

Name: _____

Date: _____

Frankenstein by Mary Shelley
Study Guide Questions Chapters 1-4

1. What relationship is the stranger describing when he says, "The strangest of sheltered men, so a fair exotic is sheltered by the gardeners..." (p. 159)?

His father was protective of their daughter whom he had married — Victor's mother.

2. How did the stranger's parents treat him when he was a child?

They doted on him, were deeply conscious of their duty not to hurt him, and were happy.

3. Why did the peasant family raise Elizabeth — and why did they give her up?

Elizabeth's German mother had died giving birth to her, and her father had given her to the peasants to raise before he died in war. The peasant family then fell on hard times and decided it would be better for her to live with Victor's mother, who happened to visit them.

4. To what native country did Victor's parents take him to raise their children?

They returned to Geneva.

5. What was Victor's childhood friend?

Victor's and Elizabeth's childhood friend, Clerval.

6. When he was 15, what did Victor see that made him doubt that the ancient tales of the world could ever provide real knowledge?

He saw an oak struck by lightning.

7. How did Victor's mother die?

After nursing Elizabeth through scarlet fever, Victor's mother herself caught it and died.

8. What told Victor he was "happy to have gained a disciple" (p. 34)?

At Whiston, a teacher who specialized in chemistry, welcomed his new student.

Frankenstein By Mary Shelley Study Guide Answers

Diane Lapp,James Flood,Nancy Farnan



Frankenstein By Mary Shelley Study Guide Answers:

Study Guide for Decoding Frankenstein Steven Smith, 2023-07-13 Decoding Frankenstein delves into Mary Shelley's seminal work exploring the multifaceted themes and ethical dilemmas that have captivated readers since its inception. The guide begins by examining the novel's historical context, laying the foundation for understanding the societal, scientific, and cultural shifts of the early 19th century that influenced Shelley's writing. This period was marked by rapid advancements in science and technology alongside significant philosophical debates about human nature, ethics, and the role of science in society. These historical elements are crucial for grasping the narrative's complexities and its characters' motivations. At the heart of Frankenstein lies the fraught relationship between Victor Frankenstein and his creation, a central theme that raises questions about responsibility, the consequences of unchecked ambition, and the ethical boundaries of scientific exploration. Victor's ambitious quest to create life and subsequent failure to accept responsibility for his creation encapsulates the novel's critique of human hubris and the moral obligations accompanying scientific discovery. This guide emphasizes the dynamic between creator and creation, exploring how their evolving conflict reflects broader themes of alienation, revenge, and the quest for understanding. The novel's moral and ethical questions, explored in another critical component of this guide, encourage students to reflect on the implications of Victor's scientific endeavors, the societal rejection faced by the Creature, and the devastating impact of loneliness and isolation. These reflections lead to discussions on the nature of justice, the pursuit of knowledge, and the consequences of playing God. The guide also tackles the theme of nature versus nurture, inviting students to consider how environment and treatment shape the Creature's descent into violence and despair. Frankenstein presents an enduring study of the human condition through its rich narrative and complex character dynamics. This guide aims to illuminate the ethical considerations, the significance of empathy, and social responsibility, and the dangers inherent in pursuing knowledge without ethical constraints. By examining these themes, students can engage deeply with Shelley's work and draw connections to contemporary debates surrounding science, ethics, and society. **Decoding Frankenstein** offers a thorough analysis of Frankenstein, encouraging students to critically engage with the text's historical background, thematic depth, and moral questions. It provides a structured framework for understanding the novel's enduring relevance and the profound ethical considerations it raises, making it an indispensable resource for students seeking to explore the rich narrative and philosophical depths of Mary Shelley's masterpiece. **Frankenstein Study Guide** Saddleback Educational Publishing, 2008-09-01 These literary masterpieces are made easy and interesting. This series features classic tales retold with color illustrations to introduce literature to struggling readers. Each 64-page book retains key phrases and quotations from the original classics. Containing 11 reproducible exercises to maximize vocabulary development and comprehension skills, these guides include pre and post-reading activities, story synopses, key vocabulary, and answer keys. The guides are digital; you simply print the activities you need for each lesson. **ACT Prep Plus 2024:**

Study Guide includes 5 Full Length Practice Tests, 100s of Practice Questions, and 1 Year Access to Online Quizzes and Video Instruction

