

7 Day Social Media Planner For Personal Trainers.

Monday

Reel



Tuesday

Story



Wednesday

Post



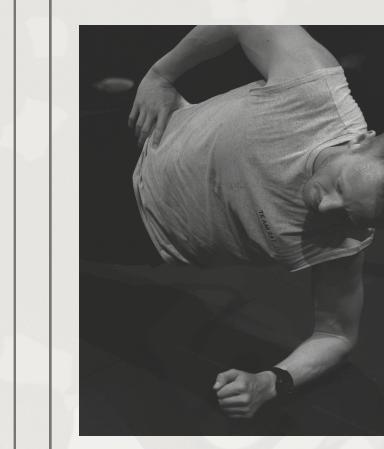
Thursday

Reel



Friday

Story



Saturday

Reel/Post



Sunday

Reel



Walk Through

Get a mic on and take your client base through an instructive sessions showing the movements within the sessions explaining how to optimise performance.

Advice

Upload a high quality image of you helping a client out to your story with a Q&A box to offer any assistance for free of charge to engage conversation. Ensure not to be a hard sales person during this!

Story Time

Upload a carousel of images with overlay text that showcases a story that is relevant to your clientele about your own personal journey.

Mic Session

Attach a mic to yourself and run a session as normal. The higher the quality video and audio the better. Include interactions with clients and explanations of exercises. Aim for 20-40 seconds.

Freebie

Create program and post to your story with a link to a free 7 day program aimed at your specific clientele. Offering something free is giving value to your followers.

Testimonial

Ask a current client for a testimonial either on video (ideal) or via text. Ask them questions about their experience and how their new fitness experience makes them feel.

Day In The Life

Take your followers through a day in the life via your story chatting to the camera giving them a personal insight to your day.