

Download Kayla Itsines Bikini Body Bundle

These books are a combined nutrition and exercise training program suitable for women, and provide a basic understanding of what nutrition and exercise are and which sorts work best within our market. In just 12 weeks or less you can see amazing results and become bikini body ready.* * Results may vary. Strict adherence to the nutrition and exercise guide are required for best results. 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. Kayla Itsines Bikini Body Guide Review January 8, 2017 Several people have messaged me asking for my thoughts and experience on Kayla Itsines bikini body guide, so I thought it would be best to write a comprehensive Kayla Itsines Bikini Body Guide Review.