



6 DAY SOCIAL MEDIA SLAY

A 6-day guide to keep you consistent and creative and increase your social media presence.





#MOTIVATION MONDAY

- ~post a motivational quote
- ~caption with your weekly schedule
- ~tag your bosschicks
- ~encourage them to tag a friend
- ~high trending hashtags to use:
#motivationmonday #monday #fitness
#motivationalquotes #motivation
#motivate





#TWERKIT TUESDAY

- ~repost/post a twerk video today
- ~take a video showcasing your favorite twerk routine
- ~share our Youtube T.W.O.D.s
- ~caption with your schedule and RSVP link
- ~high trending hashtags to use:
#twerkaholic #twerksession #twerkfest #twerktwerk
#twerkqueen #tuesday





#WERKIT WEDNESDAY

- ~post a #werkitwednesday twerk step
- ~WCW: Werk it Crush Wednesday: post & tag a pic of a standout bosschick who has been putting in werk in your weekly classes
- ~caption asking viewers to tag their WCW
- ~caption with your schedule and RSVP link
- ~high trending hashtags to use:
#werk #werkwerkwerk #werkit #fitgirls #fit #fitness
#fitfam #wcw



#TURNUP THURSDAY

~get your loyal bosschicks together and shoot a short video of your most turned up routine each week and post it on Thursdays

~post & tag your participants and ask to repost

~caption with your schedule and RSVP link

~high trending hashtags to use:

#tbt #turntup #turntup #turnt #turnupthursday





#FIERCE FRIDAYS

- ~congratulate your bosschicks on another great week!
- ~post a fun quote or meme
- ~caption with your schedule and RSVP link
- ~high trending hashtags to use:
#fierce #fiercewomen #fierceness





#SHOUTOUT SATURDAY

- ~post all class pics from the week
- ~offer an incentive for reposts and tags
- ~share your class pic post on FB in related groups
- ~caption with your schedule and RSVP link
- ~high trending hashtags to use:
#saturday #saturdayvibes #saturdaynight #fitchicks
#workout #gym

