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Kayla Itsines - Sweat With Kayla

About 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

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

bikini guide BODY help Kayla Itsines Director The Bikini Body Training Company Pty Ltd I began my study in 2008 at the Australian Institute of Fitness

with Kayla Itsines - lizearlewellbeing.com

Inside the episode: Hello you're listening to me, Liz Earle, with another episode of Wellness with Liz Earle Today our focus is on fitness, and who better to be talking to than

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