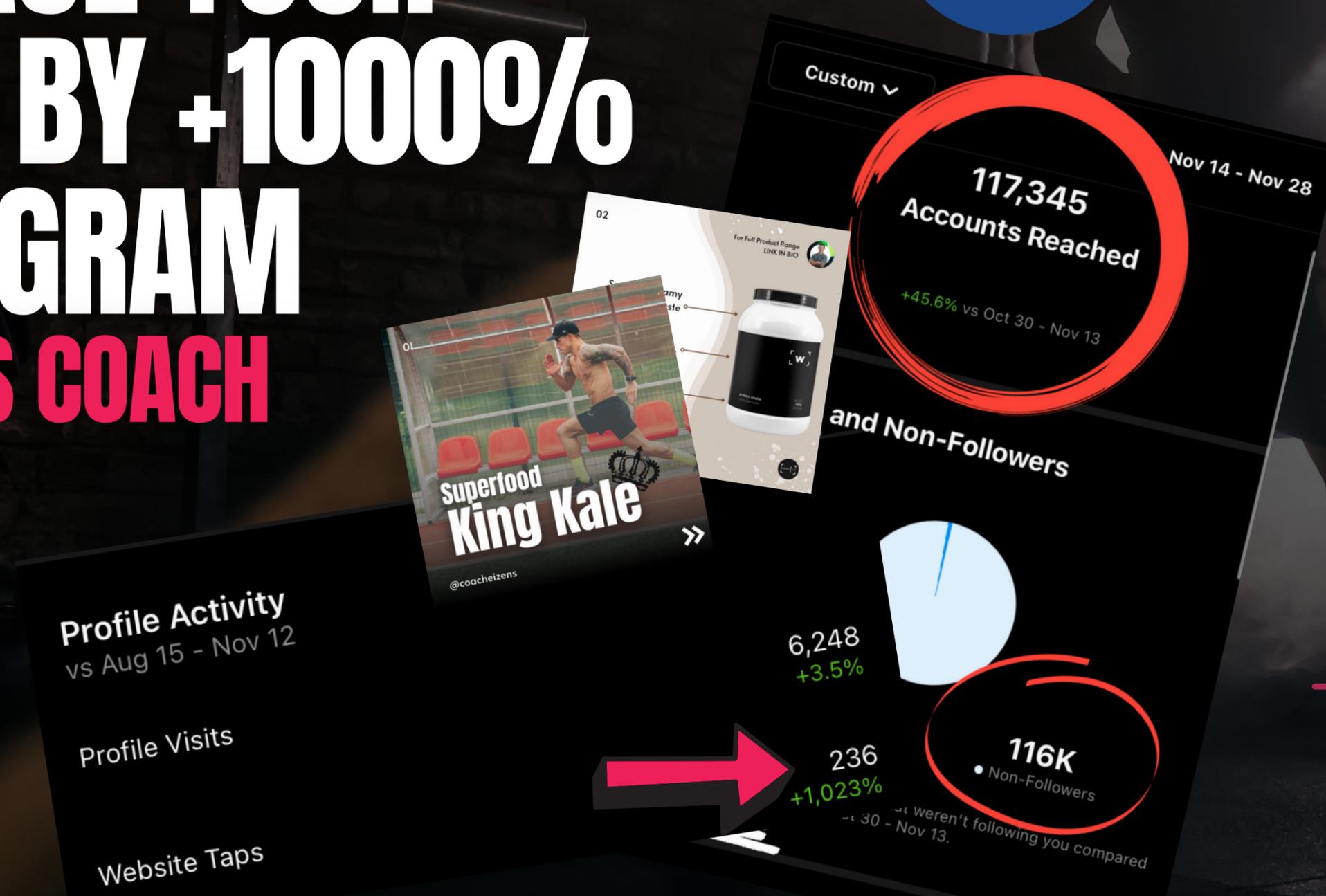


# GET A CONSISTENT FLOW OF LEADS & INCREASE YOUR WEBSITE VISITS BY +10000% THROUGH INSTAGRAM FOR AN ONLINE FITNESS COACH

+ How