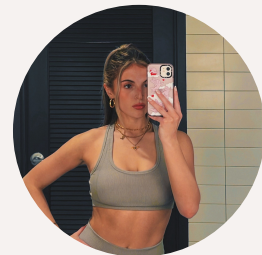


# LILA VOGEL

Personal Trainer and Physical Therapist



Next time you go to the gym try out my upper body set! Make sure to save for later 📌

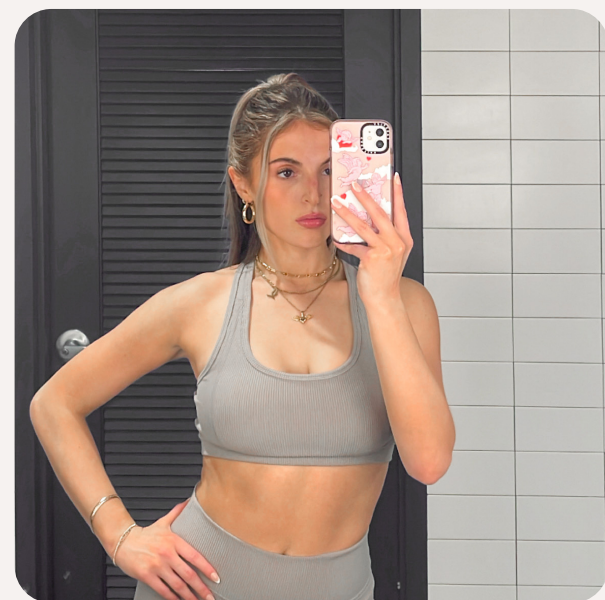
Straight arm pull down 10-12 reps  
Tricep extension 10-12 reps  
Arnold press 10-12 reps  
Rows 12-15 reps

#upperbodyworkout #upperbodystrength  
#upperbodytraining #girlswholifts



\*\*personal caption about life outside work / life as a physical therapist\*\*

#fitnesslifestyle #fitlife  
#physicaltherapistlife  
#worklifebalance



Happy Monday! I love starting off the week fresh with my workouts. What's something you like to do to reset your week?

#fitnessinfluencers  
#strongandhappy #mirrorpics



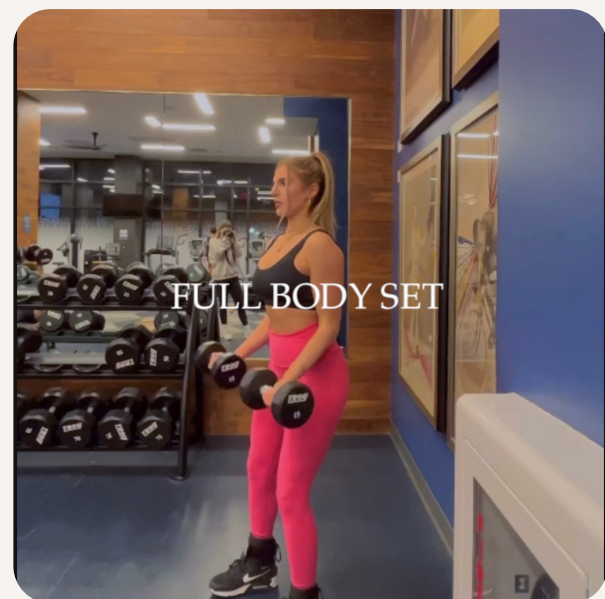
\*\*caption about experience at PurreBare or DC\*\*

#dcfitnesstrainer #purrebarre  
#dcfitness #girlsinfitness  
#fitnesswomen



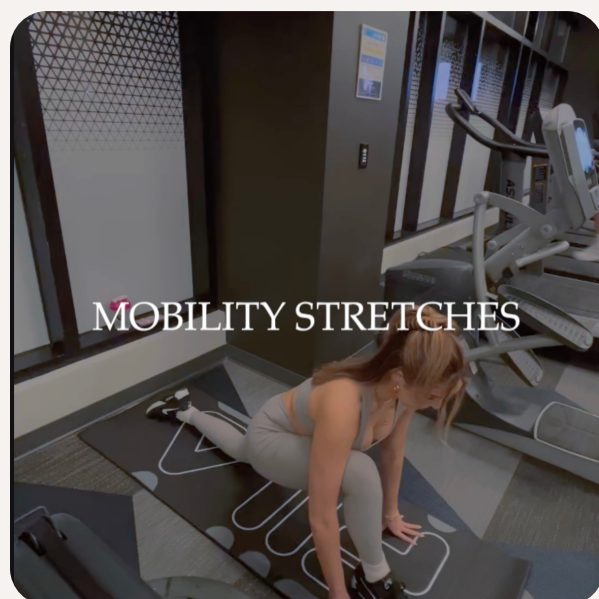
Nothing beats a day at the gym. What's your favorite day

#healthyandhappy  
#fitnessmotivation  
#buildingconfidence #gymgirls



Here's my favorite dumbbell full-body set! Make sure to save this for the next time you go to the gym

#fullbodyworkouts #gymworkouts  
#saveforlater #fitnessworkouts  
#armworkouts #legworkouts



Never. Skip. Stretching.

As a physical therapist ...

#physicaltherapists #hipmobility  
#stretchingexercisess  
#stretchingt看 #fitnesstips



\*\*caption about experience at PurreBare or DC\*\*

#dcfitnesstrainer #purrebarre  
#dcfitness #girlsinfitness  
#fitnesswomen



Hi, my name's Lila, and welcome to my fitness page! Here I'm going to be sharing my favorite workouts, tips and tricks, and lifestyle content. I am so happy you are here for the adventure

#fitnessinfluencer #physicaltherapists  
#onlinefitnesscoach #girlswholift  
#workoutmotivation  
#bostoninfluencers





# LILA VOGEL

## FULL VIEW OF THE FEED

