

PUBLIC REPORT BY PROMTPRESS

Channel audit

Olya Martynova

— your personal trainer



@olyafito

Personal blog of Olya Martynova — fitness club owner and program creator who makes thousands of girls happy while being a great mom AD:...

SUBSCRIBERS	ERR (% SEE POSTS)	REACH/POST
48 446	93.0%	45.3K
18.07.2026 -14066 per month	per day 49.0%	ad reach 23.8K/24h
HTTPS://PROMTPRESS.COM/AUDIT/OLYAFITO		

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. Subtitle shows the period it covers.

SUBSCRIBERS 48 446 —	SUBSCRIBER REACH 93.48% avg % subs see post	VIEWS/POST 45.3K median 42.8K · 24 days	POSTS/WEEK 0.9 over period
7D TREND — no data for period	REACTIONS/POST 566.7 only 1,700 reactions, 97 reposts, 58 comments	POST LENGTH 129 chars median 140 · 24 days	POSTS ANALYZED 3 24 days
AD REACH 23.8K 24h avg	CHURN / MONTH -14066 last month	CITATION RATE 7 citation index · 23 channels mentioned all time	CHANNEL AGE 3 years 2 months created 09.05.2023

AI EDITOR SUMMARY

Channel «Olya Martynova — your personal trainer» — 48 446 subs. Each post averages 45.3K people (93% of subs), wide reach for a channel this size. Publishes 1 posts per week (~0 per 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 from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on 3 posts over 24 days.
- 02 Dominant format — Video (3/3 posts).
- 03 Avg post length — 129 chars (median 140).
- 04 Peak audience activity — Monday, 12:00 MSK.
- 05 Top posts get 1× more views than the weakest (45.3K avg for top vs 45.3K for worst) — among 3 posts over 24 days. Analyze commonalities: topic, format, timing.

TOP 3 POSTS

Nº1 06.07 · 09:48 VIDEO  I can be different - in a dress, in sneakers, in any mood. But I always choose not to lose myself and stay fit. Because the real...	VIEWS 51 144 REPOSTS 15	REACTIONS 189 ER 105.6%
Nº2 19.06 · 09:22 VIDEO NOVOSIBIRSK ❤️ What does the city mean to you? <u>100</u> #Novosibirsk #Novosibirsk	VIEWS 42 832 REPOSTS 68	REACTIONS 863 ER 88.4%
Nº3 13.07 · 20:12 VIDEO Istanbul does two things perfectly: makes you fall in love and empties your wallet. Because memories here cost more than any purchase 🗑️👛	VIEWS 41 880 REPOSTS 14	REACTIONS 648 ER 86.4%