to grow 450 follows in 6 weeks



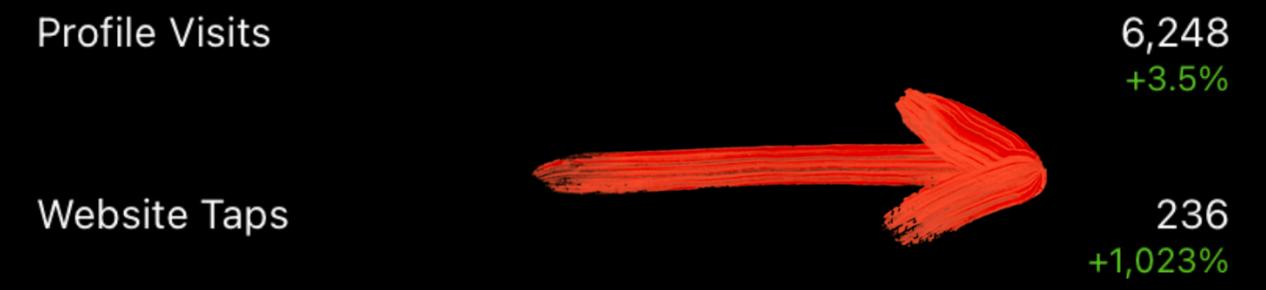
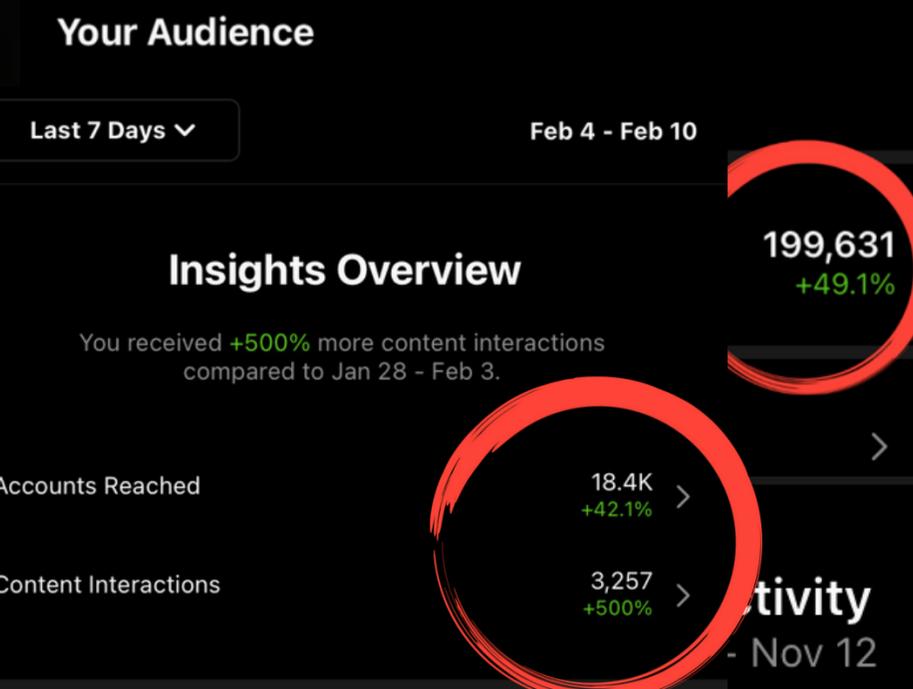
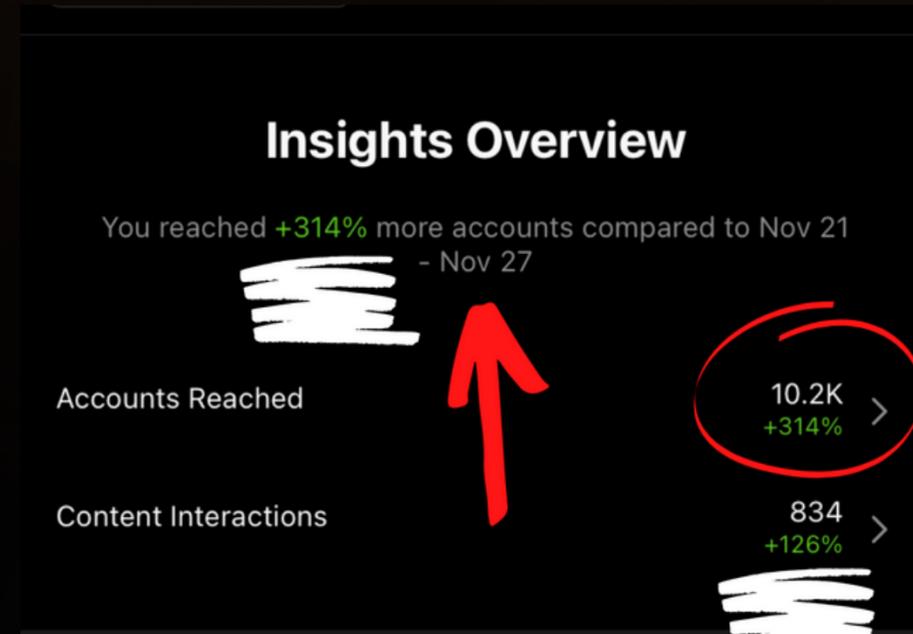
# Results



