Looking for the perfect caption, inspiring phrases, and meaningful quotes to enhance your Instagram bio? Life quotes can provide the motivation and wisdom you seek. Whether you prefer short quotes or one-word quotes, there is something for everyone. Let these words of wisdom be your gym motivation, pushing you to reach new heights in your fitness journey. From uplifting messages to thought-provoking insights, these quotes encapsulate the essence of life's various facets. They remind us to embrace change, find inner happiness, and seize every opportunity. So, delve into the world of quotes and let them guide and inspire you in your daily endeavours and Instagram adventures.

Photo by Tirachard K

umtanom: <https://www.pexels.com/photo/assorted-color-aired-balloons-under-blue-sky-574282/>

Photo by Trinity Kubassek: <https://www.pexels.com/photo/2-girls-hugging-each-other-outdoor-during-daytime-225017/>

Photo by Afta Putta Gunawan: <https://www.pexels.com/photo/men-sits-of-sofa-1036804/>

Photo by Dominika Roseclay: <https://www.pexels.com/photo/close-up-photography-of-baby-s-right-hand-1271563/>

Photo by Pramod Tiwari: <https://www.pexels.com/photo/a-person-holding-an-iphone-13288521/>

Photo by Anush Gorak: <https://www.pexels.com/photo/man-holding-black-dumbbell-1229356/>

Photo by [Randy Tarampi](https://unsplash.com/pt-br/@randytarampi?utm_source=unsplash&utm_medium=referral&utm_content=creditCopyText) on

<https://unsplash.com/photos/U2eUlPEKIgU?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink>

Photo by ROMAN ODINTSOV: https://www.pexels.com/photo/paintings-on-the-wooden-wall-5836182/

Baddie captions

1. You Know Me Once But You Won't Know Me Twice.

2.1 Do A Thing Called "What I Want"

3. Not Everyone Likes Me, But Not Everyone Matters.

4. I'm Like Gold, I'm Like Goals... Baby I'm Chosen, I'm

Floating.

5. The Same Ol' Me, Just A Little Bit More Fabulous.

6. Lips Popping, Skin Glowing, Ass Fat, Grades Good And A

Bad Attitude.

7. If You Obey All The Rules, You Will Miss The Fun.

8. She Has Fire In Her Soul And Grace In Her Heart.

9. Bitches Love Being Your Friend Till You Doing Better Than

Them.

10. You Can Rate Me Between 0-10 Because I Broke It.

11. Think About What Others Think Is A Waste Of Time.

12. Let Me File That Under 'I Don't Care.

13. I Am Actually A Very Nice Person Until You Piss Me Off.

14. Don't Check For Me Unless You Have A Check For Me

15. Be So Bad That They Can't Ignore You.

yesterday is history, tomorrow is a mystery.

blessed mess

~i decide my vibe

~ inhale sky, exhale stars

not a secret, just not your history

2

~ all we have is now.

2

2

2

2

~ let your soul glow

~the art of eye contact

~ to glam to give a damn

~ one step at one time

~ even salt looks like suger..

~sun, sand the sea and me

~i need vitamin u

~ lost in my thoughts

2

~dont just exist, live

~ you dont exist, i do

life's a party, im the pinata

you've got something they dont.

golden hour bb

~stressed but blessed

2

2

2

call me friend but keep me closer

hoes before boys

~dont rush something you want to last forever.

2

2

As brave as the night, as rare as moonlight

It's so simple, keep going

Naturally introverted, selectivity extrovert

Half heaven, half hell

You're it, you're my favourite person

She wore the smile like loaded gun

Just enough madness to be interesting

Pinterest/Trendyigcaptions

Glossy af

Me &amp; my messy ponytail

I wasn't made to fall in line

Keep lurkin' I'm doing good

Aspire to inspire

You do you

Serendipity

Bittersweet

Too good for you

Back n better

Why so serious?

Gym Instagram Captions

• Now that's a flex • Never miss a Monday • Nothing but gains here Motivation is what gets you started. Habit is what keeps you going • The only thing stopping you is you • Burns so good • Do I have abs yet? • Sweat now, shine later • Progress, not perfection • A little progress each day adds up to big results • It starts with you • Lift heavy and love hard • Train like a beast, look like a beauty • Eat. Gym. Repeat. • Good things come to those who sweat • Rise & Grind Gym is my therapy • Results do not come over night • Weights before dates

Setting goals and crushing them!

Sweat is the best highlighter.

Of course it's heavy. That's why they call it

weight.

- Go hard or go home.

I'll meet you at the bar...bell.

Be a badass with a good ass.

Gotta squat before I tie the knot.

- Do I have abs yet?

- I got 99 problems, but a bench ain't one!

I'm sweating like a sinner at church.

Glutes for the sloots.

Say squeeze!

I'm only here so I can eat more later.

Shut up and squat!

Hustle for that muscle.

Do something today that your future self

will thank you for.

Banging weights and slamming plates.

Lifting weights and getting dates.

Ain't nobody got time for fat!

Roses are red. Violets are blue. Go to the

gym!

Stop stopping yourself.

The pain you feel today will be the strength

you feel tomorrow.

Hard work beats talent when talent does a

work hard.

## Disclaimer for Company Name

If you require any more information or have any questions about our site's disclaimer, please feel free to contact us by email at Email@Website.com.

### Disclaimers for Company Name

All the information on this website is published in good faith and for general information purpose only. Website Name does not make any warranties about the completeness, reliability and accuracy of this information. Any action you take upon the information you find on this website (Website.com), is strictly at your own risk. will not be liable for any losses and/or damages in connection with the use of our website.

From our website, you can visit other websites by following hyperlinks to such external sites. While we strive to provide only quality links to useful and ethical websites, we have no control over the content and nature of these sites. These links to other websites do not imply a recommendation for all the content found on these sites. Site owners and content may change without notice and may occur before we have the opportunity to remove a link which may have gone ‘bad'.

Please be also aware that when you leave our website, other sites may have different privacy policies and terms which are beyond our control. Please be sure to check the Privacy Policies of these sites as well as their "Terms of Service" before engaging in any business or uploading any information.

### Consent

By using our website, you hereby consent to our disclaimer and agree to its terms.

### Update

Should we update, amend or make any changes to this document, those changes will be prominently posted here.