

## Setting Up the Blog Fast

### What You Will Need:

- Domain Register – I recommend GoDaddy
- Website Hosting – I recommend Server Genie
- Email Management Program – I recommend iContact
- Shopping Cart – I recommend 1ShoppingCart
- Pop Up Domination

### Step A - Blog Set Up

#### **Theme for Blog**

You can get a free theme for your blog.

Free Wordpress themes - <http://www.freewpthemes.net/wordpress-themes/>

For this Wordpress Blog - <http://www.shoulderpainsolved.com/>

Can you install this theme -

<http://www.freewpthemes.net/preview/mountainbreeze/>

#### ***On Page SEO***

These are the things that tell Google what your page is doing.

Look at a website that you know is doing well or your competition. By looking at their source code.

Home Page Title Tag –

Description Tags -

Meta Tags -

Alt Tags (for images) -

#### **On Page SEO for SPS:**

<title>Shoulder Pain? Rotator Cuff Pain? Frozen Shoulder? Get LASTING Relief | ShoulderPainSolved</title>

**Rick Kaselj, MS**

<http://ExercisesForInjuries.com/fbs12>

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<meta name="description" content="Shoulder pain can be caused by many things. One of the most common causes of shoulder pain is created when the scapulars muscles are not working properly. This puts greater stress on the rotator cuff and shoulder. This leads to muscle imbalances and shoulder pain./>

<meta name="keywords" content="shoulder pain, rotator cuff pain, frozen shoulder, impingement"/>

### ***Keywords - Target Keywords for Your Blog***

Write out a primary keyword you are targeting and then five others. A keyword is a term you are targeting so when people type it into Google, they will see you.

Example would be:

- shoulder pain
- what causes shoulder pain
- shoulder pain exercises

### ***Tabs for Blog***

Make sure your keyword is in the first one.

For the top can you put this banner -

<http://www.shoulderpainsolved.com/shoulder-pain-solution/>

Make one of the tabs called “Shoulder Pain Blog” link to

<http://www.shoulderpainsolved.com/>

Put a tab called “End Shoulder Pain” link to

<http://www.shoulderpainsolved.com/shoulder-pain-solved/>

Can you put up a “My Story” tab.

Can you create a “Contact” tab.

To the contact page, add an email address, mailing address and a Google map.

Create a Google Places account -

<https://accounts.google.com/ServiceLogin?service=lbc&continue=https://www.google.com/local/add%3Fservice%3Dlbc>

### ***Welcome Video***

Introduce people to you and the blog.

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Example:

<http://www.shoulderpainsolved.com/>

### ***Find Your.....BLANK***

Key navigation pages. When people get to the site, these are five things that they will looking for:

YouTube  
Twitter  
G+  
RSS Feed  
LinkedIn

### ***Intro to Blog***

This is the thing just after the tabs that is on every page and explains what the blog is about. It is done to let people know what the blog is and for SEO.

For example:

<http://ptpower.com/>

Fitness Marketing And Boot Camp Marketing

This fitness marketing blog is about one thing... helping fitness professionals get clients who'll pay, stay and refer.

You'll discover cutting edge boot camp marketing, and personal trainer marketing strategies, tactics, and ideas for getting all the clients you can handle without wasting a ton of money on dead-end advertising.

And if you're tired of working IN your business and you want to start working ON your business then look around this site, come back often because you've discovered the #1 fitness marketing and fitness boot camp marketing business site on the internet. In addition to the killer posts, videos and articles on this blog you'll also get resources, tips, ideas, and systems for starting a personal training business or starting a fitness boot camp business. Best of all you'll get systems that you can apply today and get results this week.

Whether you want new client getting ideas that actually work, or if you want ideas on selling personal training, or if you just want to know how to leverage your time, create multiple income streams, and discover proven fitness and boot camp marketing systems - this is the resource site for YOU.

### ***Best Fitness SEO Blogs***

To look at good sites with SEO, check these out.