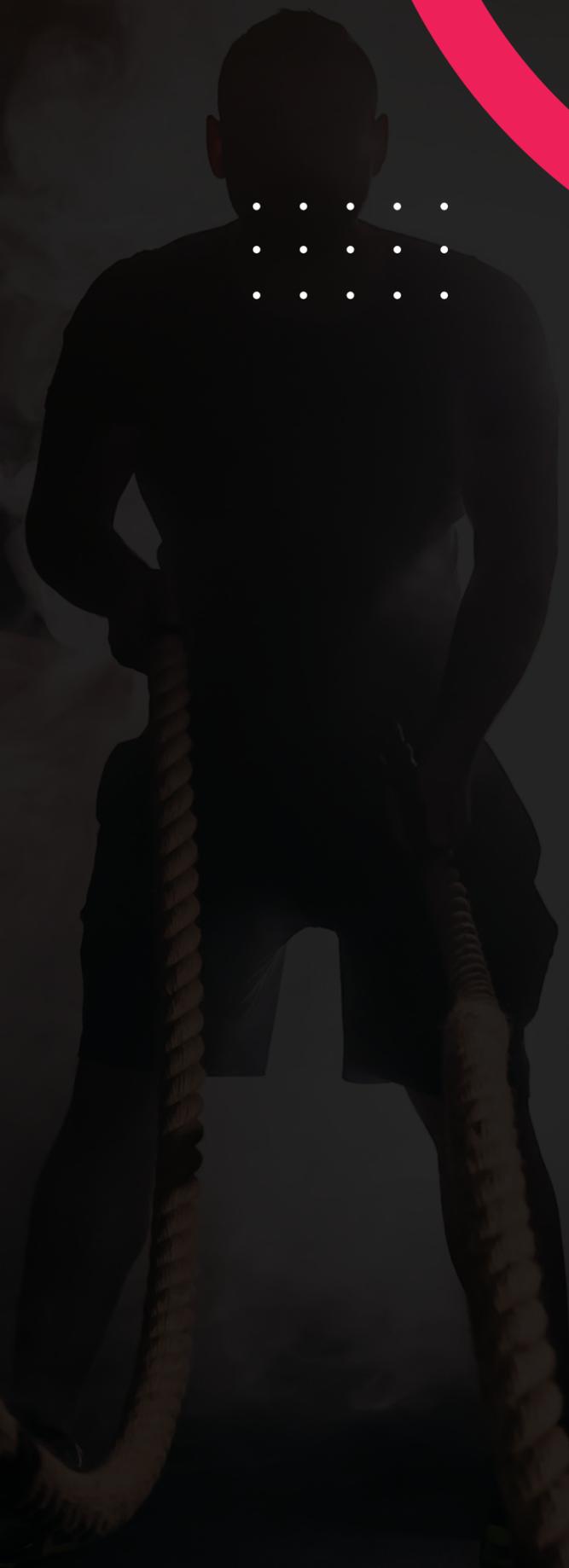
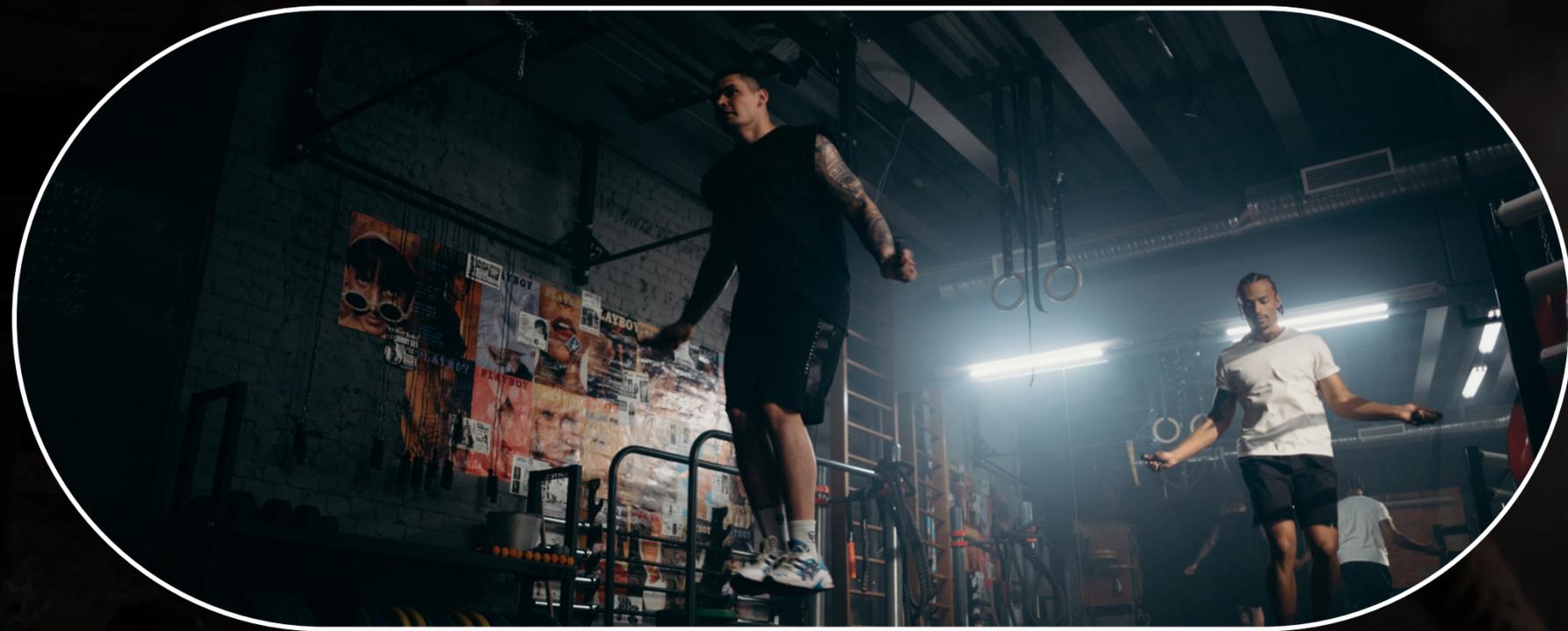
After 3 months...

