

PUBLIC REPORT BY PROMTPRESS

Channel audit

Metamorphosis



@max_anti_trainer

Workout programs & guides @anti_trainer_app_bot Q&A https://t.me/Max_anti_trainer/59 Ads @ciivatateo Socials here (scroll down) <https://antitrainer.online/links>

SUBSCRIBERS

179 504

+900 per month

ERR (% WHO SEE
POSTS)

27.0%

per day **11.2%**

REACH/POST

44.4K

ad reach **20.1K/24h**

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

SUBSCRIBERS 179 504 —	SUBSCRIBER REACH 24.71% avg % of subs see post	VIEWS/POST 44.4K median 46.6K · 28 days	POSTS/WEEK 8.0 over period
7D TREND -25.6% vs previous week	REACTIONS/POST 880.3 total 28,170 reactions, 4,854 reposts, 4,977 comments	POST LENGTH 362 chars median 113 · 28 days	POSTS ANALYZED 32 28 days
AD REACH 20.1K 24h avg	CHURN / MONTH +900 last month	CITATION RATE 36 citation index · 88 channels mentioned all time	CHANNEL AGE 5 years 7 months created 23.11.2020

AI EDITOR SUMMARY

Channel «Metamorphosis» – 179 504 subs. Each post averages 44.4K people (25% from subs), average reach – room to grow. Publishes 8 posts per week (~1/day) – regular schedule. For the week of June 15–21, reach dropped by -25.6% by week 8–14 Jun – worth analyzing causes.

SECTION 02 · CONTENT ANALYSIS

What works best

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

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **32** posts over 28 days.
- 02 Dominant format – **Video** (28/32 posts).
- 03 Avg post length – **362** chars (median 113).
- 04 Peak audience activity – **Saturday**, 16:00 MSK.
- 05 Top posts get **2x** more views than the weakest (60K avg for top vs 36K for worst) – among 32 posts in 28 days. Worth analyzing what the top has in common: topic, format, timing.

TOP 5 POSTS

Nº1 28.05 · 20:05 VIDEO the problem with SUGAR Fructose is evil Glucose is TOP Detailed article https://telegra.ph/Fruktoza-zlo-Pochemu-glyukoza-luchshe-03-14	VIEWS 61 792 REPOSTS 258	REACTIONS 889 ER 34.4%
Nº2 29.05 · 20:29 VIDEO How to save money and make sand concrete! I worked at a hardware store for quite a while Decided to share a life hack Enough of all fitness and fitness))	VIEWS 60 089 REPOSTS 83	REACTIONS 1 576 ER 33.5%
Nº3 30.05 · 13:48 VIDEO WHERE TO DOWNLOAD SHOULDERS	VIEWS 58 018 REPOSTS 150	REACTIONS 1 122 ER 32.3%

Nº4 08.06 · 20:00 VIDEO How to burn fat and gain muscle at the same time Post too long, didn't fit all text, so tap on...	VIEWS 57 891 REPOSTS 380	REACTIONS 980 ER 32.3%
Nº5 09.06 · 22:14 VIDEO how to know how much food you need	VIEWS 57 433 REPOSTS 355	REACTIONS 1 466 ER 32.0%

|

WORST 3

↓ 18.06 · 17:35 VIDEO Money Affirmation	VIEWS 37 305 REPOSTS 86	REACTIONS 1 088 ER 20.8%
↓ 17.06 · 13:04 VIDEO (captionless post – video)	VIEWS 37 233 REPOSTS 44	REACTIONS 757 ER 20.7%
↓ 22.06 · 20:14 VIDEO This is a trapezoid TGK SASHA @karmatrenit	VIEWS 33 326 REPOSTS 69	REACTIONS 724 ER 18.6%

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 and which lost subs.