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<http://ExercisesForInjuries.com/fbs12>

Best Fitness SEO blogs - <http://internetindependence.com/truth-about-twitter>

PTpower.com - <http://ptpower.com/>

- Done for SEO - “Browse by Topic” – right side
- Done for SEO - Stuff at bottom of blog.

JasonFerruggia.com - <http://jasonferruggia.com/>

- Done for SEO - “Most Popular Posts” – right side
- Done for SEO - “Important Links” – right side

### **Side Bar for Blog**

Add an opt in – like here - <http://www.shoulderpainsolved.com/>

Add a badge – Look at <http://www.ttfatloss.com/>

### **Plugins for the Blog**

Can you add these plugins:

All in One SEO Pack

SEO Friendly Images

Google XML Sitemaps

SI CAPTCHA Anti-Spam

W3 Total Cache

ShareThis

Facebook Comments for WordPress

Speedy Page Redirect

PopUp Domination

- Share this – For social media buttons to appear at the top of each post.

### **Set Up RSS Feed**

All wordpress blogs comes with a ready RSS feed, url as below: <http://URL/feed/>

### **Submit RSS Feeds**

Go to <http://fiverr.com/> and search for “submit RSS feed”

Select someone that will not promise the world and has good reviews.

You can also check if they have other gigs on Fiverr and see what their rating is on those jobs.

I selected this job:

<http://fiverr.com/teesmaarkhan/submit-your-blogs-rss-feed-to-150-directories>

Person – tkingumar

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Title – I will submit Your Blogs RSS Feed to 150+ Directories for \$5

Description -

I will use Dummysoftware's "RSS Submit", which is the industry standard RSS submission tool to submit your blog's rss feed to over 150+ directories. I have the SEO Edition of the software with everything unlocked. You can view the software details here: <http://www.dummysoftware.com/rsssubmit.html>

Ordered Saturday, February 11, 2012.

Done and it looks good.

### **Submit Website to Search Engines**

Go to <http://fiverr.com/> and search for “submit to search engines”  
Select someone that will not promise the world and has good reviews.  
You can also check if they have other gigs on Fiverr and see what their rating is on those jobs.

I selected this job: [http://fiverr.com/cathy\\_rey/submit-your-site-to-over-1020-different-search-engines-and-get-you-10-backlinks](http://fiverr.com/cathy_rey/submit-your-site-to-over-1020-different-search-engines-and-get-you-10-backlinks)

Person – cathy\_rey

Title – I will submit Your Site To Over 1020 Different Search Engines AND Get You 10 Backlinks for \$5

Description - Just supply me with the URL of your site, a short summary, and a list of keyword phrases you want optimized, and I'll do the rest! The Search Engines and Directories I submit your site to aren't ALL "Top Rated", but Search Engines like "Google" and "Alexa" are all there! Some Engines can take around a week to crawl your website, so don't expect "Instant" results. I will supply you with a full report of the Search Engines once I'm done.

Ordered Saturday, February 19, 2012.

Done and looks good.

Another one to consider:

<http://fiverr.com/guidetolondon/submit-your-website-1500-directories-100-search-engines-as-bonus-with-full-report>

### **Submit Blog to Bookmarking Sites**

I selected this job:

<http://fiverr.com/crorkservice/add-your-site-to-700-social-bookmarks>

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Person – corks-service

Title – I will add your site to 500+ social bookmarks for \$5

Description - You need high ranking in Google? You will be in top10 in a few days, just try our amazing service. DON't WORRY ABOUT ORDERS IN QUEUE. ALL WILL BE SENT IN 4 DAYs WITH NO DELAY. We submit your URL to 500+ Social Bookmarking sites. Spin Title and Description - Available!!!! Sample report. <http://www.mediafire.com/?xp6klfnr6f5ryov> Social bookmarking it's not illegal marketing - this is like a viral interest. Google like it.

Ordered Monday, February 20, 2012.

Done, task looks good.

### **Submit Blog to Directories**

Go to <http://fiverr.com/> and search for “blog directories”  
Select someone that will not promise the world and has good reviews.  
You can also check if they have other gigs on Fiverr and see what their rating is on those jobs.

