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I'm Kayla Itsines, co-creator of the Bikini Body Guides (BBG). I've been a personal trainer since 2008

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and in that time I've educated and encouraged millions of women to improve their health and fitness. My 28-minute BBG workouts can help you to increase your fitness and strength, whether you are a beginner



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So you finished my 12 week  
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guide, I've created another  
1

~~Bikini Body Guide 2.0~~

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Company Pty Ltd (The Bikini  
Body Training Company). The  
content in this Book is

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of two Accredited Practising  
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~~Bikini Body Guide: Healthy  
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The Promise More than 6 million people follow Australian trainer Kayla Itsines for her fitness and healthy eating program. Although it's called the "bikini body guide," or #BBG

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as her fans call it, ...

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BBG stands for Bikini Body  
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training program Tobi and I

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each lasting 28 minutes. On  
days off it is recommend to  
do some cardio which is



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BBG stands for "Bikini Body Guide," and it's a fitness program from Kayla Itsines that has helped people transform their bodies since 2012.

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~~What Is BBG? | POPSUGAR  
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Bikini Body Guides (BBG) co-creator Kayla Itsines, named the world's number one fitness influencer by Forbes, shows you how to

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harness the power of  
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experience as a trainer,  
Kayla addresses what stops  
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Kayla Itsines, 24, is a certified fitness trainer from Adelaide, Australia. Her Bikini Body Guides, which include a 12-week exercise plan made up of



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An important note: Kayla now says she regrets calling her program the Bikini Body Guide, because every body is a bikini body and people shouldn't strive for just one look. That's why she has

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named her newer app Sweat  
With Kayla instead. I love  
this and respect her even  
more because of it.

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The Bikini Body Guide:

Workouts is a part of the online e-book guides by the health and fitness blogger Kayla Itsines. This short e-book in the Bikini Body Guide series contains a lot of the necessary information

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