

Kayla Itsines Workout Guide

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Kayla Itsines Workout Guide

The fitness industry has made a major (and, frankly, super necessary) shift in the way it talks about bodies and health. Itsines renaming her hugely popular program is the latest proof.

Kayla Itsines Has Officially Renamed Her Infamous "Bikini Body Guides"

Australian fitness queen Kayla Itsines has revealed why she's renaming her world-famous Bikini Body Guide workout brand.

Multimillionaire fitness queen Kayla Itsines announces a major change to the Bikini Body Guide workout brand she launched 10 years ago - as she moves on with a new partner

Fitness trainer Kayla Itsines is rebranding her popular Bikini Body Guide (BBG) workouts, telling followers that the name "represents an outdated view of health and fitness." Itsines's post noted that ...

Kayla Itsines praised for changing 'outdated' Bikini Body Guide name

Trainer and SWEAT co-founder Kayla Itsines officially changed her Bikini Body Guide (BBG) fitness program name to High Intensity With Kayla.

Kayla Itsines Announces Fitness Program Name Change From BBG to High Intensity With Kayla

Multimillionaire fitness queen Kayla Itsines has revealed the four beauty products she swears by to look and feel her best, and none of them cost over \$45.

Multimillionaire fitness queen Kayla Itsines lists the four beauty products she swears by to look her best - and none cost over \$45

Fitness trainer Kayla Itsines is rebranding her popular Bikini Body Guide (BBG) workouts, telling followers that the name "represents an outdated view of health and ...

Kayla Itsines gives her Bikini Body Guide workout an empowering name change

You've likely done your fair share of running, HIIT workouts and strength training in your time, but world-renowned PT Kayla Itsines reckons it's time you ...

Kayla Itsines wants you to try low impact workouts—as they could be more effective than HIIT

Kayla Itsines, Australian fitness trainer and founder of the Sweat app, is known for her transformative, high-energy workout programmes - packed full of popular HIIT moves. Now, inspired by her ...

Kayla Itsines launches new low-impact workout for all fitness types

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Kayla Itsines' top fitness tip

Kayla Itsines has opened up about her secret health battle that saw the fitness expert undergo surgery. Kayla Itsines has opened up about her secret health battle that saw her undergo surgery. Weeks ...

Fitness expert Kayla Itsines opens up about endometriosis health battle

And this is all exactly why Itsines is (finally) changing the name of her first hit program, the e-book that arguably changed fitness forever. That's right: The Bikini Body Guides are no more. Now, ...

Kayla Itsines Has Officially Renamed Her Infamous "Bikini Body Guides"

Kayla Itsines gives her Bikini Body Guide workout an empowering name change 6 May 2021, 10:24 am Fitness trainer Kayla Itsines is rebranding her popular Bikini Body Guide (BBG) workouts, telling ...

Kayla Itsines gives her Bikini Body Guide workout an empowering name change

Trainer and co-founder of Sweat, Kayla Itsines, gained a loyal following with her BBG fitness program, which was released in 2012. BBG, which stands for Bikini Body Guide, includes high-intensity ...

Kayla Itsines Announces Fitness Program Name Change From BBG to High Intensity With Kayla

Fitness trainer Kayla Itsines is rebranding her popular Bikini Body Guide (BBG) workouts, telling followers that the name "represents an outdated view of health and fitness." They will now be ...

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