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Kayla Itsines' has made access to her popular workout app, SWEAT – and the 11 other fitness programmes on it – free for a month to new users.

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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 health and fitness. ... Subscribe to get your free ebook! Grab my eBook for one FREE week of BBG workouts! Subscribe to my newsletter to get ...

Kayla Itsines - Workouts You Can Do Anywhere, Anytime

The “Kayla Itsines Healthy Eating and Lifestyle Plan” book (Book) is written by The Bikini Body Training Company Pty Ltd (The Bikini Body Training Company). The content in this Book is written with the assistance of two Accredited Practising

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Dietitians from NPA Pty Ltd. (Nutrition Professionals Australia).
These guidelines

Bikini Body Guide: Healthy Eating & Lifestyle Plan (Nutrition)

Try a free BBG workout! In celebration of the 12 Week Challenge starting soon, I'm sharing a FREE BBG workout with you all! This workout is inspired by my BBG program, which means that you can do it anywhere, anytime. Of course, it wouldn't be a Kayla Itsines workout if you didn't get a little sweaty!

Free BBG Workout - Kayla Itsines

Kayla Itsines, yay or nay? I have zero structure and discipline, and my goal is to get lean/toned. Already have a good starting point, but I've never had much to do with exercise beyond dance when I was younger and the occasional jog/yoga class.

Kayla Itsines, yay or nay? : Fitness

Kayla Itsines has given WH readers exclusive access to her Sweat app for 1 month, totally free. Follow these steps to get set up.

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Here in Australia, the nights are starting to cool down a little which means many of us are reaching for something warm to eat for dinner. As you ladies know, I love to eat pasta so I wanted to share a yummy gnocchi recipe with you all. Jump to: Sweet potato gnocchi recipe Ingredients Method Now, this isn't just any gnocchi! It is actually sweet potato gnocchi — so the little dumplings are ...

Sweet Potato Gnocchi Recipe - Kayla Itsines

My Post-Pregnancy program is now available in the SWEAT app, so I want to share some answers to questions I know new mothers will have about the program! After having my daughter, Arna, I found that I had lost a lot of core strength as a result of having a C-section, and I couldn't just start BBG right away! To stay active post-pregnancy, I had to slowly ease back into training, gradually ...

How To Get Started With My Post-Pregnancy ... - Kayla Itsines

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All of the information in Kayla Itsines BBG ebook can be found in the app. 9.5 Total Score. Review. Members of Kayla Itsines' program are given a one-month free trial and pay \$19.99 a month after the trial period. A yearly subscription is only 33 cents per day or \$119.94. A subscription includes access to the SWEAT app, which contains 92 ...

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