

# Arno Review Copy

Hey Arno, thank you for taking the time 😊

**The copy is a rewrite of a Instagram Caption where my client is showing a knee exercise (he's a physical therapist)**

## Caption:

Wanna take your knee to a new level? 🧑🏻👉

Here's a great exercise you can easily do at home:

All you need is yourself and a crate or step...

And then just follow the steps in the video! ✌️

(If you find the exercise too difficult at first, you can hold onto a railing or something similar for support.)

Questions or suggestions about the exercise? Then share them with us in the comments!

Have you been struggling with your knee pain for a long time or do you have problems in another part of your body?

✅ Then be sure to check out my new [app name] app - there I'll give you all the right exercises for your individual problem zone. Simply register for free and get started right away! Link is in the bio 🎉😊