Kaplan Test Prep, 2023-07-04 Kaplan is an Official Teaching Partner of the ACT Kaplan's ACT Prep Plus 2024 has the detailed subject review practice tests and expert strategies you need to be prepared for test day This ACT prep book includes hundreds of practice questions online practice tests and video lessons from our experts to help you face test day with confidence We're so certain that ACT Prep Plus offers the guidance you need that we guarantee it After studying with our online resources and book you'll score higher on the ACT or you'll get your money back Essential Review 5 full length Kaplan practice tests with detailed answer explanations 1 printed in the book and 4 tests online One year access to our online center with additional Qbank and videos to help guide your study Pre quizzes to help you figure out what you already know and what you can skip Mixed practice quizzes after every chapter to assess how much you've learned A practice question at the beginning of each lesson to help you quickly identify its focus and dedicated practice questions after every lesson to test your comprehension Efficient Strategy On Test Day strategy notes in every math chapter to help you remember that the ACT math test is primarily a strategy test Reflect pages that help you evaluate your comfort level with the topics and make a plan for improving before the test after completing each chapter Online study planning tool helps you target your prep no matter how much time you have before the test Expert Guidance We know the test Our learning engineers have put tens of thousands of hours into studying the ACT and we use real data to design the most effective strategies and study plans Kaplan's books and practice questions are written by veteran teachers who know students every explanation is written to help you learn We invented test prep Kaplan kaptest.com has been helping students for over 80 years Trying to figure out your college plan Kaplan's KapAdvisor is a free college admissions planning tool that combines Kaplan's expertise with the power of AI [Frankenstein \(MAXNotes Literature Guides\)](#) Kevin Kelly, 2013-01-01 REA's MAXnotes for Mary Shelley's Frankenstein MAXnotes offer a fresh look at masterpieces of literature presented in a lively and interesting fashion Written by literary experts who currently teach the subject MAXnotes will enhance your understanding and enjoyment of the work MAXnotes are designed to stimulate independent thought about the literary work by raising various issues and thought provoking ideas and questions MAXnotes cover the essentials of what one should know about each work including an overall summary character lists an explanation and discussion of the plot the work's historical context illustrations to convey the mood of the work and a biography of the author Each chapter is individually summarized and analyzed and has study questions and answers **A Study Guide for Shirley Jackson's "Charles"** Gale, Cengage Learning, [ACT Prep Plus 2025: Study Guide Includes 5 Full Length Practice Tests, 100s of Practice Questions, and 1 Year Access to Online Quizzes and Video Instruction](#) Kaplan Test Prep, 2024-06-04 Kaplan's ACT Prep Plus 2025 has the detailed subject review practice tests and expert strategies you need to be prepared for test day This ACT prep book includes hundreds of practice questions online practice tests and video lessons from our experts to help you face test day with

confidence *Frankenstein Study Guide* Saddleback Educational Publishing,2011-01-01 Thirty five reproducible activities per guide reinforce basic reading and comprehension skills while teaching high order critical thinking Also included are teaching suggestions background notes summaries and answer keys The guide is digital simply print the activities you need for each lesson Timeless Classics designed for the struggling reader and adapted to retain the integrity of the original classic These classic novels will grab a student s attention from the first page Included are eight pages of end of book activities to enhance the reading experience **Frankenstein Thrift Study Edition** Mary Shelley,2012-03-06 Includes the unabridged text of Shelley s classic novel plus a complete study guide that features chapter by chapter summaries explanations and discussions of the plot question and answer sections author biography historical background and more **Content Area Reading and Learning** Diane Lapp,James Flood,Nancy Farnan,2016-11-18 How can teachers make content area learning more accessible to their students This text addresses instructional issues and provides a wealth of classroom strategies to help all middle and secondary teachers effectively enable their students to develop both content concepts and strategies for continued learning The goal is to help teachers model through excellent instruction the importance of lifelong content area learning This working textbook provides students maximum interaction with the information strategies and examples presented in each chapter This book is organized around five themes Content Area Reading An Overview The Teacher and the Text The Students The Instructional Program School Culture and Environment in Middle and High School Classrooms Pedagogical features in each chapter include a graphic organizer a chapter overview Think Before Think While and Think After Reading Activities which are designed to integrate students previous knowledge and experience with their new learnings about issues related to content area reading literacy and learning and to serve as catalysts for thinking and discussions This textbook is intended as a primary text for courses on middle and high school content area literacy and learning *High School English Teacher's Guide to Active Learning* Victor J. Moeller,Marc V. Moeller,2000 These books show you how you can foster reflective independent thinking in your class boost the number of students who actively participate prevent the discussions from falling flat or degenerating into bull sessions This volume features 18 student centered lesson plans and include answer keys for teachers Each lesson plan engages students in active learning

Thank you for reading **Frankenstein By Mary Shelley Study Guide Answers**. Maybe you have knowledge that, people have look hundreds times for their favorite readings like this Frankenstein By Mary Shelley Study Guide Answers, but end up in harmful downloads.

Rather than reading a good book with a cup of coffee in the afternoon, instead they cope with some harmful virus inside their computer.

Frankenstein By Mary Shelley Study Guide Answers is available in our digital library an online access to it is set as public so you can download it instantly.

Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one.

