



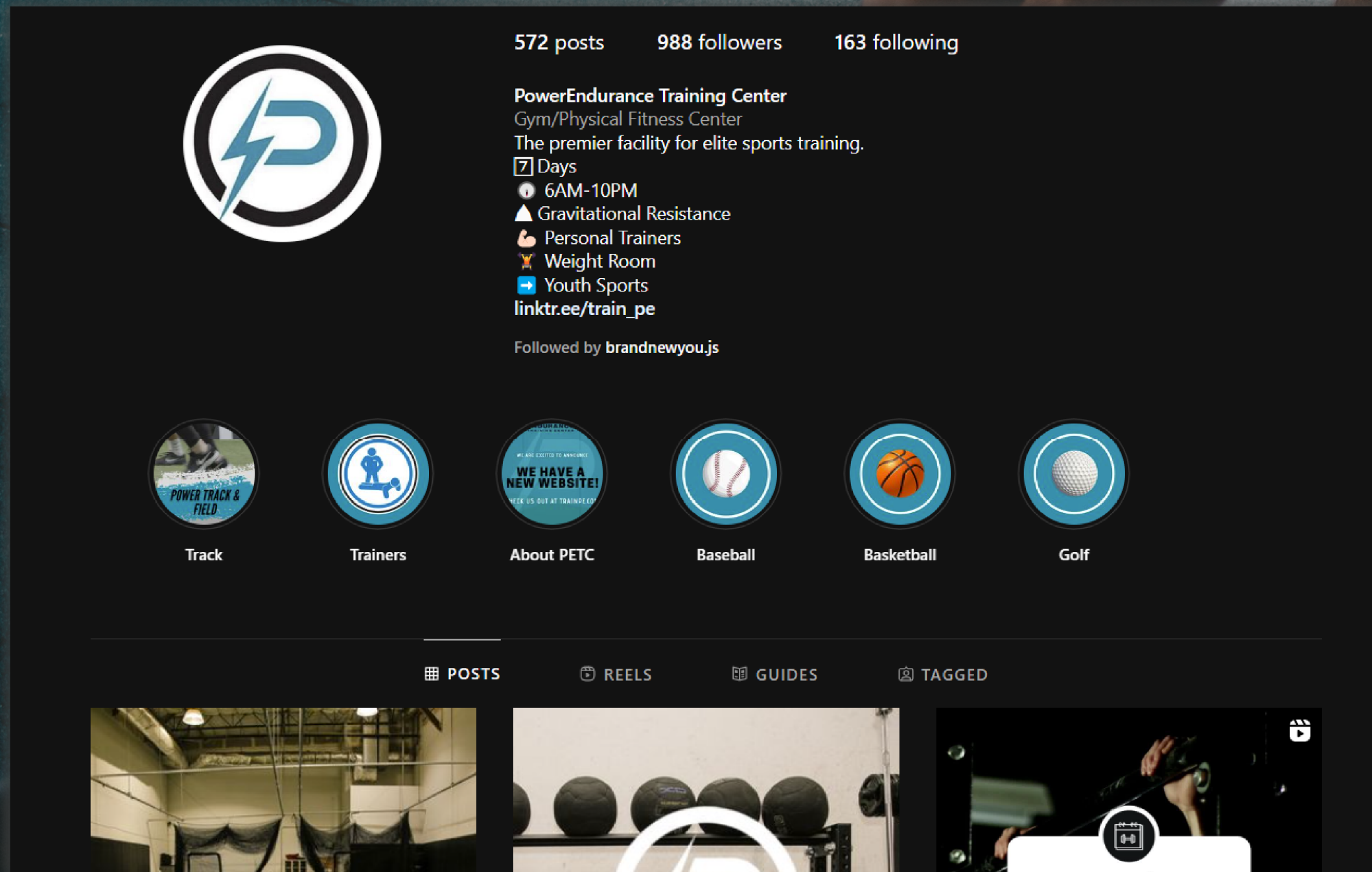
Content Creation Portfolio

www.justsingphotography.com | JustSingServices@gmail.com | 305.972.6931

**CONTENT
CREATED
FOR YOU.**

Content Creation +
Social Media Management

BRANDED CONTENT FOR SOCIAL MEDIA



www.trainpe.com

Power Endurance Training Center

Gym in Martinez, CA



Work Performed:

- Online Branding
- Content Creation
- Social Media Management

MOTIVATION GETS YOU STARTED. ENDURANCE KEEPS YOU GOING.