I selected this job:

<http://fiverr.com/directorylink/manually-submit-your-website-url-to-30-top-rated-page-ranking-sites>

Person –

Title –

Description -

## Step B – Social Media Set Up

Creating a Google Account  
Creating a YouTube Account  
Creating a Twitter Account  
Creating a LinkedIn Account  
Creating a Facebook FanPage

### **Creating Social Media Aggregators**

#### ***Ping.FM Account***

Go to <http://fiverr.com/> and search for “ping.fm”  
Select someone that will not promise the world and has good reviews.

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You can also check if they have other gigs on Fiverr and see what their rating is on those jobs.

Ping.fm - <http://ping.fm/>

I selected this job:

<http://fiverr.com/hgrimalt/set-up-a-pingfm-account-for-you>

Person – hgrimalt

Title – I will set up a pingfm account with all working networks linked with pics,profile urls and rss feed urls for \$5

Description -

I will register to all accounts and link to ping.fm. Then, I will deliver an excel file with the log in details including the profile urls and profile rss feeds. Usernames can be from a list of keywords you provide. Each accounts will have profile photo,bio, Gmail account will be created for you. All links will be verified.

Ordered Saturday, February 11, 2012.

Other social media aggregators that you can have things set up on:

Hellotxt - <http://hellotxt.com/help/about-us>

### ***Hellotxt Account***

I selected this job:

<http://fiverr.com/lancers/hellotxt-setup>

Person –polavianka

**Title - I will create a full profile HelloTxt Service in max of 3days for \$5**

Description -

**\*\* GET YOUR HELLOTXT IN MAX OF 3DAYS\*\*** I will create working accounts manually of Hellotxt.com Service for you. It is just the same as Pingfm Services and Pixelpipe. I will provide you list of URL, username and password and Email. Gmail is the primary email used. **\*\*All accounts will be verified. There are just 39 sites working in Hellotxt but only 27 of them can be successfully added. Profile photo uploading is an option.**

Ordered Monday, March 5, 2012.

### ***Pixelpipe Account***

Pixelpipe - <http://pixelpipe.com/>

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I selected this job:

<http://fiverr.com/hgrimalt/set-up-a-pixelpipe-account-for-you>

Person – hgrimalt

**Title - I will set up a Pixelpipe account with all working networks linked with pics, profile urls and profile rss feeds for \$5**

Description -

I will register all working accounts associated with pixelpipe and link these accounts to pixelpipe. I will humanize social sites with pics and filling out details. Then, I will deliver an excel file with the username, password, profile url, rss feed urls. I will create a twitter account that you will use to login since pixelpipe has been closed to new registrations

Ordered Monday, March 5, 2012.

Interesting article on how to set is up that you can post on a whole stack of social bookmarking sites - <http://lookatmenow.hubpages.com/hub/How-To-Post-To-Over-50-Social-Networks-At-Once>

Step C – Lead Capture

**#1 - Special Report to Give Away**

Top right of this page - <http://www.shoulderpainsolved.com/>

***Submit to PDF Sites using Fiverr***

Now tweak the PDF report that it can be submitted back to a variety of document sharing sites.

Here is a good example of a tweak:

<http://exerciseforinjuries.com/how-to-increase-anabolic-hormones-by-balancing-the-autonomic-nervous-system/>

Go to Fiverr.com and look for someone to submit your PDF to a variety of “document sharing” Sites. Make sure your affiliate link is in the report, that you have links to place you want and that the links are live.

Now go to Fiverr and get a bunch of Facebook Likes. This will show that the Fan Page has some activity and will encourage people to join.

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Go to <http://fiverr.com/> and search for “document sharing”  
Select someone that will not promise the world and has good reviews.  
You can also check if they have other gigs on Fiverr and see what their rating is on those jobs.

