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Workout Guide

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Kayla Itsines

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Workout | No Kit

Lower Body

Beginner Session

Kayla Itsines

Workout | No Kit

Full Body

Beginner Session

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Workout | No Kit

Arms + Abs

Beginner Session

Kayla Itsines

30-Minute Full-

Body Home

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Workout Kayla

Itsines BBG

Bootcamp 45

Minute Full Body

Workout |

Women's Health

Live Virtual

Kayla Itsines

Full Body

Bodyweight

Workout | 28 Day

*Challenge **Kayla***

Itsine The

Bikini Body 28

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~~Workout Guide~~

Edition BBG |

What's Inside?

~~Kayla Itsines~~

~~30 Minute No-~~

~~Equipment Cardio~~

~~Workout Kayla~~

~~Itsines~~

~~Intermediate~~

~~Workout | No Kit~~

~~Full Body~~

~~Session Kayla~~

~~Itsines Arms and~~

~~Abs Workout | 28~~

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Day Challenge

KAYLA ITSINES 28

DAY HEALTHY

EATING AND

LIFESTYLE GUIDE

BOOK I tried

~~Kayla Itsines~~

~~BBG Program for~~

~~1 year |~~

~~Truthful review~~

I DID THE BBG

PROGRAM x SWEAT

APP SO YOU DON'T

HAVE TO I did

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~~Kayla Itsines~~

~~BBG | 6 week~~

~~BODY~~

~~TRANSFORMATION~~

~~(vlog style!)~~

~~Personal Trainer~~

~~Reviews SWEAT~~

~~(Kayla Itsines)~~

KAYLA ITSINES

BBG TIPS ♡ |

Fitness Journey

~~Kayla Itsines~~

~~BBG Final Review~~

~~| Week 12 HONEST~~

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KAYLA ITSINES
*BBG REVIEW |
Should You Try
It?? BBG by
Kayla Itsines
REVIEW 45 Minute
At-Home Full-
Body Strength
Workout with
Kelsey Wells |
Women's Health
Live Virtual
Kayla Itsines
BBG review +*

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Workout Guide
Before and After
Pictures

Kayla Itsines |
Bodyweight Leg
Workout *LOW*

*Calories + Kayla
Itsines Workout
Guide | WARNING*

**Kayla Itsines
reveals the one
exercise secret
she swears by
(and ANYONE can
do it) ~~BBG~~**

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~~Workout Week 1~~

~~Day 1~~ Kayla

Itsines' 28 Days
to a Bikini Body

Kayla Itsines

BBG Book Review

#MyHonestOpinion

WIN 1 of 3

awesome Kayla

Itsines packs!

~~Bikini Body~~

~~Guide Week 2 Day~~

~~3~~

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Workout Guide

Bikini Body
Guide (BBG) Week
2 Full Body
Workout Journey
| Sweat with

Kayla
Itsines Workout
Guide

I'm Kayla
Itsines, co-
creator of the
Bikini Body
Guides (BBG).

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Workout Guide
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

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fitness and strength,
whether you are
a beginner or
are ready for a
new challenge.

**Kayla Itsines -
BBG Trainer &
SWEAT Co-Founder**

The guide
includes 12
weeks of
workouts that

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Workout Guide
gradually become
harder as your
fitness
improves. Get a
complete workout
in just 28
minutes, with my
guides showing
you how to
maximise your
time and get
results!

Bikini Body

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**eBooks – Kayla
Itsines**

Interested to give a Kayla Itsines workout a try? Head to the blog for free workouts and exercises you can do in the gym or at home to improve your fitness.

Download Free Kayla Itsines Workout Guide **Exercises –**

Kayla Itsines

Kayla's 28-Day
workout

challenge 1/
Legs. How it
works: Set a
timer for 7
minutes and
complete Circuit
1 as many times
as possible.
Take a one-

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Workout Guide
minute... 2/ Abs
& Arms. How it
works: Set a
timer for 7
minutes and
complete Circuit
1 as many times
as possible.
Take a... 3/
Full Body. How
it works: Set
...

Kayla Itsines'

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28-day Home Guide

Workout Plan - No Kit Needed

WH has teamed up
Kayla Itsines on
a no-kit workout
series. If
you've been
following the
guide, you've
done abs and
arms: next up,
grab yourself an
exercise m...

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Workout Guide
**Kayla Itsines
Workout | No Kit
Full Body
Beginner Session**

...

