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Bikini Body Guide (BBG) eBooks – Kayla

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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 health and fitness. My 28-minute BBG workouts can help you to increase your fitness and strength,

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Every fitstagrammer worth her salt in mountain climbers adores Kayla Itsines. The Aussie trainer and founder of Bikini

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Bikini Body Guide 2.0 – Kayla Itsines

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The original guide was a 12-week workout program, however, BBG has grown and grown! There are now more than 88 weeks of 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. If you want to read some inspiring stories from previous challenges,

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Women all over the world achieve their goals. This transformation story I'm sharing with you today is all about progress over perfection and how small wins along the way, win the race over time. Check out what Tiff had to say below. "The postpartum journey is an interesting one, where you are suddenly no

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Welcome – LEAH 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 health and fitness.

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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.

About – Kayla Itsines

Bikini Body Guide is the method of Australian fitness trainer Kayla Itsines,

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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 can lose weight using this diet plan.

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A typical day of food for Kayla might begin with two slices of toast topped with veggies. Lunch is often a quick tuna salad made with brown rice. Dinner is much more of a family affair: 'When we...

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