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

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BBG stands for "Bikini Body Guide," and it's a fitness program from Kayla Itsines that has helped people transform their bodies since 2012.

Kayla's Bikini Body Guide Kayla's Workout is designed do be done 3 days a week each lasting 28 minutes. On days off it is recommend to do some cardio which is explained in her guides. The guide is designed to get you a bikini body in 60 days, however, there is no money back guarantee.

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The Bikini Body Guide: Workouts is a part of the online e-book guides by the health and fitness blogger Kayla Itsines. This short e-book in the Bikini Body Guide series contains a lot of the necessary information you'll need if you're aiming to change your lifestyle.

Even more impressive was that you could do Kayla's Bikini Body Guide workouts at home. Related Post: I Exercised for a Year and This is What Happened When you have a lot of weight to lose, usually any exercise program accompanied by healthy

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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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So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 1

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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 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.

~~Free BBG Workout - Kayla Itsines~~

An important note: Kayla now says she regrets calling her program the Bikini Body Guide, because every body is a bikini body and people shouldn't strive for just one look. That's why she has named her newer app Sweat With Kayla instead. I love this and respect her even more because of it.

~~Kayla Itsines - Bikini Body Guide Review From a Personal Trainer~~

Kayla Itsines Bikini Body Guide 28-minute workouts are energetic, high-intensity, plyometric training sessions that help women achieve healthy, strong bodies. Itsines' Sweat with Kayla app is the best selling fitness app in the world for a reason.

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Kayla Itsines, 24, is a cer-
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 Adelaide, Australia. Her
 Bikini Body Guides, which
 include a 12-week exer-
 cise plan made up of 28-
 minute workouts, have a
 cult-like following,...

h.e.l.p. The "Kayla Itsines
 Healthy Eating and
 Lifestyle Plan" book
 (Book) is written by The
 Bikini Body Training Com-
 pany Pty Ltd (The Bikini
 Body Training Company).
 The content in this Book is
 written with the assist-
 ance of two Accredited
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 NPA Pty Ltd. (Nutrition Pro-
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The Bikini Body Motivation
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(Related: Why Kayla
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 program that ranges in
 length, from eight weeks
 to 92 weeks. All the BBG
 workouts are 28-minutes--
 long and accessible via
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 for iOS or Android).

Kayla Itsines workout:
 This 28-day plan is for all
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[Bikini Body Guide 2.0 - Kayla Itsines](#)
(Related: [Why Kayla Itsines Regrets Calling Her Program "Bikini Body Guide"](#)) BBG is a workout program that ranges in length, from eight weeks to 92 weeks. All the BBG workouts are 28-minutes-long and accessible via the SWEAT app (available for iOS or Android).

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[The Bikini Body 28-Day Healthy Eating & Lifestyle Guide ...](#)

[h.e.l.p. 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 Dietitians from NPA Pty Ltd. \(Nutrition Professionals Australia\).](#)

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