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trainer Kayla Itsines for her fitness and healthy eating program.

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Kayla Itsines. I'm
Kayla Itsines, co-
creator of the Bikini
Body Guides (BBG).
I've been a personal
trainer since 2008 and
in that time I've
educated and
encouraged millions of
women to improve their

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Kayla Itsines
(pronounced It's-Seen-
Ness) Bikini Body
Guide (BBG) workouts
have taken over the
world by a storm and is

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now a global internet fitness sensation. If you have not heard of Kayla, you must have been living under a rock or have absolutely no regard for fitness or exercise in general.

All You Need to Know
About Kayla Itsines
Bikini Body Guide ...
Australian fitness
queen Kayla Itsines has

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announced her shock split from her fiancé Tobi Pearce after the couple built a global fitness empire worth \$696million. The 29-year-old founder of the...

Kayla Itsines, 29, announces shock split with fiancé Tobi ...
And if you haven't, we're psyched to

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introduce you to the inspiring 23-year-old personal trainer from Adelaide, Australia, who quickly became a bonafide international fitness sensation after she released her first 12-week "Bikini Body Guide" this past January.

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Workout: HIIT for

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Arms and Abs | Shape
Kayla Itsines created
Bikini Body Training
Company with her
partner, Tobi Pearce, in
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How Kayla Itsines Built
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Bikini Body Guide is the method of Australian fitness trainer Kayla Itsines, which has developed all over the world. The meal plan has already gained trust and popularity among girls and women of different ages. In just 12 weeks, the body is transformed completely. The author confirms that everyone

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can lose weight using
this diet plan.

Kayla Itsines diet,
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In addition to her
digital programs, Kayla
has also released two
hard copy books, The
Bikini Body 28 Day
Healthy Eating &
Lifestyle Guide and The
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& Habits Guide. The Bikini Body 28 Day Healthy Eating & Lifestyle Guide provides a 28-day meal plan, plus over 200 recipes with information on getting your health and fitness journey started.

Can I get a hard copy of Kayla's programs? –
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On January 5th, personal trainer Kayla Itsines put out a call for women everywhere (or at least women on Instagram) to join the #KaylaMovement. The 24-year-old had been selling her workout, the...

Kayla Itsines and the 3
Million-Strong Bikini
Body ...

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Kayla Itsines Bikini Body Guide. The Kayla Itsines Bikini Body Guide is a bikini body workout program that lasts for 12 weeks. The Kayla Itsines Workout ebook lets you know what to do for cardio (LISS cardio training) and you have to do 3 Bikini Body circuit workout sessions a week.

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