

PUBLIC REPORT BY PROMTPRESS

Channel audit

Personal trainer in your phone



@flex_mybody

International Online Fitness Club for Women 🧘♀️ 30-min workouts featured by Glamour and Sport24 Posture, glutes, abs, weight loss & anti-edema with trainer support Join the club 📄...

SUBSCRIBERS

114 699

+234 per month

ERR (% WHO SEE
POSTS)

2.0%

per day 1.1%

REACH/POST

2.3K

ad reach 1.3K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 114 699 —	 SUBSCRIBER REACH 2.03% avg % of subs see post	 VIEWS/POST 2.3K median 2.3K · 29 days	 POSTS/WEEK 24.8 for the period
 7D TREND -14.6% vs previous week	 REACTIONS/POST 15.4 total 1,615 reactions, 552 reposts, 78 comments	 POST LENGTH 574 chars median 492 · 29 days	 POSTS ANALYZED 105 29 days
 AD REACH 1.3K 24h avg	 CHURN / MONTH +234 last month	 CITATION RATE 26 citation index · 44 channels mentioned it ever	 CHANNEL AGE 5 years 6 months created 15.12.2020

AI EDITOR SUMMARY

Channel «Personal trainer in your phone» – 114 699 subs. Each post averages 2.3K people (2% from subs), reach is low – consider expanding audience. Publishes 25 posts per week (~4/day) – active posting mode. For week 8–14 June reach dropped by -14.6% vs week 1–7 June – worth analyzing the reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **105** posts over 29 days.
- 02 Dominant format — **Video** (57/105 posts).
- 03 Avg post length — **574** characters (median 492).
- 04 Audience peak activity — **Monday**, 09:00 MSK.
- 05 Top posts get **2x** more views than the weakest (3.6K avg top vs 1.4K worst) — among 105 posts over 29 days. Worth analyzing what top posts have in common: topic, format, timing.

TOP 5 POSTS

Nº1 29.05 · 05:01 VIDEO Lower back pain every morning☹️ Lower back pain can be caused by tension in the piriformis muscle (connecting sacrum to thigh)...	VIEWS 3 640 REP. 27	REACTIONS 18 ER 3.2%
Nº2 02.06 · 05:05 PHOTO "People often say my belly looks 5 months pregnant. Though I know it might be due to hyperlordosis. How to...	VIEWS 3 617 REP. 2	REACTIONS 18 ER 3.2%
Nº3 30.05 · 09:01 VIDEO You won't believe it, but you can lift your chest without surgery And no, we're not talking about a "miracle cream" or a magical...	VIEWS 3 501 REP. 18	REACTIONS 14 ER 3.1%

Nº4 01.06 · 06:56 VIDEO Top 5 hacks to fix neck hump 😊 First, let's clarify one thing. Many still think a hump is salt deposits or...	VIEWS 3 450 REP. 23	REACTIONS 29 ER 3.0%
Nº5 01.06 · 12:13 PHOTO 📌 JUNE IN THE HOME WORKOUT CLUB If you've been wanting to train systematically, not just take one course and search again, here's...	VIEWS 3 374 REP. 4	REACTIONS 16 ER 2.9%

|

WORST 3

↓ 18.06 · 08:07 TEXT Good evening, a very delicate question, but first day of period and it feels like my body won't obey. Did everything, but somehow today...	VIEWS 1 469 REP. —	REACTIONS — ER 1.3%
↓ 22.06 · 13:22 TEXT Girls who follow our flexibility courses share their splits📌 Let's drop them some reactions ♥	VIEWS 1 438 REP. —	REACTIONS 12 ER 1.3%
↓ 22.06 · 13:23 PHOTO From there)	VIEWS 1 412 REP. —	REACTIONS 14 ER 1.2%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