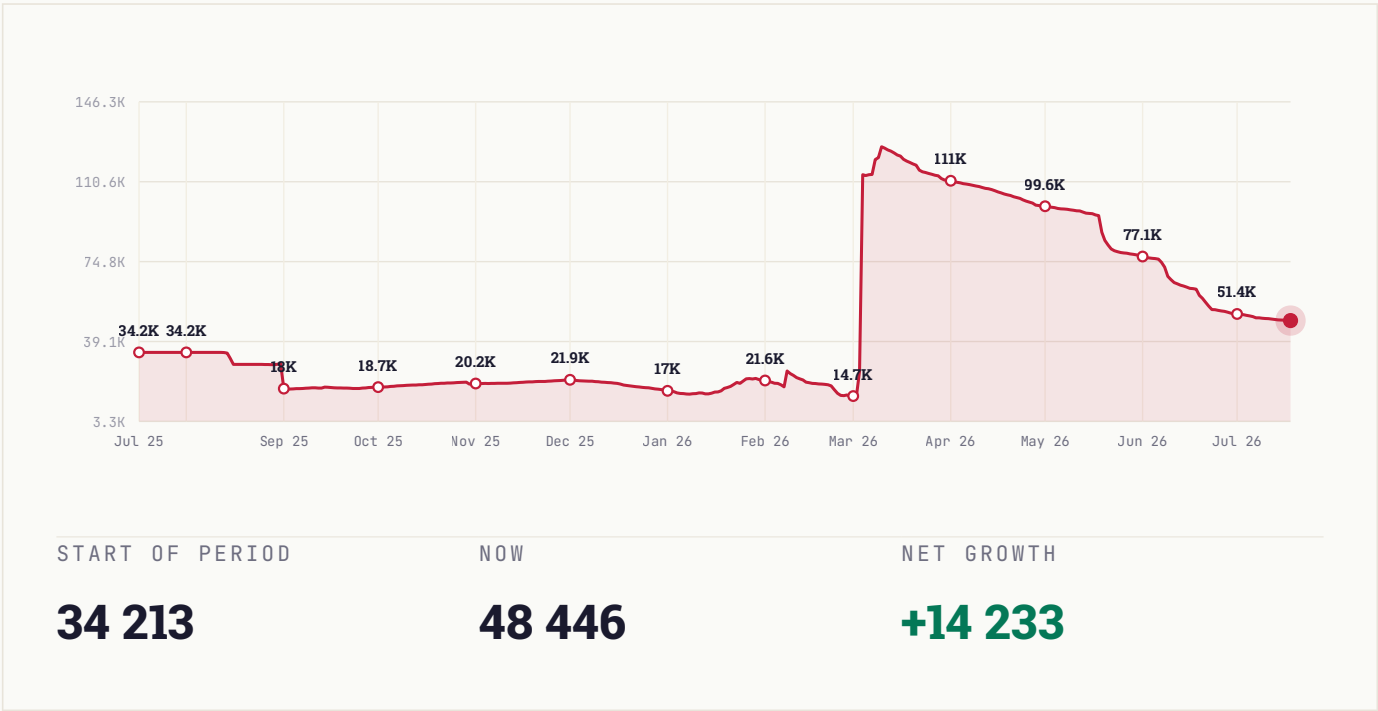
WORST 3

↓ 06.07 · 09:48 VIDEO 🌸 I can be different - in a dress, in sneakers, in any mood. But I always choose not to lose myself and stay fit. Because the real...	VIEWS 51 144 REPOSTS 15	REACTIONS 189 ER 105.6%
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↓ 13.07 · 20:12 VIDEO Istanbul does two things perfectly: makes you fall in love and empties your wallet. Because memories here cost more than any purchase 🧑🏻💡	VIEWS 41 880 REPOSTS 14	REACTIONS 648 ER 86.4%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of gain vs loss.



— SECTION 04 · MENTIONS

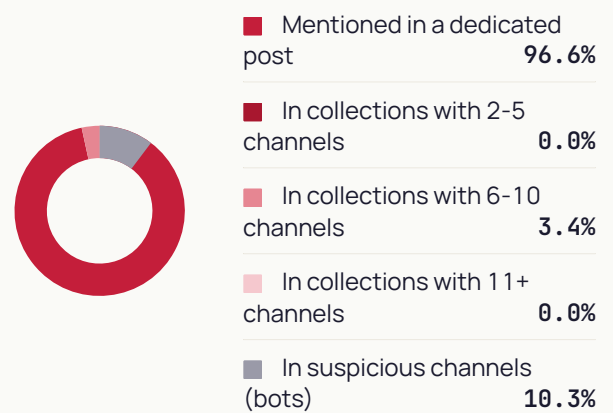
Who mentions the channel and how

Citation index **7** — channel popularity rating 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: **23** different channels.

