

Target Market: Young amateur athletes and anyone who is regularly exercising and cares about their training progress.

Product: detailed body test - detailed weight test, body function test, body regulations test, spine and muscle regularity test, condition test...

Keep in mind, this is translated from Serbian language, so if you come across any weird phrases, you'll know why.

This is an IG post, with an objective to get people to sign in for a body test for a local fitness center.

Media: cool video from testing

IG caption:

How to drastically speed up your progress in training 🙌

Whether you are a recreational person who wants to get that fit summer body... 🏋️‍♀️

Or an athlete who wants to achieve better results in competitions. 🏆

Detailed testing at the Health Academy will reveal your way to faster and more effective results!

HA is the only fitness center in Srem that carries out detailed diagnostics of physical conditions.

Our testing consists of 3 key items

✅ Measurement on a special "TANITA" scale - You will discover a precise percentage of fat and muscle in your body (PLUS - the exact number of calories you need to consume every day in order to reach your desired weight)

✅ Diagnosis of musculature and posture - checks if there are any irregularities in your body

✅ FMS test - A test that reveals the weakest point of your body, which prevents you from progressing further in training

I recommend regular testing to anyone who trains because it's the best way to track the training progress!

Just imagine after 3 months when you compare the test results and see exactly how much you have progressed.

Then you will know that all the hard work and sweat paid off! 💪

If you care about better results, call us and schedule a test!

<phone number>

Because you deserve to know more about your body.