PERIOD START

151 789

NOW

179 502

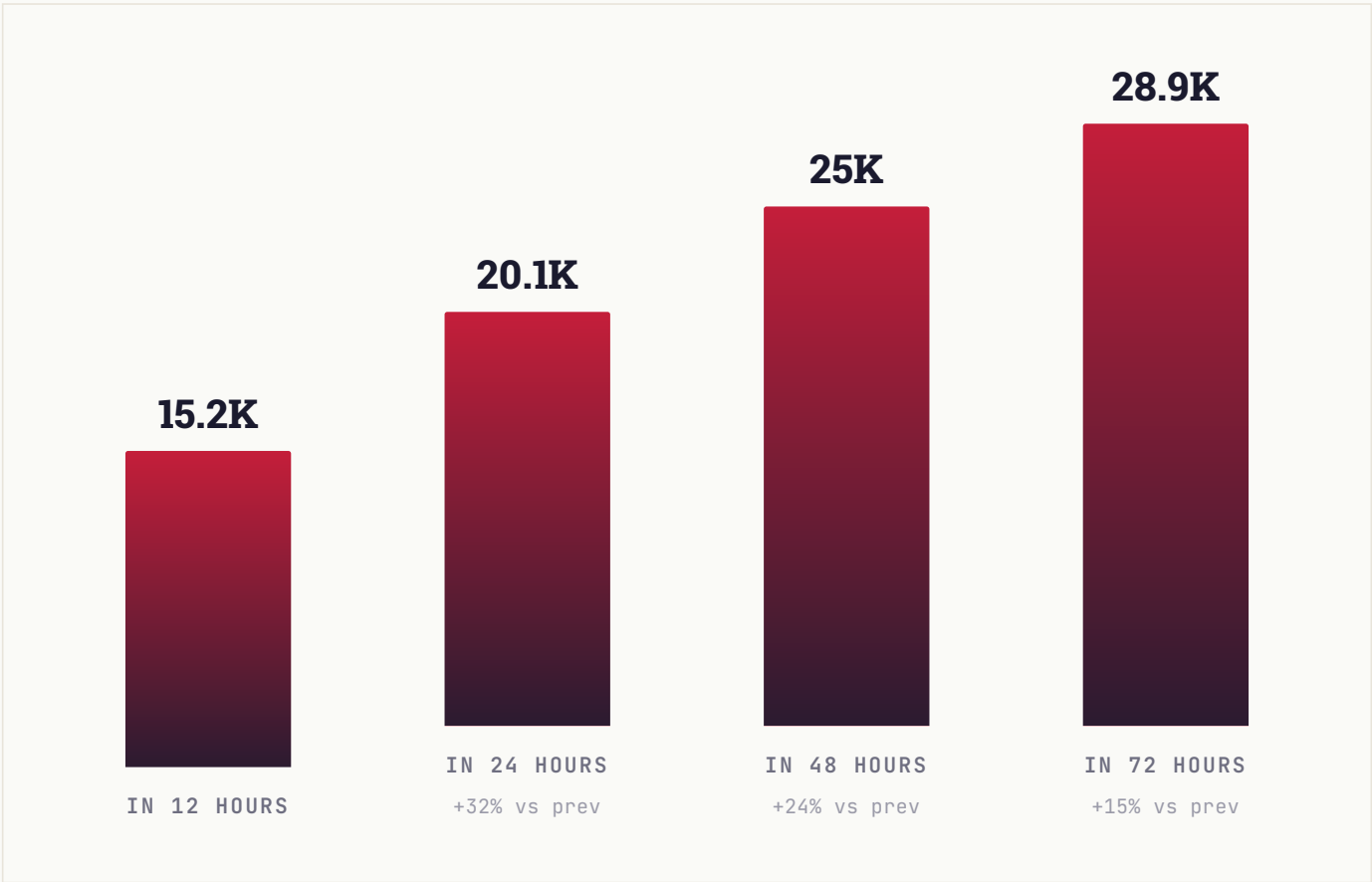
NET GROWTH

+27 713

SECTION 04 · AD POTENTIAL

How long a post brings reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 05 · COMPETITORS

Who you compete with

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

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 Ulishchenko Osteopath, PhD Faceplastic author	479.3K
BZ Stay Healthy	449.1K
ZE Healthy food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
ME Metamorphosis YOU	179.5K

COMPARATIVE CONCLUSION

Channel in upper half of niche (#39 of 96). Niche leader — Test purchase (772.4K), median subs 153.3K. Aim for top quartile — realistic 6-12 month horizon.