HOURS OF OPERATION

SUN	6AM-10PM
MON	6AM-10PM
TUE	6AM-10PM
WED	6AM-10PM
THU	6AM-10PM
FRI	6AM-10PM
SAT	6AM-10PM

LET'S GET LOOSE 7 PRE-WORKOUT STRETCHES

- Horizontal Tricep Stretch
- Leg Swings
- High Knees
- Lunges
- Jumping Jacks
- Butt Kicks
- Hip Circles

WHAT IS MUSCLE HYPERTROPHY?

Proper breathing is vital when training!

RENT OUR BATTING CAGES

BEGINNER CORE WORKOUTS

PLANK TIME	30 SEC (REST 20 SEC)
DEAD BUG	REPS 10 (REST 30 SEC)
BOAT TIME	30 SEC (REST 1 MIN)

INTERMEDIATE BACK WORKOUTS

- GLUTE BRIDGE
- ISOLATION CURLS
- FRONT SQUATS
- BENCH PRESS
- MILITARY PRESS
- ROLL-OUTS
- BARBELL TISK
- LANDMINE THROUSTER
- T-BAR ROW
- HOT POTATO PRESS
- DEADLIFT
- HANG CLEAN

4 WEEK CHALLENGE

100 PUSH-UPS
3 DAYS A WEEK

WEIGHT LOSS & MUSCLE GAIN TRAINING

Join a program proven to help you build the body you want.

COME TRAIN WITH US

HOURS OF OPERATION

MON-SUN
6AM - 10PM

(925) 387-8165

HOURS OF OPERATION

SUN	6AM-10PM
MON	6AM-10PM
TUE	6AM-10PM
WED	6AM-10PM
THU	6AM-10PM
FRI	6AM-10PM
SAT	6AM-10PM

WEIGHT LOSS SHAKE

HOW TO BUILD A STRONGER CHEST

LOWER & MID CHEST	UPPER CHEST
BENCH PRESS	INCLINE BENCH-PRESS
BUTTERFLIES	INCLINE CABLE-FLIES

Branding Across News Feed



Content is created with brand aesthetics, tone, voice, and mission(s) in mind.

POWER ENDURANCE TRAINING CENTER

5 HEALTHY FOODS FOR ENERGY

trainpe.com

train_pe • Follow

train_pe - Bananas might just be one of the best food source for energy. They offer potassium, vitamin B6, and a blend of complex carbs that all work together to provide a solid source of natural energy.

- Packed with vitamins, minerals, and other nutrients, "nuts" are a great healthy snack and source of steady energy. Walnuts are especially high in antioxidants, omega-3 and omega-6 fatty acids, which can all help to increase energy levels.
- Apples are one of the most popular fruits in the world for a number of reasons, but did you know they are also a great source for energy? Thanks to high levels of fiber and natural sugars, apples offer a slow and consistent flow of energy.
- Beans are a great source of natural energy. While there may be hundreds of bean types, each have nutrient profiles that are very similar, and they are digested slowly, which provides a steady stream of energy.
- One of the most common signs of iron-deficiency is fatigue, and leafy greens, such as kale, are an amazing source of replenishment and the vitamin C they offer work to further enhance the absorption of the iron they provide.

Are you looking to accomplish your fitness and training goals?