I selected this job:

<http://fiverr.com/alexdsn12/sharing-your-doct-or-pdf-file-by-top-25-document-sharing-site-with-high-pr>

Person –

Title –

Description -

### ***Submit Report to Amazon***

#### **#2 - Special Video**

At the bottom of this post - <http://www.shoulderpainsolved.com/shoulder-pain-and-movement/>

#### ***Opt In At the Bottom of a Blog Post***

At the bottom of this post - <http://www.shoulderpainsolved.com/shoulder-pain-and-movement/>

#### **#3 – Assessment Video**

People like a little test they can do to see if they have that problem, like here:

<http://www.shoulderpainsolved.com/shoulder-assessment/>

#### **#4 – Blog Post of a Lifetime**

Like this one - <http://internetindependence.com/100k-in-12-months-part-1>

Step D – Link Building

### **What You Can Do**

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Link to Other On-line Properties  
Put in your email signature  
Put in personal Facebook profile

### **Backlinks – Quick**

#### ***A Quick Easy 100 Free Backlinks***

Submit your website to - <http://marketingblogonline.com/autobacklinks/>

Allow you ot have 25 unique backlinks a day - <http://www.socialmonkee.com/>

Done on Friday, February 17, 2012

#### ***EDU / GOV - Manually Built Profile Links from .EDU and .GOV websites***

Go to <http://fiverr.com/> and search for “.edu and .gov profile links”  
Select someone that will not promise the world and has good reviews.  
You can also check if they have other gigs on Fiverr and see what their rating is on those jobs.

<http://fiverr.com/ppseoservices/create-20-dofollow-forum-profile-backlinks-from-edu-and-gov-domains-then-i-will-try-to-get-them-indexed-in-google>

I selected this job:

[http://fiverr.com/the\\_giri/create-36-dofollow-edu-or-gov-backlinks](http://fiverr.com/the_giri/create-36-dofollow-edu-or-gov-backlinks)

Person – the\_giri

Title – I will create 36 DOFOLLOW edu or gov backlinks for \$5

Description - Backlinks from.edu domains have a lot of value in Google's eyes. I will create 36 Live Dofollow backlinks, containing your choice of Up To 2 URL and 6 Keywords. The link types are Angela Styles, from 18 - 20 Unique URL on High PR Domain. Live, public, already pinged and use variety of username so it will look more natural.You will get the report with the list of urls where the links are placed.+ BONUS RSS FEED of your Links.

Ordered Saturday, February 18, 2012.

I selected this jog - <http://fiverr.com/stormchaser/create-50-edu-and-gov-links-to-your-website>

Person – stormchaser

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Title – I will create 50 edu and gov links to your website for \$5

Description - I will provide your website with 50 backlinks from edu and gov websites. Unfortunately, I am unable to guarantee that all links will be dofollow, but even nofollow links from high authority websites can make a difference. I will create a detailed report after completion of the task. If you have any questions, please hit me up prior to ordering. \*Longer turnaround time is due to the manual work involved in order to achieve higher quality.

Ordered Monday, February 20, 2012.

Done, task looks good.

Can also set up a post here - <http://www.academia.edu/signup>

Other jobs from EDU blog comments - <http://fiverr.com/mkmedia/get-you-111-edu-backlinks-for-your-site-from-edu-blogs-and-edu-sites-trough-edu-blog-comments>

Good article explaining things - <http://internetindependence.com/fiverr-com-seo-backlinks>

### ***Creating an RSS Feed and Submitting it to RSS Feed Aggregators***

Every post and page you create, turn it into an RSS feed and submit it to an RSS feed aggregator.

Go here to create an RSS Feed - <http://rssholder.com/>

Then submit it to this site - <http://ping.in/>

List of RSS Feed Aggregators and Directories

<http://www.themysteriousmarketer.com/backlinking-secrets/rss-backlink/submit-rss-feed-aggregators-directories-list>

<http://imarketingblog.org/seo/a-list-of-rss-feed-aggregators-and-a-free-rss-submission-software>

### ***Pinging Your Site***

Every post and page you create, submit it to pinger.

<http://pingler.com/>

You can also submit them to:

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<http://ExercisesForInjuries.com/fbs12>

<http://www.bulkping.com/>

### **Submit an Article to Ezine Article**

Write and article.  
Use Fiverr to submit it.

