



DIVING IN...

BRIEF

TEAM BIOS

STORYLINES

AUDIENCE

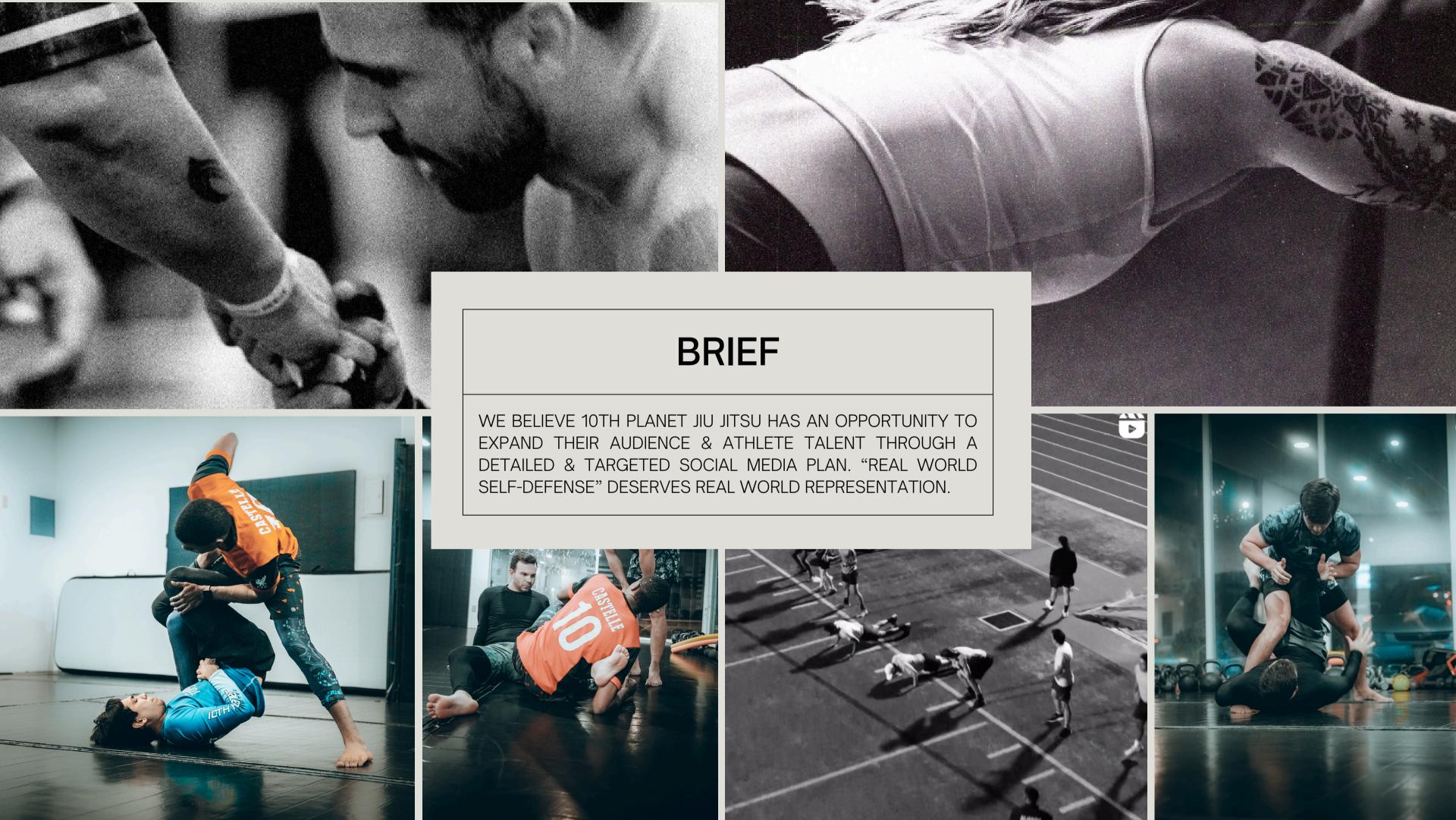
VISUAL DIRECTION

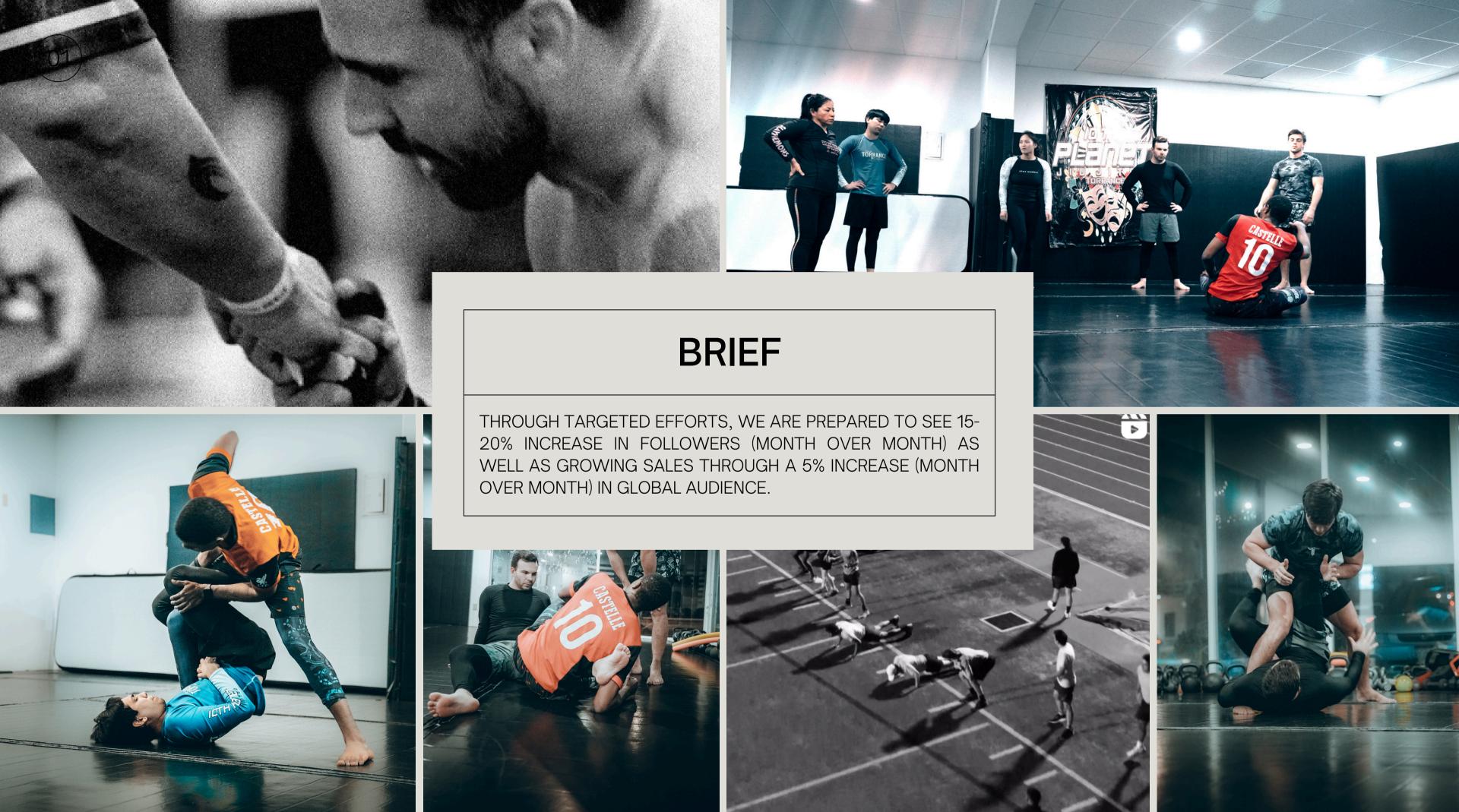
SAMPLE FEED

COLLABORATORS

PLATFORMS

CAMPAIGN







TEAM BIOS



Alie Urquhart @alieurquhart

ALIE URQUHART IS AN ATHLETE AND TRAINER BASED IN LOS ANGELES, CA. SHE HAS BEEN IN THE HEALTH, FITNESS & SOCIAL MEDIA FIELD FOR OVER 5 YEARS, AND HAS A PASSION FOR BRINGING BRAND'S CREATIVE VISIONS TO LIFE TO PROMOTE GROWTH AND BRAND IDENTITY. SHE WILL SERVE AS THE MAIN CONTACT FOR GYM PARTNERSHIPS, CAMPAIGNS, AND GROWTH.



Andrew Mendez

@andrewxmendez

FILMMAKER, PHOTOGRAPHER, & CONTENT STRATEGIST SPECIALIZING IN ACTION SPORTS, AUTOMOTIVE, LIFESTYLE, AND TRAVEL CONTENT.



Seth Abal @sethabal

I LOVE JUJITSU, SURFING AND HELPING BUSINESSES MAKE THE MOST OUT OF THEIR MARKETING CAMPAIGNS. I ENSURE YOU GET THE RESULTS WHILST ALLOCATING RESOURCES RESPONSIBLY.



