

Kayla Itsines

KAYLA ITSINES BIKINI BODY GUIDES



- ✓ Complete 12-week workout plan with clear photos and written instructions for all exercises.
- ✓ All workouts are 30 minutes or less. Forget spending hours at the gym!
- ✓ Simple tips for beginners and essentials about effective cardio, stretching and more.
- ✓ An easy-to-follow 14-day nutrition plan with a vegetarian option available.
- ✓ Must-know fat burning foods that will speed up your metabolism for better results.



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Annelies Wilder-Smith

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