

TRAIN HARD


ADVERTISING RATES 2019




AUDIENCE

October 2018

 4.567
copies number

 4.083
Page views

 3.605
Unique users

 14.714 Fans



WEB

ONLINE RATES

MUSCLE, STRENGTH AND PERFORMANCE

Train Hard focuses on power training under the slogan muscle, strength and performance, with the aim of raising the bar for those who need to intensify their level of effort and refine their technique in order to continue improving. CrossFit, weight-lifting, competitive gymnastics, and free weights etc. provide the backbone of this magazine's topics. It will also tackle the keys of science and nutrition to achieve maximum performance and high muscle definition as well as useful information on equipment and training plans.

WE FORM A
COMMUNITY OF

22.886
PEOPLE

TECHNICAL DETAILS

Frequency: Please consult.
Format: 207x280 mm plus 4 mm of indent on each side
Printing: Offset
Binding: Perfect binding

CLOSING DATE

The originals ought to be delivered to the magazine, 10 days before the issue date.
 Please make your reservations before the closing date.

VERY IMPORTANT

Please deliver the material on digital media. PDF format in high resolution, colour mode CMYK, embedded printing (PDF/X-1a).

TRAIN HARD Nº 11

Ganadores de músculo
CASOS REALES DE ÉXITO

EJERCICIOS TOP PARA BRAZOS

24 EJERCICIOS
Que evitan lesiones

THE ROCK EN 12 DATOS

NUTRICIÓN CARBOHIDRATOS
La proporción correcta para tus músculos

Estimula tus hormonas para ser más fuerte

Las claves para un **PRESS VERTICAL PERFECTO**

+ SUPLEMENTACIÓN | HALTEROFILIA | MATERIAL | NUTRICIÓN

[CONTACTO](#)

ADVERTISING SPACE	PRICE euros	FORMATS mm
PAGE	7.250	207 x 280
DOUBLE PAGE	14.500	414 x 280
ADVERTORIAL PAGE	8.700	207 x 280
BACK COVER	11.550	207 x 280
INSIDE FRONT COVER	9.950	207 x 280
INSIDE BACK COVER	8.750	207 x 280
1ST DOUBLE PAGE	18.000	414 x 280
1ST RIGHT HAND PAGE	8.550	207 x 280
2ND RIGHT HAND PAGE	8.250	207 x 280
3RD RIGHT HAND PAGE	7.950	207 x 280
DOUBLE 1/2 PAGE	8.600	414 x 136
1/2 HORIZONTAL PAGE	4.300	207 x 136
1/2 VERTICAL PAGE	4.300	99 x 280
1/3 HORIZONTAL PAGE	3.000	207 x 89
1/3 VERTICAL PAGE	3.000	67 x 89
BRANDED CONTENT PAGE / NATIVE*	9.450	207 x 280
*Writing and desing production cost	500	

**motor
press
ibérica**