

Barb | Personal Trainer & Fitness Coach

INSTAGRAM @nondiet_trainer United States, Nashville

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23,056	0	1,040	0.88%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Fitness

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 18, 2026	23,056	0.88%	190	12

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 15, 2026	40	4	0
Video	May 14, 2026	338	15	0
Video	May 13, 2026	171	14	0
Video	May 12, 2026	167	24	0
Video	Apr 23, 2026	408	16	0
Carousel_album	Apr 01, 2026	75	6	0

Type	Posted	Likes	Comments	Shares
Video	Mar 18, 2026	26	1	0
Carousel_album	Mar 15, 2026	182	7	0
Carousel_album	Mar 13, 2026	125	2	0
Carousel_album	Mar 02, 2026	185	10	0
Video	Feb 19, 2026	165	5	0
Video	Feb 04, 2026	105	12	0

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Data is based on publicly available information and may not reflect real-time metrics.