### **A High PR Backlink**

I selected this job:

<http://fiverr.com/shelby317/get-you-an-alexa-us-top-500-google-pr7-domain-permanent-backlink-in-a-news-story>

Person – shelby317

Title – I will get you an Alexa TOP 500 Google pr7 domain permanent backlink in a news story for \$5

This is amazing! Alexa United States Top 500 and Google Pagerank 7 domain! I will embed a permanent dofollow link to your page w/5 keywords of anchor text inside a news story on the domain. NOT COMMENT SPAM OR WASTED BLOGROLL! BONUS: I will put the same backlink in one of the subject headline (PR 3-6+) pages for at least one week. BONUS: Same backlink will be embedded in headline RSS feed for other domains to republish.

Ordered Tuesday, February 21, 2012.

I selected this job:

[http://fiverr.com/cathy\\_rey/get-your-website-5-pr-7-backlinks](http://fiverr.com/cathy_rey/get-your-website-5-pr-7-backlinks)

Person – cathy\_rey

Title – I will get Your Website 5 PR 7 Backlinks for \$5

Just send me the Url of your site, and the (short) keyword phrase you'd like to get ranked for, and leave the rest to me! These Backlinks will all be from Profiles I create on sites that have PR7 on their Home-Page. Google gives a Backlink from any website above PR 6 immense power, so getting 5 of them can do wonders for your site's PageRank! I'll send you a link to the places I got you Backlinks from as proof of my work as soon as I'm done.

Ordered Tuesday, February 21, 2012.

### **Blog Roll**

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I selected this job:

<http://fiverr.com/flyby/give-you-a-permanent-pr3-health-niche-blogroll-dofollow-high-quality-one-way-seo-backlink>

Person – flyby

Title – I will give you a permanent PR2 Health niche blogroll dofollow high quality one way seo backlink for \$5

**\*\* Permanent Blogroll Health Niche\*\*** I will give you a PERMANENT PR3 dofollow blogroll link. Cheapest PR3 backlink you can find! Blog is in the Health niche but will work well in any niche. Contextual and blogroll one way links are the highest quality links you can get. Please check out my other gigs for 100% customer satisfaction and more super high quality links to rank you in the top 10!

Ordered Monday, February 27, 2012.

### ***Blog Networks***

Submit an article to a blog network with a link back to your site.

<http://fiverr.com/topdown/submit-your-article-to-a-private-blog-network-pagerank1-to-6>

Blog networks were better than article directories but it looks like their effectiveness has decrease and now press releases and YouTube are the way to go - <http://internetindependence.com/unpopular-advice-on-the-latest-search-engine-optimization-update>

### ***Articles***

#### ***Someone to Write Your SEO Articles***

I selected this job:

<http://fiverr.com/phylix/give-you-5-unique-articles-on-any-nichekeywordssubject-of-your-choosing>

Person – phylix

Title – I will give you 5 UNIQUE articles of very HIGH QUALITY on any niche/keyword/subject of your choosing in 24hrs for \$5

Description - Get 5 UNIQUE \*400-1000\* word articles and use them for your blogs, submit them to article directories or anything! The articles are spun by a special process that encodes the articles and GUARANTEED to pass CopyScape or any other algorithm and look 100% unique to not just Yahoo and

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<http://ExercisesForInjuries.com/fbs12>

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Bing, but also GOOGLE. Just tell me the topic and get your articles now! Promise me you'll leave me feedback in your order and receive a BONUS article for free! 24hrs!

Ordered Monday, February 20, 2012.

Went well, done.

