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~~kayla itsines sweat co founder~~ Mar 26 2024 kayla itsines i m kayla itsines sweat s co founder and head trainer i ve been helping women around the world feel confident and strong since 2008 and my programs can help you achieve your goals and take control of your fitness in a way that fits into your lifestyle

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kayla itsines wikipedia Jul 18 2023 kayla itsines ɪ t ' s iː nə s it see nə s born 21 may 1991 is an australian personal trainer author and entrepreneur she is the co creator of a series of fitness ebooks titled bikini body guides and a meal planning and workout app sweat with kayla

kayla itsines bikini body guide review honestly fitness Jun 17 2023 the workouts are fantastic and hard and her help guide provides a good overview of nutrition and a 7 day meal plan although i think the new updated version now has 2 weeks worth of meals i do use the help guide

the untold truth of kayla itsines May 16 2023 fellow personal trainer and her now fiancé tobias pearce helped itsines devise a simple workout guide which would become the bikini body guide to sell online based on those same basic routines and the rest as they say is history even so she remains modest telling business insider i ve been working for myself since i was 18

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