STORYLINES

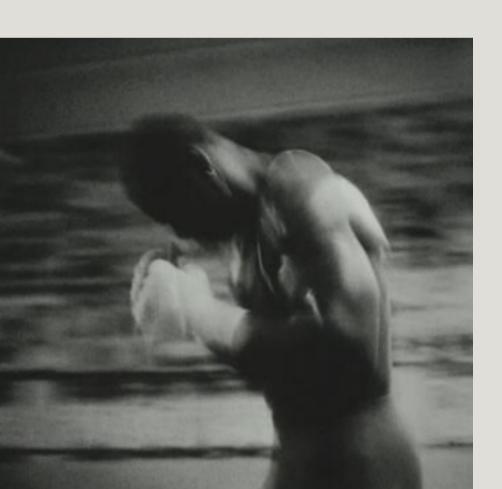
ATHLETE SPOTLIGHT

COACH'S STORY

MOVE'S STORY

COMMUNITY EVENTS





TARGET AUDIENCE

PRIMARY

LOS ANGELES RESIDENTS

ATHLETES

GEN Z/MILLENNIALS

HEALTH FANATICS

SECONDARY

WORLDWIDE RESIDENTS

REGULAR GYM-GOERS





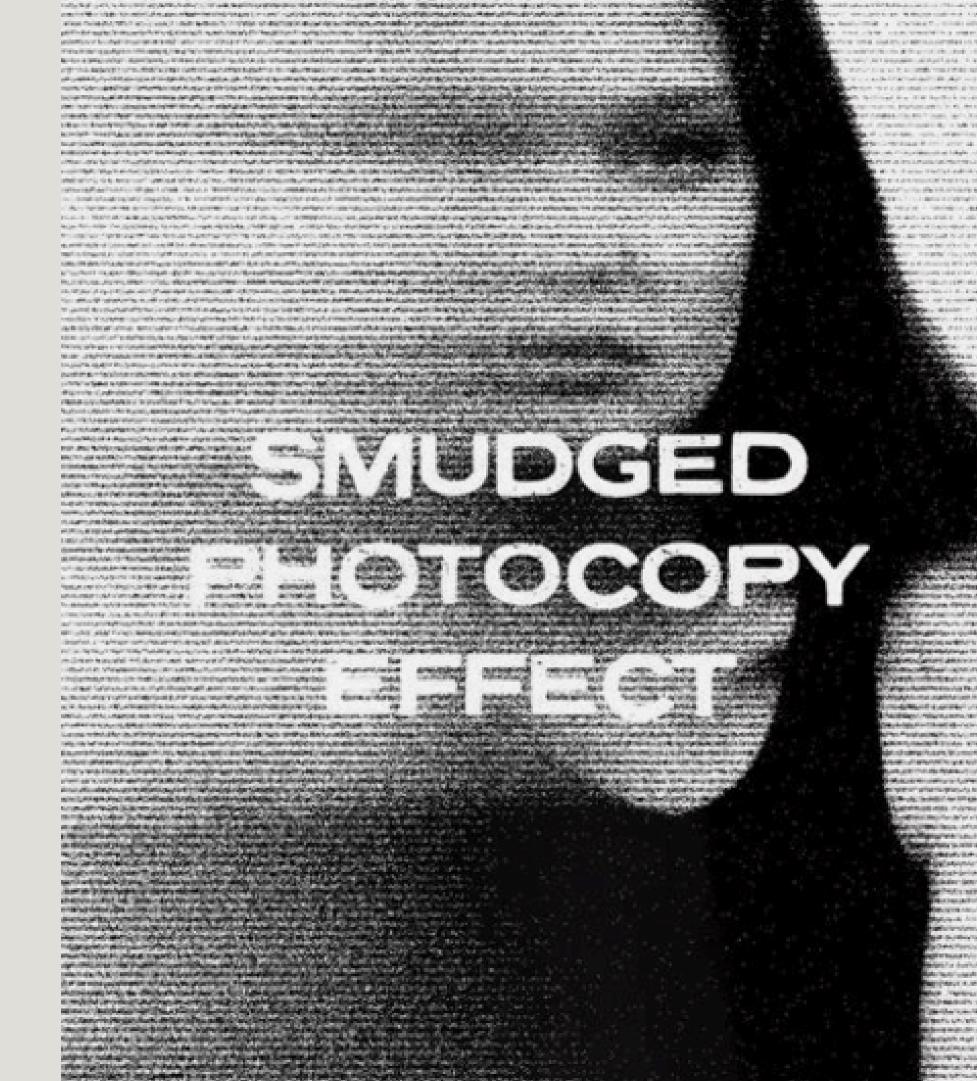




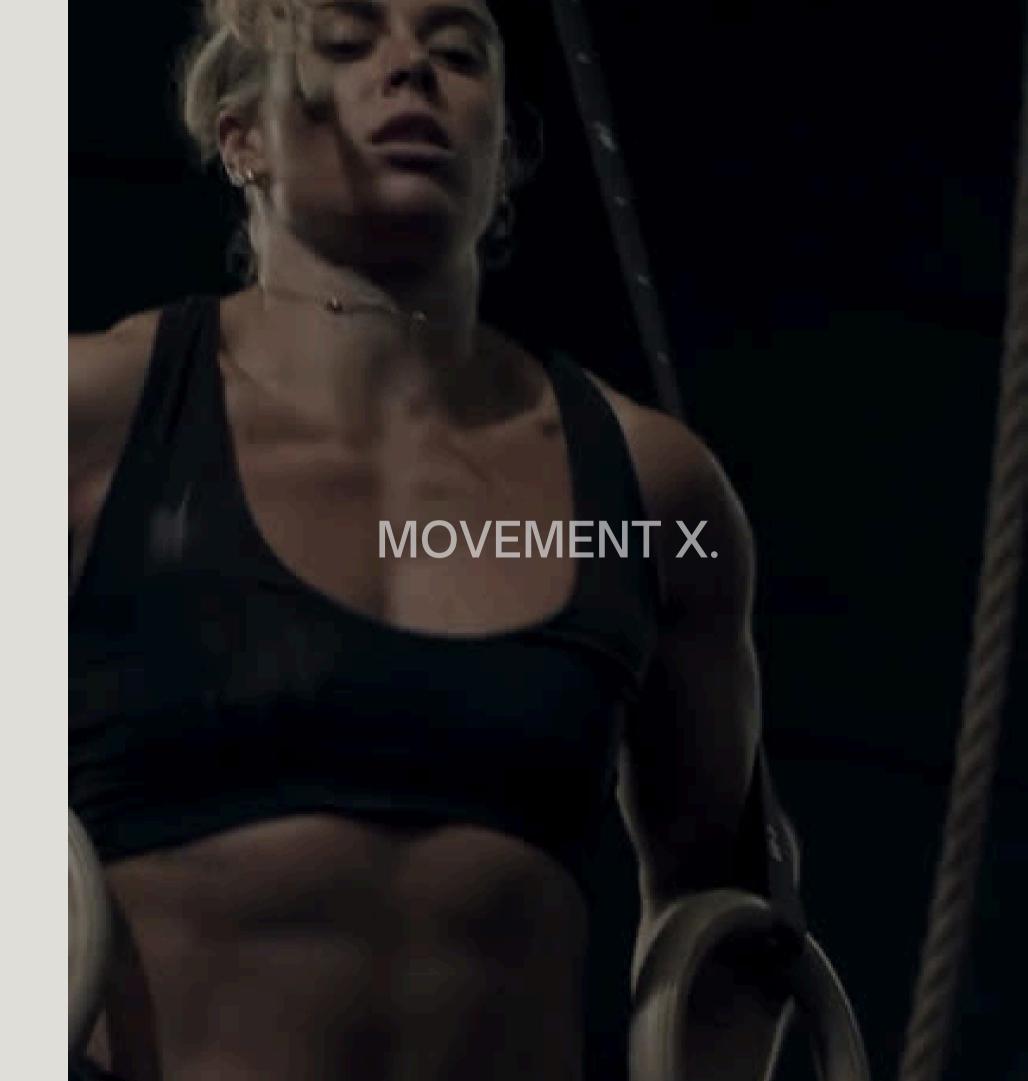
VISUAL DIRECTION
[GRAPHIC DESIGN]
"ATHLETE SPOTLIGHT"