SECTION 06 · MENTION DYNAMICS

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 **27**, they brought **27 233** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	8	8	574
Nov 2025	5	2	1 284
Oct 2025	3	2	3 632
Sep 2025	4	2	6 170
August 2025	5	5	6 759
July 2025	2	2	8 814

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
27	6	27 233

SECTION 07 · NICHE COMPARISON

Where the channel is in its league

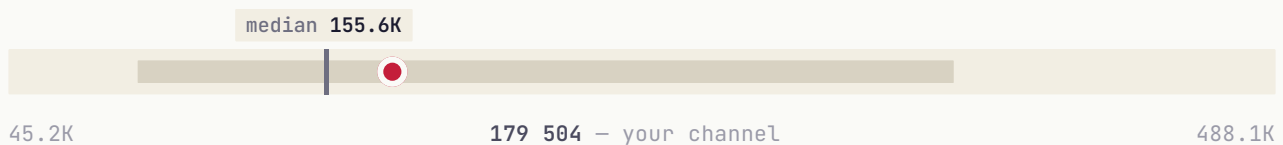
Took top-100 channels in category "Health & Fitness» (Russia) and compared your channel. Gray band — range for 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#39 /100

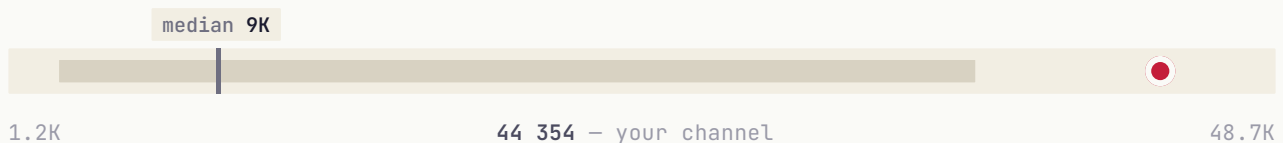
POSITION IN NICHE

Channel in top half of the ranking

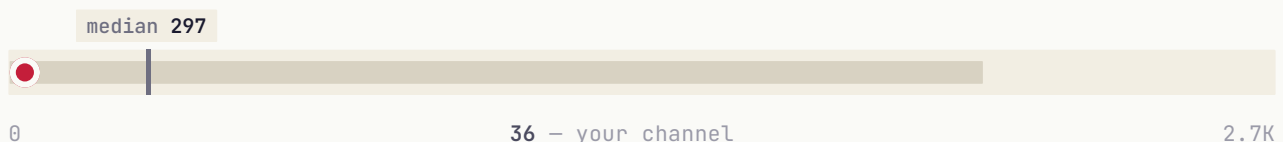
SUBSCRIBERS

better than 54% of niche


AVG REACH / POST

better than 90% of niche


CITATION INDEX

88% below median


— SECTION 08 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit next month.

- 01

Main post of the week — on Saturday
On this day at 16:00 MSK audience is most active.

EFFECT
Best window for an important post
- 02

Systematic traffic buying
Three formats for your channel: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromtPress finds sources for your niche.

EFFECT
+1000-3000 subs
- 03

Test polls & interactive formats
Posts with polls/reactions usually boost ER by 5-15%.
One weekly poll on a hot topic — easy growth lever.

EFFECT
+5-15% ER
- 04

Cross-promo with neighboring channels
Quarterly cross-post with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT
Growth from relevant audience
- 05

Update channel description for Telegram search
Telegram search scans descriptions. Add 3-5 niche keywords — organic traffic source.

EFFECT
Organic traffic source

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes from public data. Want to go further? Run ads with 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