Will write low quality article - <http://fiverr.com/natashanixon/speed-write-a-500-word-quality-article-in-1-day>

### ***Submits Your Articles***

Submit Article to iSnare  
<http://www.isnare.com/>

I selected this job:

<http://fiverr.com/vapsjee/write-an-article-spin-it-and-submit-it-from-2500-to-3000-article-directories-for-quality-backlinks>

Person – vapsjee

Title – I will write an article, spin it and submit it from 2500 to 3000 article directories for quality backlinks for \$5

Description - ----- Over 3000 sold ----- Hey, you know how important backlinks are for your online business and I'm here to help you: My gig will BOOST your rankings. I do as title promises. About 900+ of them will get submitted and you will get 100+ backlinks instantly. I will provide 2 reports after my work is done(.csv and .txt files). And only details i need from you are up to 2 urls and 2 keywords. This is a backlinking gig!!! Henri :)

Ordered Wednesday, February 22, 2012.

Project done, looks good. A little slow at getting it done.

### ***Press Release***

#### ***Submit Here to Start***

When it comes to press releases, start here:

<http://www.webwire.com/>

It cost some money but it is the best cost for value, out there (as of March 2012).

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<http://news.prlog.org/> is a good free place but has not been index by Google since September 2010.

### *Someone Write You a Press Release*

I selected this job:

<http://fiverr.com/theprwriter/write-your-business-website-event-or-product-related-press-releases>

Person – theprwriter

Title – I will write your business, website, event or product related press releases for \$5

Description - Looking for a talented press release writer to create press releases based off the products and services of your websites? Well, you don't need a huge PR firm with their huge fees in order to get a quality press release. You need a savvy professional writer with journalistic experience, and who can deliver on time. Then if you want the release distributed online, it will be another gig. \*GUARANTEE: Quick Turn-Around & Satisfaction!

Ordered Monday, February 20, 2012.

Not very fast to get done but it was good.

### *Submit Your Press Release*

I selected this job:

<http://fiverr.com/nishmeh/submit-your-press-release-content-to-25-press-release-distribution-sites>

Person – nishmeh

Title – I will submit your press release content to 25 press release distribution sites for \$5

If you have any press release written, I will take it and submit it to top 25 Press release distribution sites. Ensure the press release has proper contact details and its not just keyword stuffing

Ordered Saturday, March 3, 2012.

Done fast and then it took a few days for some of them to approved.

Other one to consider:

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<http://ExercisesForInjuries.com/fbs12>

I will submit your press release content to 25 press release distribution sites for \$5

<http://fiverr.com/nishmeh/submit-your-press-release-content-to-25-press-release-distribution-sites>

### **Blog Comments**

I selected this job:

<http://fiverr.com/expertgeek/make-500-blog-commenting-backlinks-for-any-website>

Person – expertgeek

Title – I will make 500 blog commenting backlinks for any website for \$5

I will comment on 800 blogs to create backlinks to any url, twitter page, website, facebook fan page or squidoo' will definitely bring your site up in the search engines rankings.(SERP) detailed report of minimum 100 established links and comment posted urls will be supplied with order completion. can give 2 urls of same nature and keywords. [http://geekspire.blogspot.in/2012/02/what-is-google-dance\\_16.html](http://geekspire.blogspot.in/2012/02/what-is-google-dance_16.html)

Ordered Wednesday, February 22, 2012.

==> Done, result looks good.

### Other Fiverr Jobs

I will write 20 AMAZING blog comments to your blog to make it look more lively for \$5

<http://fiverr.com/stunnagirl/write-10-amazing-blog-comments-to-your-blog-to-make-it-look-more-lively>

I will give you 20 to 50+ positive facebook comments from 50 different facebook accounts with American profile within a day Express for \$5

<http://fiverr.com/tob92/advertise-your-links-to-facebook>

Will give you 200 likes for whatev

<http://fiverr.com/slimshady002/post-a-status-update-in-my-21k-and-19k-facebook-pagea-total-of-36k-fans>

### **Profile Links**

[http://fiverr.com/dino\\_stark/create-and-ping-5500-publicly-viewableverifiedno-duplicated-domain-forum-profile-backlinks-with-xrumer](http://fiverr.com/dino_stark/create-and-ping-5500-publicly-viewableverifiedno-duplicated-domain-forum-profile-backlinks-with-xrumer)