We are more than a gym. Our fitness facility is equipped with the latest in fitness technology, aimed at bringing the best out of you. No matter if you are just looking to shed a few pounds or are preparing for the upcoming sports season, we have the space, equipment, and staff to help you bring your vision to fruition.

✔ Contact #petc today to book your next training session with our specialized and dedicated trainers.

14 likes
AUGUST 10, 2021

Post

Interactive Carousels



Interactive content created with platform carousels to increase social media engagement with client audience members.



FUN FACT: MUSIC IMPROVES WORKOUT PERFORMANCE.



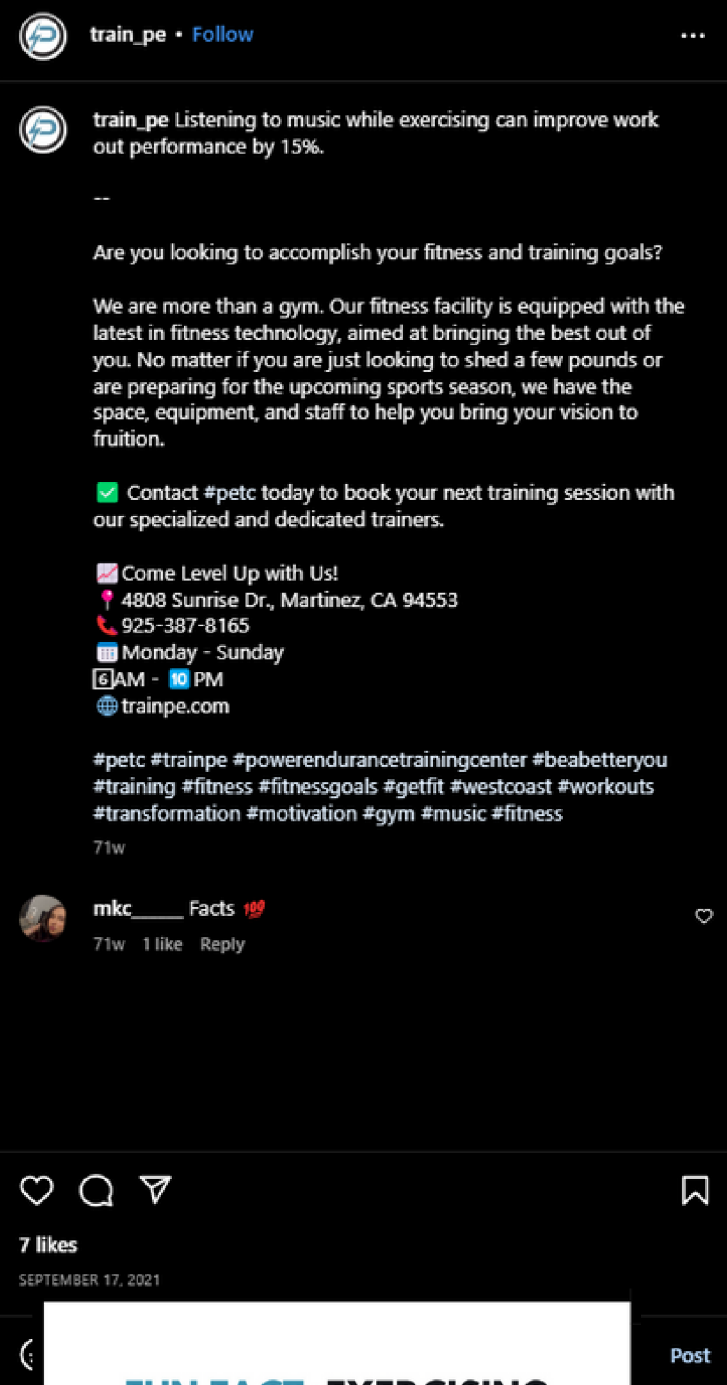
FUN FACT: WORKING OUT SHARPENS YOUR MEMORY.



FUN FACT: MORE MUSCLE BURNS MORE FAT.