- Eizens is now bringing in 30-50 followers per day
- Reaching 10x people from organic posts
- +124% profile visits daily
- Has gained 450 followers.

Most importantly he gets more website visits which means more purchases on his app & more calls booked.



# How We Did It





# Coach Eizens

WORKOUT  
X

When I reached out to Eizens...

- He was lost and frustrated with social media
- He was struggling to come up with ideas to bring value to his audience
- He knew what he had to do but didn't know how to do it.
- He didn't have the time to study marketing on top of growing his business & serving his clients



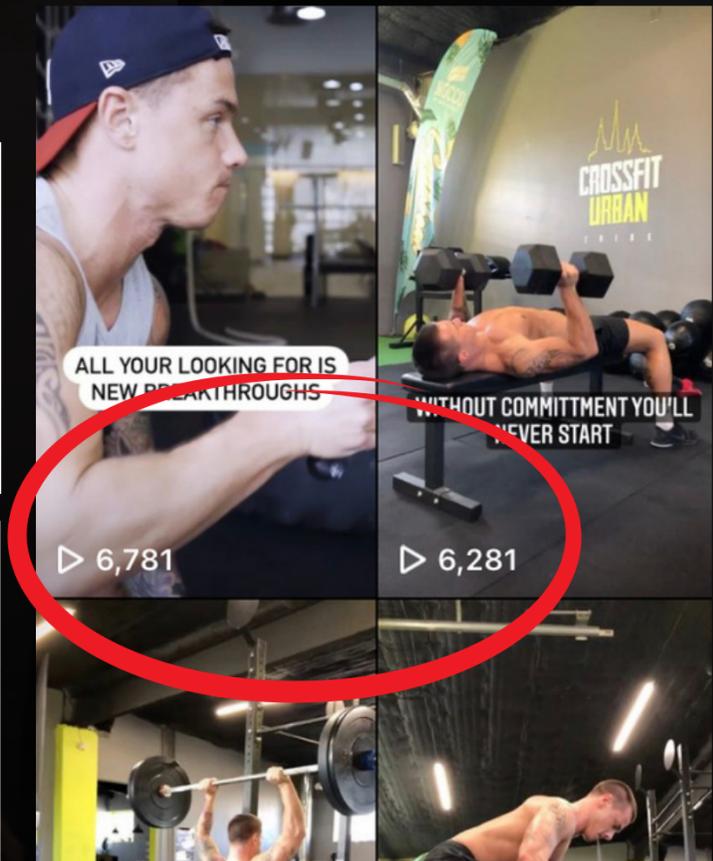
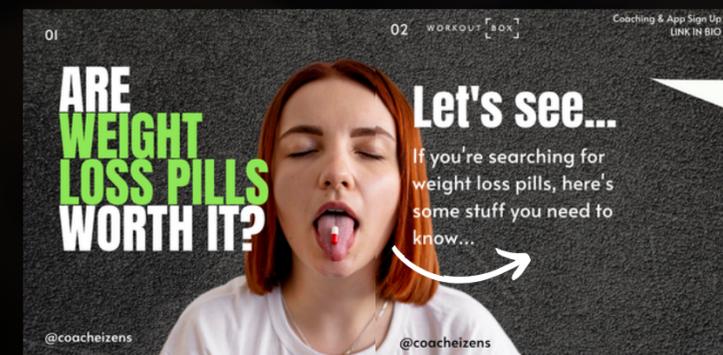
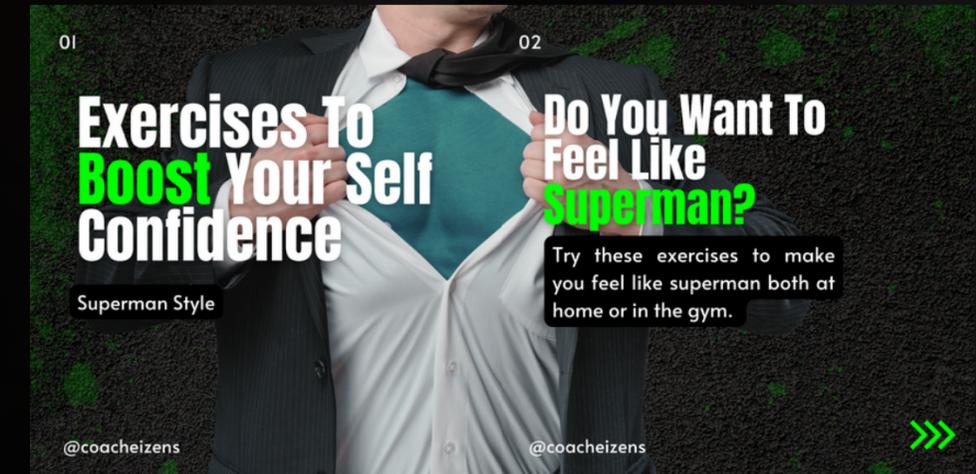
# The Solution



We posted consistently 6 times p/week, mastered our hashtag strategy, engaged with comments, and used the dollar eighty growth strategy to drive organic traffic to his page.

Our content strategy focused on producing high-quality carousels & reels that would educate, entertain and motivate his audience in different formats to drive action.

## Brand Colours





**Make Life Easier for yourself**

**Purpose: Inspire**

Make life easier for yourself

I am a true believer that simple is always the best

If you want to get the body you want, make your workouts a priority

If you want to stop eating bad food, then don't buy it

If you feel lost, get a coach, join a community or download my app to give you more direction

Don't overcomplicate it, so many people have gotten the results you want, and so can you!

But to see new results in life we have to create new habits

And this starts by removing old ones that don't help us anymore.

Following these tips will make your life much easier

Getting fit and healthy doesn't have to be hard

After you make a committed decision, you will soon see how easy it is to get addicted to your progress

And that's an incredible feeling!

Have a great day everyone

#bodytransformationcoach #weightlossinprogress #weightlossroutines  
 #weightlosswednesday #weightlossthatworks #nutritiongoals #bodytransformations  
 #weightlossup

**Purpose: Motivate**

"The difference between the impossible and the possible lies in your determination"

Can you relate?

And this may be something you're not ready to hear!

It's something that we all face on a daily basis, me included. Our current situation takes control of our decisions and blocks our ability to see the bright future ahead of us.

A future where we have exactly what we want.

The life we want, the money we want and the body we want...

But we stop ourselves because we think we don't deserve it.

But you do deserve it...