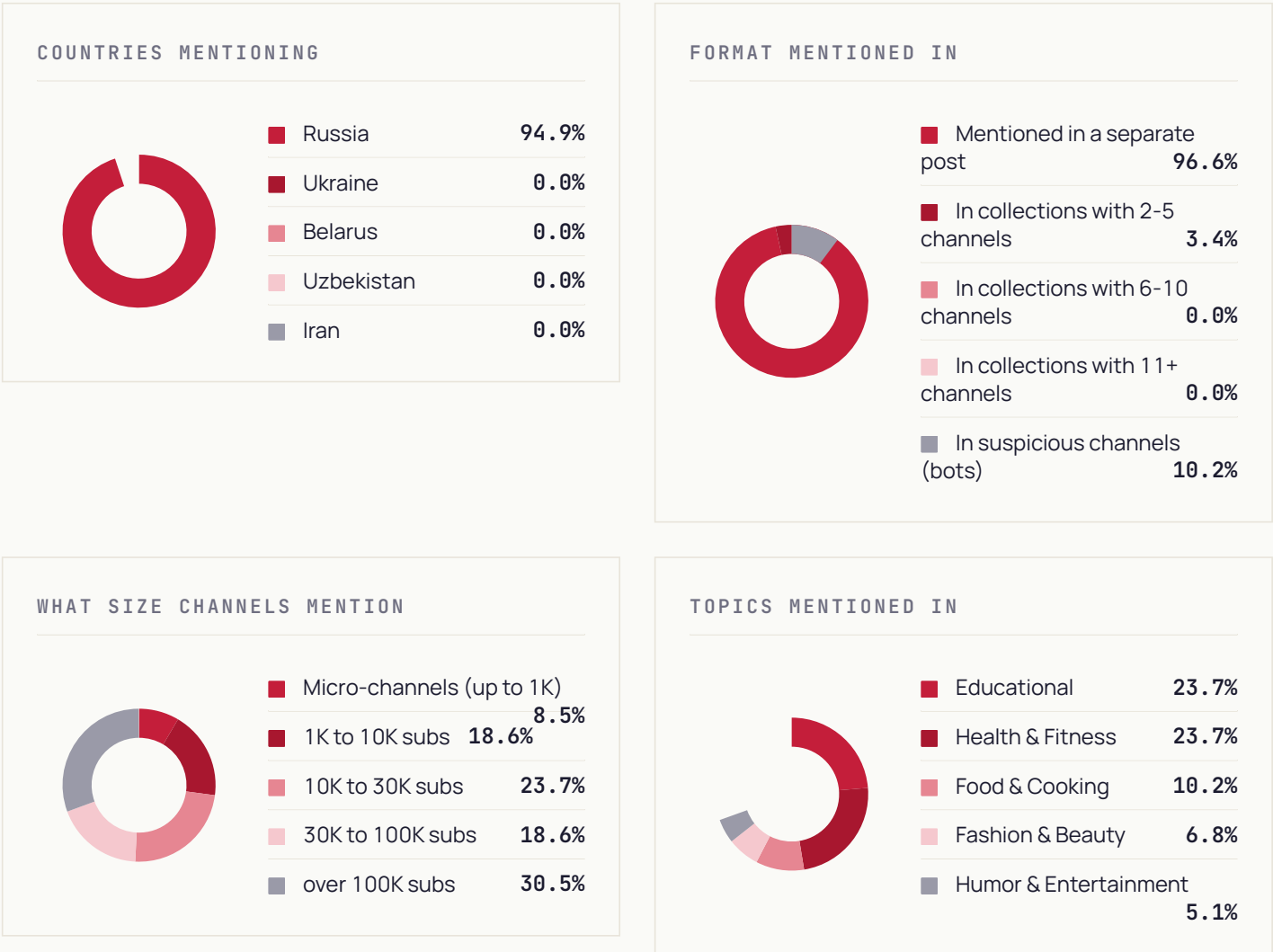
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows which months the channel gained or lost subscribers.