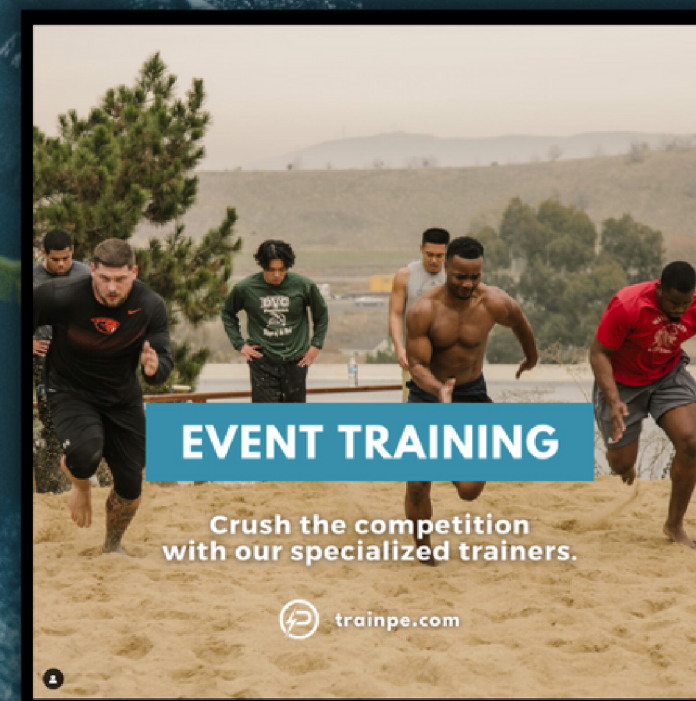
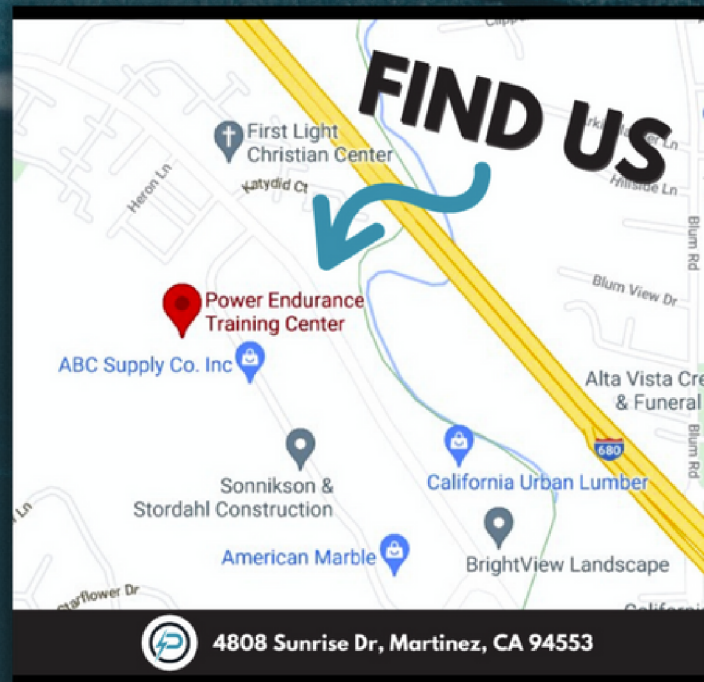
FUN FACT: EXERCISING DOES WONDERS FOR SELF-CONFIDENCE.



Fun & Engaging Brand-Related Content



Content is created with the client's audience in mind. This client served both "youth & adults". They are a training-based gym that focuses on training and inspiring members in both body & mind, while also promoting a positive mindset and outlook on life.