MENTIONING COUNTRIES



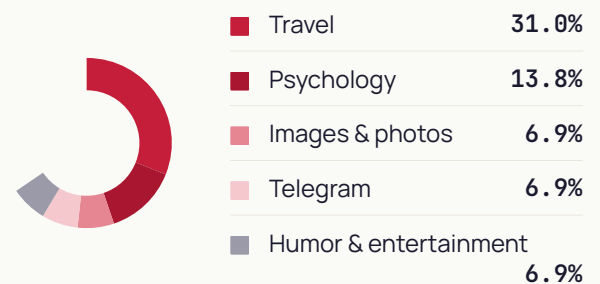
FORMAT OF MENTIONS



SIZE OF CHANNELS MENTIONING



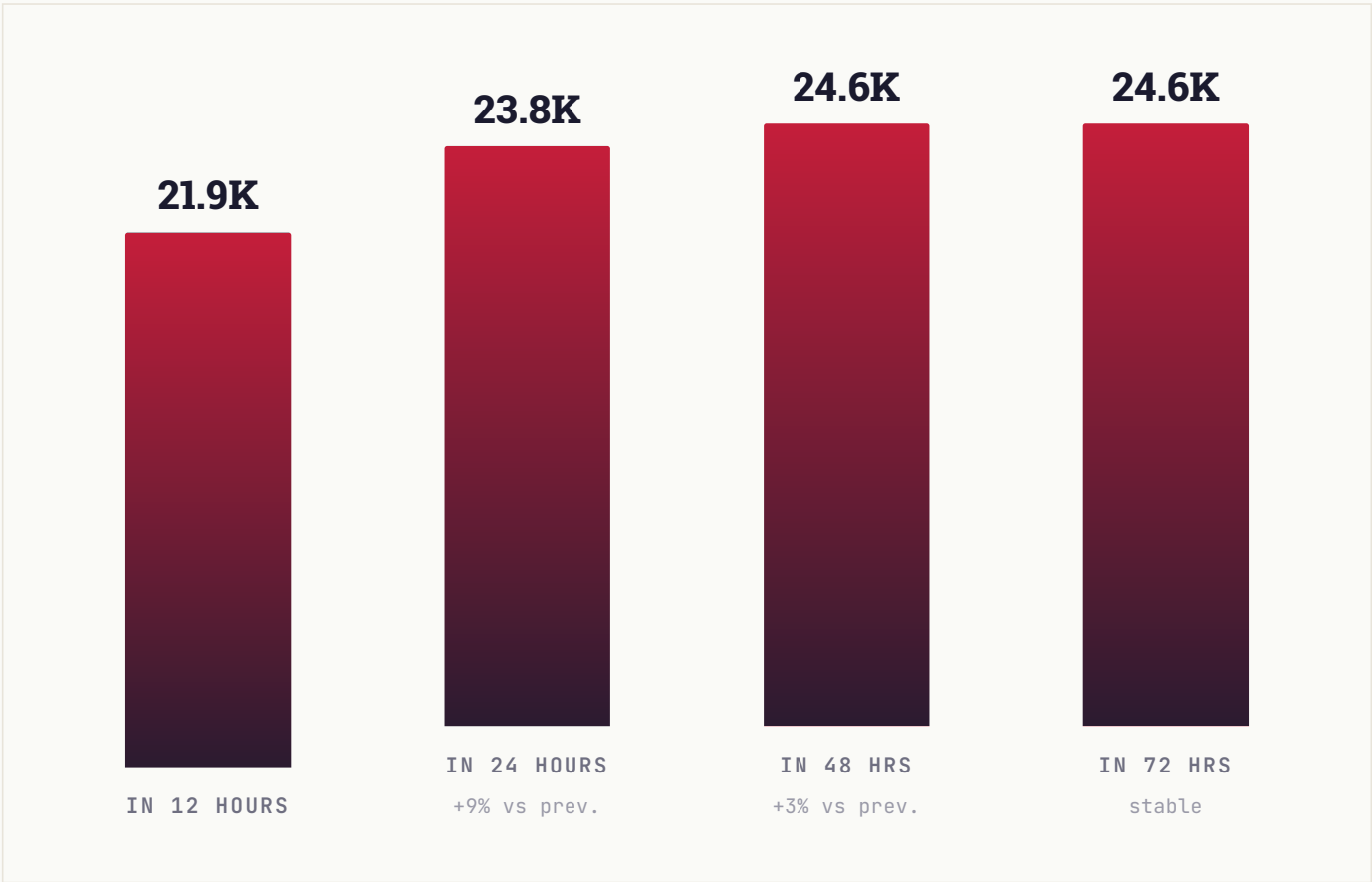
TOPICS MENTIONED IN



SECTION 05 · AD POTENTIAL

How long a post generates reach

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



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
ZY Golden Apple	1M
PC Pandabuy CnFans MuleBuy ACBuy Hacco Find🔍🐼	790.3K
NN Found on Wildberries	633.3K
MI MIXIT.RU	624.7K
MJ Manicure Nails	572K
NN Wildberries / WB finds	533.2K
EM Elena Mixit	518K
GD Face gymnastics	472.4K
PM Fashion Trends	436K
PS Prime Savers	428.8K
OM Olya Martynova — your personal trainer YOU	48.4K

COMPARATIVE CONCLUSION

Channel not yet outside top 97 of niche — early growth stage. Niche leader — Golden Apple (1M), top-97 median: 189.3K. First goal: enter top-97 through systematic traffic and content work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Each month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **0**, they brought **14 561** new subs.