**Rick Kaselj, MS**

<http://ExercisesForInjuries.com/fbs12>



### **Video Submission**

<http://fiverr.com/sorinelo/submit-manually-your-video-to-over-25-video-sharing-sites-with-high-pr>

<http://fiverr.com/virtualgirl2010/do-video-submission-to-22-video-sharing-sites-i-will-create-accounts-to-each-of-the-sites-please-see-feedback>

10 meg limit

<http://fiverr.com/fvchamp/submit-your-video-manually-to-10-popular-video-sites-like-youtube-metacafe-vimeo-etc>

### **Video Pyramid**

Video Pyramid

[http://fiverr.com/dino\\_stark/create-4-popular-video-sites-and-2000-high-pr-links-pyramid](http://fiverr.com/dino_stark/create-4-popular-video-sites-and-2000-high-pr-links-pyramid)

### **Bookmark**

Did this above but you can get this done for a post or a page.

I selected this job:

<http://fiverr.com/crokservice/add-your-site-to-700-social-bookmarks>

Person – crokservice

Title – I will add your site to 500+ social bookmarks for \$5

Description - You need high ranking in Google? You will be in top10 in a few days, just try our amazing service. DON'T WORRY ABOUT ORDERS IN QUEUE. ALL WILL BE SENT IN 4 DAYS WITH NO DELAY. We submit your URL to 500+ Social Bookmarking sites. Spin Title and Description - Available!!!! Sample report. <http://www.mediafire.com/?xp6klfmr6f5ryov> Social bookmarking it's not illegal marketing - this is like a viral interest. Google like it.

Ordered Monday, February 20, 2012.

Done, task looks good.

### **Affordable Backlinks**

Places that you can get quick affordable backlinks:

<http://onehourbacklinks.com/>

<http://linklicious.me/>

**Rick Kaselj, MS**

<http://ExercisesForInjuries.com/fbs12>

### ***Link Wheel***

<http://fiverr.com/volarex/build-a-linkwheel-with-6-high-pr-blog-manually-and-then-create-3000-backlinks-on-them-dominate-the-first-page-of-any-search-engine>

### ***Link Pyramid***

<http://fiverr.com/jimmyjam1983/build-a-google-domination-pyramid>

### ***SEO Resources***

Here are two forums that you can go to that have good information on sEO and a place you can answer questions:

<http://www.warriorforum.com/>

<http://forums.digitalpoint.com/>

### ***Check How Many Backlinks You Have***

See how many backlinks you have.

<http://www.backlinkwatch.com/index.php>

### ***Miscellaneous Fiverr Stuff***

Good Provider

<http://fiverr.com/jimmyjam1983>

### ***Miscellaneous***

Interesting what this affiliate marketer did – <http://www.stevescottsite.com/niche-income-update-1>

How to set up affiliate site - <http://www.stevescottsite.com/google-proof-panda-update>

Getting paid to write a website - <http://www.blogstash.com/55-get-paid-to-write-websites/>

## Step E - Blog Content

### **Part A**

Brain storm an idea  
Write Out an Outline  
Open the article with a story  
Explain the problem  
Do a draft of the article shooting for 100 words  
Then let the article sit.

### **Part B**

Go back and re-read and edit the article.  
Now format the article.  
Have a general photo  
Have an exercise photo  
Have a video  
Link to one of my other blog post that I want to bump up the ranks  
Link to a product  
Done

This is a great resource:

How to Write 1000 Word Articles Fast  
<http://internetindependence.com/1000-word-articles>

### **Pingers**

Every post and page you create, submit it to pinger.

<http://pingler.com/>

You can also submit them to:

<http://www.bulkping.com/>

## Step F - Blog Plan

Set up a plan for your content.

## Step G - Other Things to Do

### **Set Up Google Alerts**

Set up Google Alerts - <http://www.google.com/alerts> - for your:

- Name
- Product name
- Keywords

## Key Stats to Look At

### **Google Page Rank**

You can check it out here - <http://www.prchecker.info/>

### **Alexa Ranking**

You can check it out here - <http://www.alexa.com/>