Evergreen Content

→

This type of content is generally content that can be posted and reposted and is always relevant (*i.e. company hours, service posts, company features, etc.*). I also consider content that may not *always* be relevant, but is ready when needed (*i.e. "we're closed", "we're hiring", etc.*)

**GET WHAT YOU NEED
TO KEEP GOING**



trainpe.com




**ENDURANCE IS EVERYTHING
WHEN YOU PLAY
TO WIN**


trainpe.com


**EVEN THE STRONG HAD TO
START SOMEWHERE**



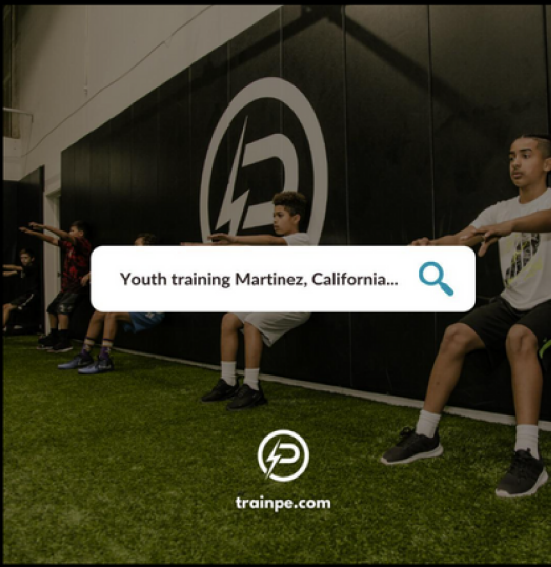
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Find great trainers in Martinez, Calif... 



trainpe.com

Youth training Martinez, California... 



trainpe.com



**TRAIN
SMART**

Gain knowledge and motivation to be a better you.



trainpe.com



**TRAIN
ON**

Set a strong foundation for the future ahead.



trainpe.com



**TRAIN
HARD**

Let our best athletes take you to different levels.




trainpe.com

Feed Design



Generally built utilizing "evergreen content" and/or a mixture of "evergreen content" and uniquely created content, in order to



TRX SQUAT JUMPS

SHRED PROGRAM

TRX SQUAT JUMPS

3 Sets of 12 Reps
45 Secs of Rest Between Sets
3X a Week


trainpe.com



Nathan Kenion

All Sports Training

@keniontraining



ALTERNATE AB KICK

THE SHRED PROGRAM

"ALTERNATE AB KICK"

3 SETS
10-15 REPS PER SET
3 TIMES A WEEK

TRAINPE.COM

Video Content



Video content brings the real life of the client to their audience in a personable way that makes it easy for their audience to relate, generating more opportunity for new connections and deepening existing connections.

DUMBBELL WORKOUTS

BENCH PRESS
BICEP CURLS
SHOULDER PRESS
BENT-OVER ROW
ONE ARM SWING
LUNGES

CALF RAISE
TRICEPS KICKBACK
LATERAL RAISE
GLUTE BRIDGE
JACK KNIVES
HALO

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20 MINUTE HIIT WORKOUTS

CALVES

50 AIR SQUATS
20 JUMP SQUATS
50 ALTERNATING LUNGES
20 ALTERNATING JUMP LUNGES
50 COSSACK SQUATS
20 TUCK JUMPS

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BEGINNER BACK WORKOUTS

LAT PULL-DOWNS
PULL-UPS
SEATED CABLE ROWS
BENT OVER BARBELL LIFTS
SINGLE ARM DUMBBELL ROW

POWER ENDURANCE TRAINING CENTER

TRICEP DEFINITION

DIPS WITH EXTENDED LEGS
DIPS WITH KNEES BENT
DUMBBELL OVERHEAD TRICEP EXTENSION
DUMBBELL SINGLE ARM OVERHEAD TRICEP EXTENSION
BANDED TRICEP EXTENSIONS
BANDED OVERHEAD TRICEP EXTENSIONS

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Actionable Content



Whether static or moving, actionable content is great for encouraging audience members to take action, in relation to the company's brand/mission, reinforcing efforts made via social media.



Get in Touch!

www.justsingphotography.com | JustSingServices@gmail.com | 305.972.6931