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Week 2 Day 1

I tried Kayla Itsines
BBG Program for 1 year
| Truthful review

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Week 2 Day 3BIKINI

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WEEK REVIEW:

Kayla Itsines' BBG

program results +

honest review Bikini

Body Guide Week 2

Day 2 Kayla Itsines

30-Minute Bodyweight

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Strength Workout

Kayla Itsines BBG

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HONEST REVIEW +

TRUTH ABOUT

KAYLA ITSINES'

BBG (Bikini Body

Guide) LCL Season 4

EP2: How to Build a

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Fitness Empire with
Kayla Itsines \u0026
Tobi Pearce

A Week On The Kayla
Itsines Bikini Body
Guide | VLOG I did a
12 Week Fitness
program.. HONEST
Review \u0026
Struggles... | Jeanine
Amapola SWEAT APP
REVIEW | HONEST
REVIEW, IS IT
WORTH IT? ~~ALEXIA~~

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~~CLARK vs KELSEY~~

~~WELLS vs KAYLA~~

~~ITSINES | SWEAT~~

~~APP \u0026~~

~~QUEENTEAM~~

~~HOME WORKOUTS~~

~~REVIEW Train With~~

~~Kayla Itsines \u0026 10~~

~~Minute Ab Workout!~~

~~SWEAT APP || BBG~~

~~Review : I LOST 30~~

~~POUNDS \u0026 got~~

~~KILLER ABS Kayla~~

~~Itsines Interview~~

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~~Guide~~ Talking At-Home
Fitness, Food \u0026
Workouts | Women's
Health Live Virtual
Q\u0026A What I Eat
In A Day + Kayla
Itsines BBG Stronger
App First Impression
~~Kelsey Wells || PWR vs
PWR @ home
REVIEW Kayla Itsines
-28 Day healthy eating
and lifestyle guide- My
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it) Kayla Itsines
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TRANSFORMATION

- Before and after using
the SWEAT app by
Kayla Itsines!

I did Kayla Itsines BBG
| 6 week BODY
TRANSFORMATION
(vlog style!) HONEST
BIKINI BODY GUIDE
REVIEW | BBG 1
& BBG 2 PDF |
SWEAT APP BY
KAYLA ~~Kayla Itsines~~
~~Body Guide~~

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~~Guide~~ The workout platform, Sweat, previously known as the Bikini Body Training Company, has been acquired by global fitness and technology giant iFIT.

~~The world's top fitness influencer whose Instagram-based 'bikini body guide' made her a millionaire has sold her~~

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~~empire for \$400m~~

Kayla Itsines, the Australian personal trainer who used social media to become the world ' s biggest fitness influencer, with more than 13 million Instagram followers, has sold her Sweat app to US ...

~~Fitness app founder
Kayla Itsines sells Sweat~~

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~~for \$400 million~~

Australian health and wellbeing mogul Kayla Itsines has sold her fitness empire Sweat. The sale to US-based iFIT Health & Fitness is reported at being worth \$400 million. Itsines and her former fiancé ...

~~Kayla Itsines sells popular fitness app for a reported \$400 million~~

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Kayla Itsines proudly embraces change. The SWEAT co-founder and trainer is always looking for ways to improve her world-famous workout platform, whether that means renaming her infamous "Bikini Body ...

~~This 15 Minute Lower-
Body Strength Workout
from Kayla Itsines Will~~

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~~Reignite Your Gym~~ Motivation

How much are abs worth to you? Well, in the world of exercise influencers, they are apparently worth millions. On Tuesday, Instagram personal trainer Kayla Itsines announced that she and her business ...

~~Would You Pay \$400~~

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~~Million for a 'Bikini
Body'?~~

The glamour duo
behind global health
and fitness empire
Sweat will collect
\$400m from the sale of
their powerhouse
platform to US software
giant iFIT Health &
Fitness Inc.

~~Kayla Itsines, Tobi
Pearce share \$400m~~

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~~Guide~~
~~from sale of Sweat~~

Greek Australian fitness queen Kayla Itsines and former fiancé e Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of \$400,000.000 The dynamic duo sold ...

~~Greek Australian entrepreneur Kayla Itsines “ sells out ” for~~

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~~a staggering \$400
million~~

Itsines' platform Sweat,
previously known as
Bikini Body Guide, has
sold to tech giant iFit,
but she promises
nothing will change.

~~Kayla Itsines sells Bikini
Body for \$430 million~~

Short workouts can be
just as beneficial as
longer ones – here are

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~~Quick~~ 10 of the best 10-minute workouts A workout that is done and dusted in the time it takes to boil the kettle and make a cup of tea ...

~~Why 10 minutes is the sweet spot for exercise~~
It was reported earlier this week that by The Australian that Kayla Istines was the 'big winner from the sale' of

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Guide and ex Tobi

Pearce's fitness empire,
Sweat.

~~Kayla Itsines and ex
Tobi Pearce enjoyed a
'50-50 split' of profits
from \$400m sale~~

What started as a
humble fitness e-book
guide morphed into a
hit fitness app that
Sweat founders Kayla
Itsines and Tobi Pearce

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have sold to a US
player.

~~Young Rich Listers sell
popular Sweat app~~
Engage your glutes and
press your heel into the
ground, driving your
hips and butt upward to
form a bridge with your
body. Squeeze your
glutes and hold for two
counts. Lower back
down to the ...

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~~Strengthen Your Whole
Body in Just 15 Minutes
With This Express
Workout From Kayla
Itsines~~

And while we're familiar with having to adjust our routines by now, keeping your body moving can be difficult at the best of times, particularly during winter.

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~~Free at-home workouts
from Kayla Itsines and
Sweat to try during
lockdown~~

No matter what journey you have been on with your body, the ways in which it heals, supports, strengthens and adapts to take us through life is truly incredible."

(Related: Why Kayla Itsines Isn't ...

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~~Kayla Itsines Shared
Her First Postpartum
Recovery Photo with a
Powerful Message~~

The entrepreneur, 30, 'was the big winner from the sale' because she owned a larger share of the business than co-founder Pearce, 29, who is also her ex-fiancé ...

~~Kayla Itsines makes~~

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~~THREE~~ times as much
as her ex-fiancé in
business sale

Sweat app trainer Kayla
Itsines believes you
don't need to work ...
and aims to build full-
body strength with a
focus on core and hip
stabilization without
placing stress and
pressure on your ...

~~This 15 Minute~~
Page 26/29

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~~Strength Workout From
Kayla Itsines Is Low
Impact, but High
Intensity~~

The Instagram sensation and personal trainer opened up Tuesday about the next chapter of her fitness journey...and the Sweat brand.

~~Kayla Itsines
Announces Major News~~

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~~with Her Sweat App~~

After months of sharing her pregnancy journey, Kayla Itsines has given birth to a beautiful baby girl. The Aussie trainer posted a heartwarming photo to Instagram of her husband, Tobi Pearce, cradling ...

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