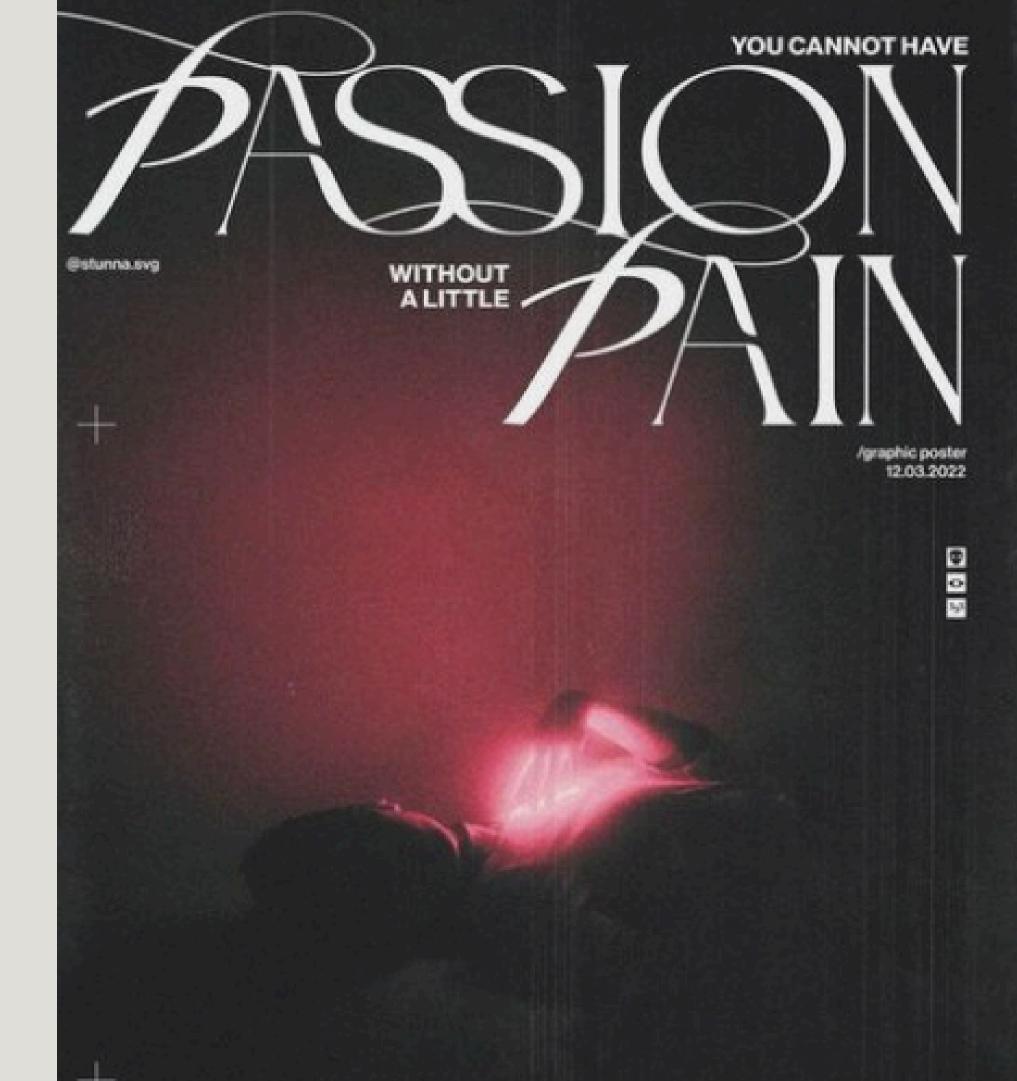
VISUAL DIRECTION [GRAPHIC DESIGN] "COACH'S SPOTLIGHT"



VISUAL DIRECTION [GRAPHIC DESIGN] "MOVE'S STORY"



VISUAL DIRECTION
[GRAPHIC DESIGN]
"COMMUNITY EVENTS"



SAMPLE FEED





IN HOUSE // BRAND // LOCAL VISION

ENERGY // INTENTION // GOAL VISION





RECOMMENDED COLLABORATORS

PRIMARY

VENUM

UFC FIGHTERS

BPM SUPPLEMENTS

PAINKLLR





PLATFORMS // FREQUENCY

INSTAGRAM

4-5 DAYS // WEEK
FOLLOWING STORYLINES
HIGHLIGHTING UPCOMING EVENTS
RECAPPING OLD EVENTS

TIKTOK

2-3 DAYS // WEEK
CASUAL IN HOUSE CONTENT
LESS EDITING & STRUCTURE
SHOWS ATMOSPHERE OF GYM

YOUTUBE

FULL LENGTH COACH'S STORY
FULL LENGTH MOVE'S STORY
FULL LENGTH ATHLETE'S STORY
DAY IN THE LIFE STYLE HIGHLIGHTING TRAINING &
THE SURROUNDING HOURS

X

QUOTES, MOTIVATION, AND GRIT STYLE CONVERSATIONS FROM THE HEAD COACH // OWNER

