS	24 545	170.1K	86%	53K - 544K
AVG REACH / POST	7 023	10.6K	33%	573 - 44.3K
CITATION INDEX	56	220	75%	0 - 2.7K

— SECTION 09 · STRATEGY

What to do right now

5 priority actions ranked by expected impact. Check them off and revisit this report in a month.

01

Increase posting frequency

Currently 1.0 posts/week. Active channels average 7-10. Consistency is key to audience retention.

EFFECT

**Consistency
beats volume**

02

Best post day — Thursday

Audience most active on this day at 19:00 MSK.

EFFECT

**Best window
for important
posts**

03

System traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One weekly poll on a hot topic is an easy win.

EFFECT

+5-15% ER

05

Cross-promo with nearby channels

Swap posts with channels in the same segment once a quarter. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — is what we can do in a few minutes based on public data. To go further — run ads through us and hit your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
