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Kayla Itsines 12 Week Bikini

Kayla Itsines (/ ɪ t ' s i :
n ə s / it-SEE-nəs; born

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21 May 1991) is an Australian personal trainer, author, and entrepreneur with Greek heritage. She is the creator of a series of fitness ebooks titled Bikini Body Guides, and a meal-planning and workout app, Sweat with Kayla. In 2016, Sweat with Kayla generated more revenue than any other fitness app. In March 2016, Time named Itsines one...

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Kayla Itsines - Wikipedia

About Kayla Itsines. I'm Kayla Itsines, co-founder of Sweat and co-creator of High Impact with Kayla (formerly Bikini Body Guides, or 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.

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Sweat Co-Founder - Kayla Itsines

Kayla was last week pictured wearing a pair of socks with the word 'Jayla' - a portmanteau of her and Jae's first names - stitched on the sides. At about this time, she confirmed the couple's long ...

Fitness queen Kayla Itsines cuddles up to boyfriend Jae ...

Fitness guru Kayla

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Itsines was forced to wait for hours after arriving at Los Angeles Airport (LAX) from Adelaide on Sunday, after her boyfriend Jae Woodroffe was held at customs.. The 30-year-old ...

Kayla Itsines waits for HOURS in LA airport as boyfriend

...

A post shared by
KAYLA ITSINES
(@kayla_itsines) on Jul

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20, 2018 at 5:46am

PDT The bikini body trainer has the abs to inspire—and the workout programs to go along with them.

31 Inspiring Fit Girls On Instagram - Workout Motivation

...

Kayla Itsines. The Australians are taking over, Kayla Itisines, another Australian fitness model, is also an author and fitness

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entrepreneur. The brains behind the ever-popular BBG, and her hugely popular workout app 'sweat with Kayla', Kayla has featured in many mainstream health and fitness publications, such as Women's Health and was announced as the number 1 personal trainer of 2017.

**Top 20 Hot and Sexy
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