The original
guide was a
12-week workout
program,
however, BBG has
grown and grown!

... Of course,
it wouldn't be a

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workout if you didn't get a little sweaty! ... Love, Kayla
xx * Results may vary. Strict adherence to the nutrition and exercise guide are required for best results.

Free BBG Workout

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– **Kayla Itsines**

1. X Plank 30 SECS
2. Burpee 30 SECS
3. Bent-Leg Sit-Up 30 SECS
4. Plank Jacks 30 SECS
5. Ab Bikes 30 SECS
6. High Knees 30 SECS
7. Straight-Leg Raise

BBG Zero **Equipment**

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Workout – Kayla Itsines

Itsines emphasizes a total approach to fitness -- one that combines food, exercise, and even sleep and life/work balance. Her workout program, which is

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Workout Guide
available through a
downloadable e-
book and...

**Does Kayla
Itsines' BBG
(Bikini Body
Guide) Workout
Work?**

And need not
forget
dumbbells,
which, btw, are

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the start of this
exclusive Kayla
Itsines workout
for beginners.
At the beginning
of the
challenge, you
perform two
28-minute
resistance
workouts per
week (one
abs/arms and one
legs/cardio) and

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Workout Guide
an optional
third (full-
body).

**I Survived the
Kayla Itsines
12-Week Bikini
Body Guide ...**
BBG Workout
Overview. Let's
start with the
Kayla Itsines
workout itself.
It is, after

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all, the meat of
the BBG program.
The workout
comprises mainly
cardio and
circuit
training, in
addition to what
she calls
rehabilitation
and you just
call stretching.
A typical week
can look like

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Workout Guide
this: 2-3 days
of circuits; 2-3
days of low-
impact cardio

Kayla Itsines BBG Workout PDF Review - Bloggy Moms

Kayla Itsines.
I'm Kayla, a
SWEAT trainer
whose career is
dedicated to

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Helping women to
improve their
health and
fitness! No one
should have to
feel like being
fit and healthy
is unattainable
– you can
achieve your
fitness goals
alongside the
other things in
life that matter

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to you! By doing
28-minute
workouts two to
three times each
week, plus low-
intensity
cardio, the BBG
programs provide
an efficient and
effective
training style
to help you to
achieve your
fitness goals.

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Kayla Itsines
SWEAT Co-Founder
& BBG Trainer

She published a series of ebooks called Bikini Body Guides and also a meal-planning guide and workout app. Sweat With Kayla is a top-selling fitness app. She

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has more than 11 million followers on Instagram alone and in 2016, Itsines was named one of Time magazine's Most Influential People. Itsines 5 feet, 4 inches tall and she weighs about 115 lbs.

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Kayla Itsines
Workout Guide
**Kayla Itsines'
Fitness Guide,
Supplement
Choices, And
More**

I have been
personal
training women
since 2008. It
is my mission to
bring incredible
confidence and
pride to women

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Workout Guide

all around the world. We all deserve to feel great about ourselves. Everyone ...

Kayla Itsines - YouTube

In other words, Kayla's full body workout from weeks three to four of her

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four-week BBG
workout plan,
designed
exclusively for
Women's Health
UK. - WH has
tea...

Kayla Itsines Intermediate Workout | No Kit Full Body ...

After feeling
unhappy with my

Download Free Kayla Itsines Workout and Guide

physical state,
I decided to do
Kayla Itsines'
BBG workout
program and
adapt mindful
eating tools to
completely
change my
lifestyle—and
lose 42 pounds.

Kayla Itsines'

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BBG Workout And Mindful Eating Helped Me ...

Australian
personal trainer
and Bikini Body
Guide founder,
Kayla Itsines
(pictured), has
revealed her go-
to 10 minute ab
workout and her
top tips for
doing cardio

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from home Kayla
Itsines' 10
minute...

**Kayla Itsines,
28, reveals the
10 MINUTE ab
workout she ...**

'The reality is
that many women
don't train
using the one
fitness style,'
says app

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Workout Aussie
fitness

superstar Kayla
Itsines. 'They
want to be able
to include other
fitness styles,
like Barre...

**Barre + Yoga Are
Coming to Kayla
Itsines' SWEAT
App**

Kayla's BBG

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Without Guide
Beginner program
is eight weeks
of low-impact
sweat sessions.
Each week,
you'll have one
lower-body and
one full-body
resistance
session (note:
the upper-body
day that is
optional in ...

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