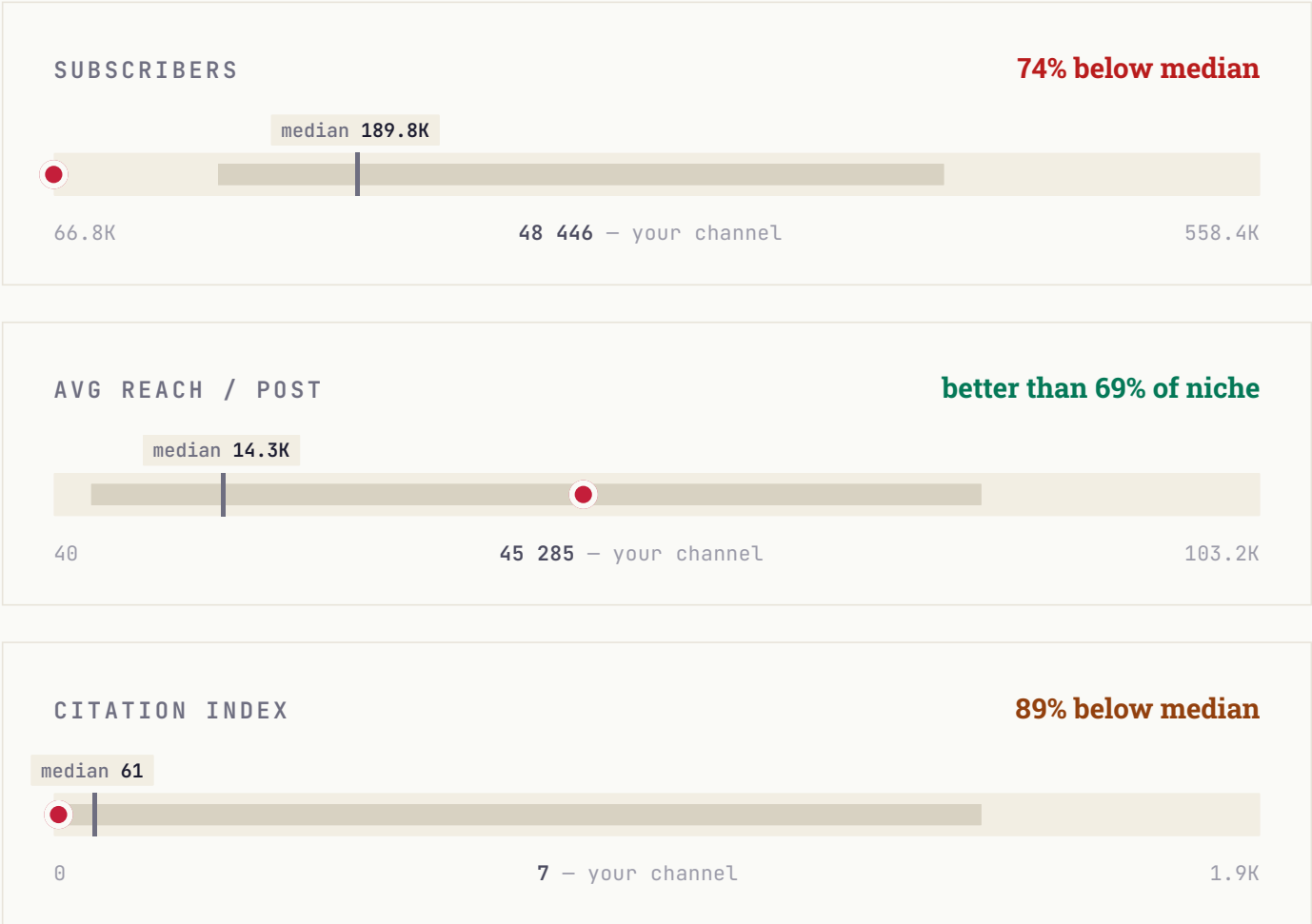
PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
January 2026	0	0	8 054	
December 2025	0	0	148	
November 2025	0	0	1 875	
October 2025	0	0	2 339	
September 2025	0	0	1 727	
August 2025	0	0	418	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
0	6	14 561

SECTION 08 · NICHE COMPARISON

Where channel stands in its league

Took top-100 channels in category «Fashion & beauty» (Russia) and compared your channel. Gray band = 80% of niche channels (p10-p90). Black vertical = median. Red dot = your channel.



— SECTION 09 · STRATEGY

What to do right now

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

01

Increase posting frequency

Now 0.9 posts/wk. Active channels average 7-10.
Consistency is key to retention.

IMPACT

**Consistency
beats volume**

02

Main post of the week — on Monday

Audience most active on this day at 12:00 MSK.

IMPACT

**Best window
for an
important post**

03

Systematic traffic buying

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

IMPACT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic — easy growth lever.

IMPACT

+5-15% ER

05

Cross-promo with neighboring channels

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

IMPACT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want us to do this **PromptPress?**

This audit — what we can do in minutes using public data. Want to go further? Run ads through us and hit your growth target in a month.

01 **Launch ads in
Telegram**

<https://panel.promptpress.com/register>

02 **Contact manager**

t.me/PromptPress_manager
