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**BODY GUIDE**  
**REVIEW | BBG 1**  
**\u0026 BBG 2 PDF**  
**| SWEAT APP BY**  
**KAYLA BBG**

*Workout Week 1*  
*Page 4/44*

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~~Body 28 Day~~  
~~Healthy Eating~~  
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~~pounds! Kayla~~  
~~Itsines Full~~  
~~Body Bodyweight~~  
~~Workout | 28 Day~~  
~~Challenge 20~~

*MINUTE WALKING*

*AT HOME*

*EXERCISE. - WITH*

*FULL BODY*

*Page 5/44*

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~~EXERCISES - TONE~~

~~UP \u0026amp; BURN~~

~~OFF CALORIES AT~~

~~HOME Sweat's~~

~~Monday Night~~

~~Meetups Workout~~

~~3 | Bikini Body~~

~~Workout | Kayla~~

~~Itsines Workout~~

~~Kayla Itsines~~

~~Bikini Body~~

~~Guide FAQ (+~~

~~DISCOUNT CODE!)~~

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BIKINI BODY

Page 6/44

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GUIDE 12 WEEK

REVIEW: Kayla  
Itsines' BBG  
program results  
+ honest review  
Sweat's Monday  
Night Meetups

Workout 2 |

Bikini Body

workout | Kayla  
Itsines Workout

*Kayla Itsine The  
Bikini Body 28*

*Day Plan: Book*

*Page 7/44*

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*What's Inside?*

*Day 1: 30-Minute*

*Fat-Frying*

*Bikini-Body*

*Workout | Class*

*FitSugar* **SWEAT**

**APP REVIEW |**

**HONEST REVIEW,**

**IS IT WORTH IT?**

~~Kayla Itsines~~

~~BBG Bootcamp 45~~

~~Minute Full Body~~

~~Workout |~~



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~~Women's Health~~  
~~Live Virtual I~~  
*DID THE BBG*  
*PROGRAM x SWEAT*  
*APP SO YOU DON'T*  
*HAVE TO **Personal***  
**Trainer Reviews**  
**SWEAT (Kayla**  
**Itsines) KAYLA**  
**ITSINES | REVIEW**  
**| TRANSFORMATION**  
**| FUTURE PLANS I**  
**tried Kayla**  
**Itsines BBG**

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**Program for 1  
year | Truthful  
review BBG Week  
6 Day 3 MY**

*HONEST REVIEW ON  
BBG + WHY I QUIT  
45 Minute At-  
Home Full-Body  
Strength Workout  
with Kelsey  
Wells | Women's  
Health Live  
Virtual Kayla  
Itsines BBG*

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*Final Review /*

*Week 12 I did*

*Kayla Itsines*

*BBG / 6 week*

*BODY*

*TRANSFORMATION*

*(vlog style!)*

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*Workouts - The*

*Bikini Body*

*Workout You Can*

*Do In A Bikini!*

*Kayla Itsines'*

*28 Days to a*

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~~Kayla Itsines~~

~~Workout | No Kit~~

~~Lower Body~~

~~Beginner Session~~

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*Guide Week 2 Day*

**1 Kayla Itsines**

**Bikini Body**

**Guide Week 7 day**

**1!!! KAYLA**

*ITSINES 12 WEEK*

*BIKINI BODY*

*GUIDE CHALLENGE*

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*BBG Week 1*

Review DAY 1:

Bikini Body

Mommy 90 Day

Challenge

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BBG stands for

Bikini Body

Guide, which is

the original

training program

Tobi and I

created in 2014.

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The original  
guide was a  
12-week workout  
program,  
however, BBG has  
grown and grown!  
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more than 88  
weeks of my  
workouts  
available. You  
can head to my  
blog, What Is  
BBG, if you want

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to know more  
about the BBG  
program and what  
it includes.

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South Australia.

Soon after, I  
started my own  
business called

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(Nutrition)

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before-and-after  
pics. Kayla's  
...

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My 12 Weeks with  
Bikini Body  
Guide - Vox  
ICYMI, BBG  
stands for  
*Page 22/44*

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recognizes that  
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is a little,  
err, outdated:  
“I want all  
women to  
recognize that a  
bikini body is  
every type of  
body,” she  
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that can help

you to make

lifestyle

changes and feel

confident in

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help you to  
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whether you are  
a beginner or  
are ready for a

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Kayla Itsines -  
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pairing an upper-  
body move with a  
lower-body one,  
or a pushing  
muscle group  
with a pulling  
muscle group,



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one muscle will  
rest while the  
other is  
working. Excess  
post exercise  
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highest with  
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burning  
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