



# The 4 Day Traffic Formula

By Ryan Parenti

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Get more internet traffic with this 4 day plan. You get more traffic to your website when you do this easy plan. Get instant net traffic now!

This is a simple 4 day wash and repeat plan for web traffic. If you want more site traffic all you need to do is go through this 4 day plan then rinse and repeat.

It is a simple plan for internet traffic growth so let's jump in.



## Day 1

**The first step for more internet traffic is to write an article.** Make sure to do your Keyword research because if you don't it won't work. Submit your article to directories like...

- 📌 EzineArticles.com
- 📌 ArticleDashboard.com
- 📌 Isnare.com
- 📌 Buzzle.com
- 📌 ArticlesBase.com

Make sure to bookmark each article and submit your RSS feeds.

## Day 2

**Write a press release about your article or your website using the same keyword you used for the article.** This gives the press a reason to pay attention to what your doing.

The trick is to have a reason to write a press release. Something as simple as "New Article Created" is an easy excuse to write a press release for more internet traffic.

Here are some of the leading sites to submit your press release to. These are all free press release sites.

When writing a press release you simply take the perspective of a reporter. Think -Who what where and why.

- 📌 <http://www.24-7pressrelease.com/>
- 📌 <http://www.i-newswire.com/>
- 📌 <http://pr-usa.net/>
- 📌 <http://www.1888pressrelease.com/>
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- a <http://bignews.biz/>
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- a <http://www.clickpress.com>
- a <http://www.pr9.net/>
- a <http://www.pressmethod.com/>
- a <http://ecommwire.com/>
- a <http://www.pr-inside.com/>
- a <http://www.prleap.com/>
- a <http://express-press-release.net/>
- a <http://prbuzz.com/>
- a <http://www.prlog.org/>
- a <http://www.free-press-release.com/>
- a <http://www.theopenpress.com/>
- a <http://www.free-press-release-center.info/>
- a <http://www.prurgent.com/>
- a <http://www.bestsyndication.com/>

Make sure to bookmark each press release. You can also submit to PRweb.com.

## Day 3

**On this day you will take your article then turn it into a video.** You can simply talk the article over a powerpoint presentation and use free screen capture software to record the video.

Then you want to distribute it to top video sites using a service like TubeMogul. YouTube is the most popular video website and if your looking to get more bang for your buck focus on YouTube.

Make a keyword rich description and use your keyword in the title. Make your description about 2-3 paragraphs with your URL in between each paragraph.

Also put your webpage URL the FIRST thing in the description and make sure to bookmark your article and submit any RSS feeds.

## Day 4

**Write a blog post about same topic as article.** Make sure to use the same keyword as the article and press release.

You can use free blogging platforms if you don't know how to start a blog but I suggest using your own domain on your own hosting account.

It is an easy way to get more internet traffic.

Just make sure to bookmark your content.

## **Why This Works And What To Do Next**

This works because you are constantly creating promotions for your website and you are getting dofollow backlinks that increase your search engine rankings.

If you simply commit to the 4 day more internet traffic plan and use it over and over again you will quickly find that your traffic will grow quicker than you could have ever thought.

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