A LOT of the things that we tell ourselves we "cannot" do are actually just our limited beliefs, stopping us from achieving amazing things in our life.

But if you are determined to convert your dream to reality...

It all starts with the decision to GO FOR IT!

The body and life you have been dreaming about are only one decision away...

If you are ready to make that decision, I'd love to hear from you. Send me a DM with the words "let's go" and let's make your dream a reality.

#fitnesscoachforwomen #fitnesscoachlife #onlinecoaching #onlinecoachingfitness  
 #liveyourdreamlifenow #decisionstomake #healthgoals

I used persuasive copywriting techniques and the Attention, Interest, Desire and Action (AIDA) formula on the headlines, text, graphics, and captions to drive action to the link in the bio and increase website traffic.



**Brand Colours**



"the posts are very very good, I'm actually shocked, they are extremely well made, posts, captions, hashtags"

"very happy with the service, he is available for contact anytime I need and great communication all round, we really are a team"



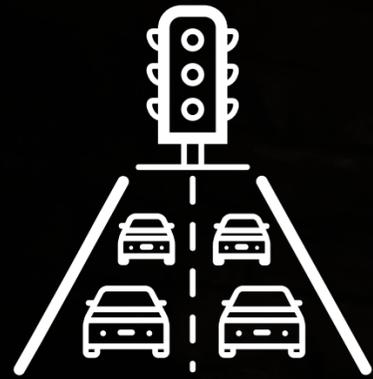
"I know how to train and I know how get clients but for me social media was tough, I have tried to learn and study it but I don't have the time with business growing"

"We have been working together for 6 weeks now and have grown 80-100 followers, but real followers, people who are actually engaging with my content and messaging me"

(Taken from Testimonial Video)

⋮⋮⋮⋮

# Why Does This Work?



## ORGANIC STRATEGY

When we drive organic traffic to your page, the conversion from stranger to follower is higher because the person can see eye-catching valuable content on your page in seconds



## WARM LEADS & HIGHER CONVERSIONS

If you're reaching out over DM's they already know, like and trust you + There will be a huge increase in website visits = increasing conversion rates.



## STAND OUT FROM THE CROWD

Scrolling, content catches the eye of the consumer, stops, reads, engages, follows your page and keeps them coming back for more

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# Free Personalised Scaling Session

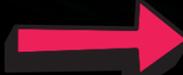
This is a no-obligations 15-20 min call To see what you're currently doing, where you want to get to and if we can help you get there.

The worst-case scenario:

You get some free strategies & guidance to implement into your business right away



**BOOK CALL**

...Or check out our ad  campaigns on the next slide



# FACEBOOK & INSTAGRAM ADS

**CLOSED NETWORK  
CLIENT RESULTS**

These are results of digital ad campaigns we have collaborated on with other agencies in the UK and inside my network.



## Gym

Free 10 Day Pass / Lead Gen



### Conversions

**£922.25 -> 493 Pass Redemptions**

LTV of customer = \$120



# FACEBOOK & INSTAGRAM ADS

CLOSED NETWORK  
CLIENT RESULTS



## E-Commerce Picture Frames & Canvas



Revenue from ads

£4,679.68 -> £17,242.28

Return on investment of 3.5x

# FACEBOOK & INSTAGRAM ADS

CLOSED NETWORK  
CLIENT RESULTS



## Charity Event

Engagement & Exposure



### Conversions

£1,339.73 -> 21,177 Post Engagements

+ 150,292 Targeted Locals Exposed To Event



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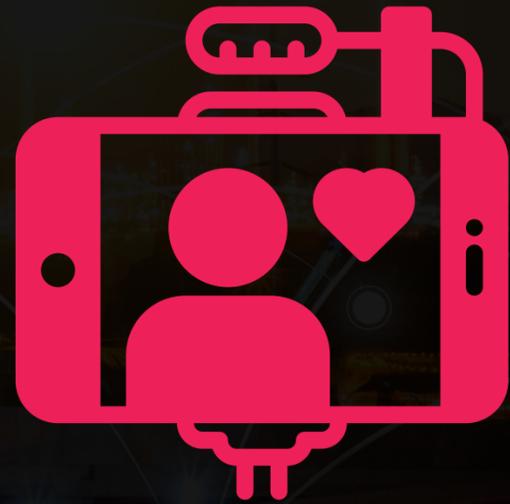


**BOOK CALL**



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# Core Services



Content  
Creation



Social Media  
Management



Paid Ads

