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Bikini Body Bundle - 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

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women to improve their health and fitness. My 28-minute BBG workouts can help you to increase your fitness and strength, whether you are a beginner or are ready for a new challenge.

Kayla Itsines - Stay Strong & Connected With BBG at Home

Kayla Itsines offers three products within the bikini body bundle. These are the BBG 1.0

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workout guide, the BBG 2.0 workout guide, and the HELP food guide. BBG 1.0 gives you 12-weeks worth of workouts and BBG 2.0 is the sequel to BBG 2.0 and gives you an additional 12-weeks of workouts.

Kayla Itsines Bikini Body Guide Review - Honestly Fitness

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BBG stands for Bikini Body Guide, which is the original training program Tobi and I created in 2014. The original guide was a 12-week workout program, however, BBG has grown and grown! There are now more than 88 weeks of

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my workouts available. You can head to my blog, What Is BBG, if you want to know more about the BBG program and what it includes.

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Kayla Itsines (/ ɪ t ' s i :
n ə s / it- SEE -nəs ;
born 21 May 1991) is

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an Australian personal trainer, author, and entrepreneur with Greek heritage. She is the creator of a series of fitness ebooks titled *Bikini Body Guides*, and a meal-planning and workout app, *Sweat with Kayla*.

Kayla Itsines - Wikipedia

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Promo Codes

Bikini Body Guide
Bundle By far the best deal offered by Kayla Itsines is the Bikini Body Bundle, which offers customers both the Bikini Body Workout Guide and the H.E.L.P. Nutrition Plan in one package. This plan comes out to a far lower price than the two guides separately. Also, it is far more holistic than buying one package or the

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other.

**Kayla Itsines Bikini
Body Guide Workout
Review - Harcourt ...**

Kayla Itsines is a well-known online trainer from Australia that has taken over social media with her Bikini Body Guide workouts, amazing client transformations, BBG hashtag and her loyal followers who calls themselves the "BBG army." If you haven't

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heard of her, you might not be very social media savvy.

Kayla Itsines Review - Bikini Body Guide (BBG) | TWP

The Bikini Body Guide is a 12 Week program created by fitness experts Kayla Itsines and Tobi Pearce. The two of them have spent years working in the fitness industry as personal trainers. As Kayla worked with her

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clients, she noticed that the majority of women who came to her, were looking for a specific body type.

What is the Bikini Body Guide - Is it Worth Your Money

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Hi guys, I've completed the 12 week BBG and I wanted to see what progress I made so I did the day one again and I can tell that I improved a WHOLE

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LOT! I see a difference
in my body, confidence
...

**Bikini Body Guide by
Kayla Itsines Day 1**

This is an honest
comparison and review
of the Bikini Body
Guide (BBG) by Kayla
Itsines PDF program
and the Sweat by Kayla
App! Which is better?
Information on the
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Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to harness the power of motivation and build good habits around health and fitness. Drawing on more than 40,000 survey

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responses from her global online community, as well as extensive research and her experience as a trainer, Kayla addresses what stops us from following through on our health and fitness goals.

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