SECTION 04 · MENTIONS

Who mentions the channel and how

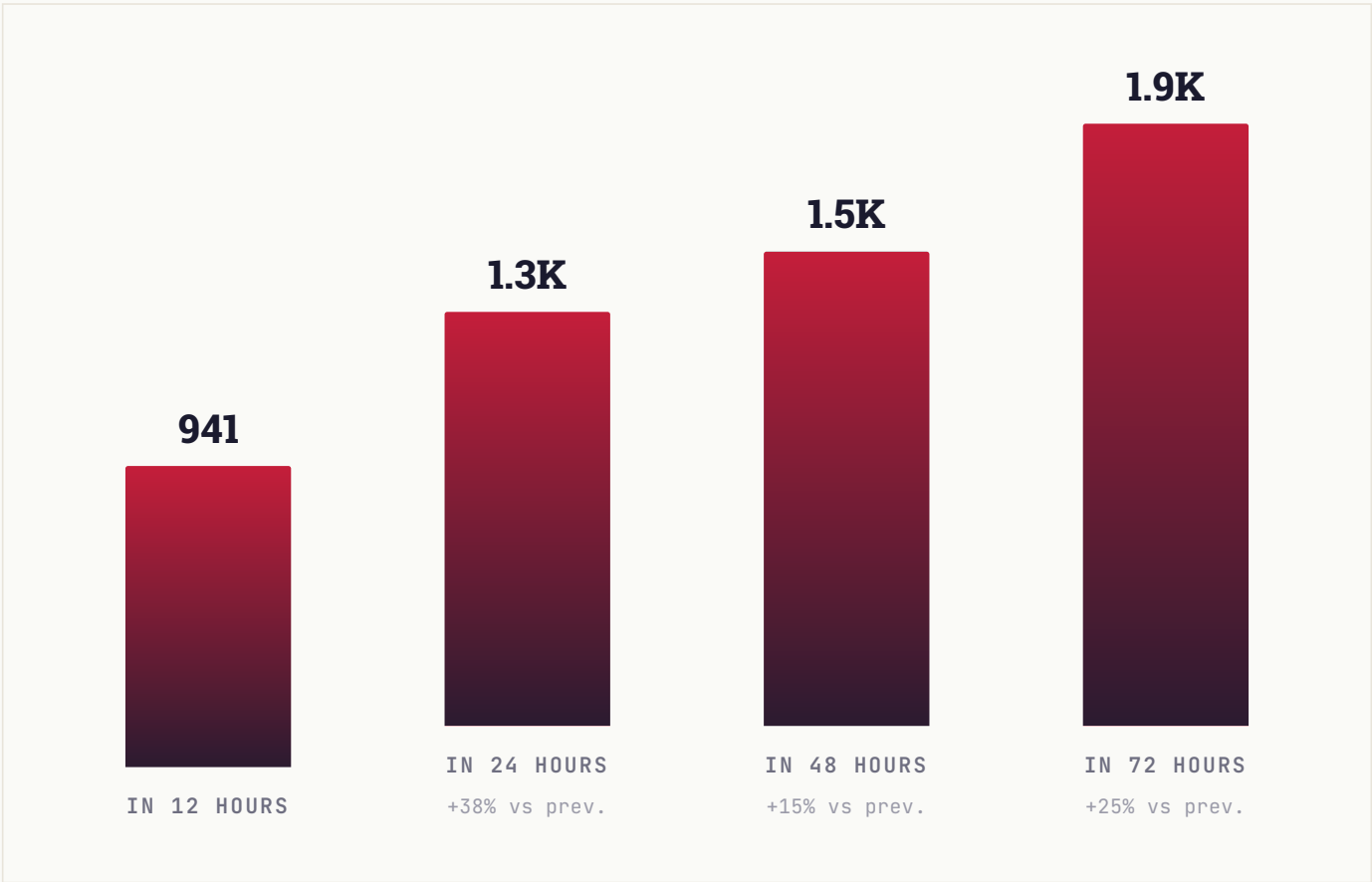
Citation index **26** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All-time mentions: **44** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should 'live'.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	479.3K
BZ Stay healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
LT Personal trainer in your phone YOU	114.7K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#68 of 96). Niche median — 153.3K subs. First growth KPI — reach the median. Leader: Test purchase (772.4K).

SECTION 07 · MENTION TRENDS

How often the channel is mentioned

Every month we record posts in other channels that mention your channel. Over the last **6 months** such mentions were **0**, they brought **5 946** new subs.

PERIOD	MENTIONS	CHANNELS	SUBS ACQUIRED
December 2025	0	0	214
November 2025	0	0	295
October 2025	0	0	1 580
September 2025	0	0	824
August 2025	0	0	1 788
July 2025	0	0	1 245

TOTAL MENTIONS	MONTHS OF DATA	SUBS ATTRACTED
0	6	5 946

SECTION 08 · NICHE COMPARISON

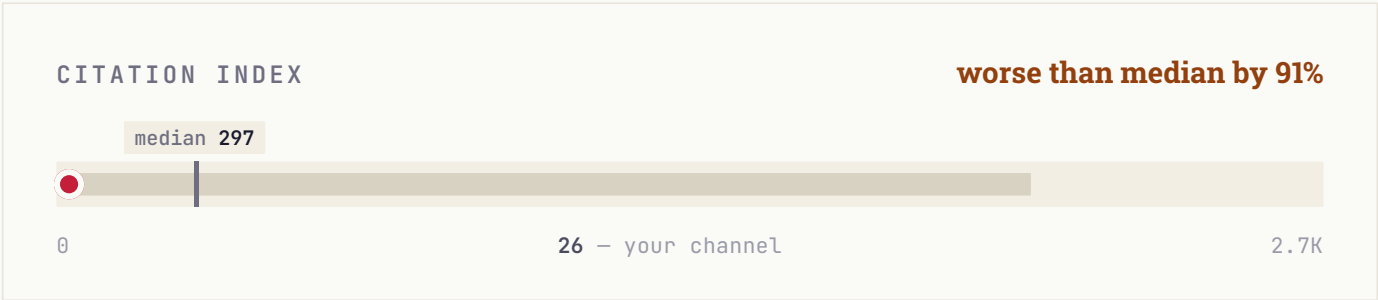
Where the channel stands in its league

Took top-100 channels in category "Health & Fitness» (Russia) and saw how your channel compares. Gray bar — range covering 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#68/100

RANK IN NICHE

Channel in the bottom half of the ranking



— SECTION 09 · STRATEGY

What to do right now

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

01

Top post of the week — on Monday

Audience is most active on this day at 09:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 2.03% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+5.0pp ER

03

Systematic traffic buying

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

EFFECT

**+1000-3000
subs**

04

Test polls and interactive formats

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

EFFECT

+5-15% ER

05

Cross-promo with similar channels

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

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in minutes from public data. Want to go further — run ads through us and close your growth plan in a month.

01 **Launch ads on Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