Kindly say, the Frankenstein By Mary Shelley Study Guide Answers is universally compatible with any devices to read

<https://staging.conocer.cide.edu/files/uploaded-files/HomePages/Gospel%20Of%20St%20John.pdf>

Table of Contents Frankenstein By Mary Shelley Study Guide Answers

1. Understanding the eBook Frankenstein By Mary Shelley Study Guide Answers
 - The Rise of Digital Reading Frankenstein By Mary Shelley Study Guide Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Frankenstein By Mary Shelley Study Guide Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Frankenstein By Mary Shelley Study Guide Answers
 - User-Friendly Interface
4. Exploring eBook Recommendations from Frankenstein By Mary Shelley Study Guide Answers

- Personalized Recommendations
 - Frankenstein By Mary Shelley Study Guide Answers User Reviews and Ratings
 - Frankenstein By Mary Shelley Study Guide Answers and Bestseller Lists
5. Accessing Frankenstein By Mary Shelley Study Guide Answers Free and Paid eBooks
 - Frankenstein By Mary Shelley Study Guide Answers Public Domain eBooks
 - Frankenstein By Mary Shelley Study Guide Answers eBook Subscription Services
 - Frankenstein By Mary Shelley Study Guide Answers Budget-Friendly Options
 6. Navigating Frankenstein By Mary Shelley Study Guide Answers eBook Formats
 - ePub, PDF, MOBI, and More
 - Frankenstein By Mary Shelley Study Guide Answers Compatibility with Devices
 - Frankenstein By Mary Shelley Study Guide Answers Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Frankenstein By Mary Shelley Study Guide Answers
 - Highlighting and Note-Taking Frankenstein By Mary Shelley Study Guide Answers
 - Interactive Elements Frankenstein By Mary Shelley Study Guide Answers
 8. Staying Engaged with Frankenstein By Mary Shelley Study Guide Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Frankenstein By Mary Shelley Study Guide Answers
 9. Balancing eBooks and Physical Books Frankenstein By Mary Shelley Study Guide Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Frankenstein By Mary Shelley Study Guide Answers
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
 11. Cultivating a Reading Routine Frankenstein By Mary Shelley Study Guide Answers
 - Setting Reading Goals Frankenstein By Mary Shelley Study Guide Answers
 - Carving Out Dedicated Reading Time
 12. Sourcing Reliable Information of Frankenstein By Mary Shelley Study Guide Answers

- Fact-Checking eBook Content of Frankenstein By Mary Shelley Study Guide Answers
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

Frankenstein By Mary Shelley Study Guide Answers Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free Frankenstein By Mary Shelley Study Guide Answers PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and

finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free Frankenstein By Mary Shelley Study Guide Answers PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of Frankenstein By Mary Shelley Study Guide Answers free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About Frankenstein By Mary Shelley Study Guide Answers Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer webbased readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Frankenstein By Mary Shelley Study Guide Answers is one of the best book in our library for free trial. We provide copy of Frankenstein By Mary Shelley Study Guide Answers in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Frankenstein By Mary Shelley Study Guide Answers. Where to download Frankenstein By Mary Shelley Study Guide Answers

online for free? Are you looking for Frankenstein By Mary Shelley Study Guide Answers PDF? This is definitely going to save you time and cash in something you should think about. If you trying to find then search around for online. Without a doubt there are numerous these available and many of them have the freedom. However without doubt you receive whatever you purchase. An alternate way to get ideas is always to check another Frankenstein By Mary Shelley Study Guide Answers. This method for see exactly what may be included and adopt these ideas to your book. This site will almost certainly help you save time and effort, money and stress. If you are looking for free books then you really should consider finding to assist you try this. Several of Frankenstein By Mary Shelley Study Guide Answers are for sale to free while some are payable. If you arent sure if the books you would like to download works with for usage along with your computer, it is possible to download free trials. The free guides make it easy for someone to free access online library for download books to your device. You can get free download on free trial for lots of books categories. Our library is the biggest of these that have literally hundreds of thousands of different products categories represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Frankenstein By Mary Shelley Study Guide Answers. So depending on what exactly you are searching, you will be able to choose e books to suit your own need. Need to access completely for Campbell Biology Seventh Edition book? Access Ebook without any digging. And by having access to our ebook online or by storing it on your computer, you have convenient answers with Frankenstein By Mary Shelley Study Guide Answers To get started finding Frankenstein By Mary Shelley Study Guide Answers, you are right to find our website which has a comprehensive collection of books online. Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different categories or niches related with Frankenstein By Mary Shelley Study Guide Answers So depending on what exactly you are searching, you will be able to choose ebook to suit your own need. Thank you for reading Frankenstein By Mary Shelley Study Guide Answers. Maybe you have knowledge that, people have search numerous times for their favorite readings like this Frankenstein By Mary Shelley Study Guide Answers, but end up in harmful downloads. Rather than reading a good book with a cup of coffee in the afternoon, instead they juggled with some harmful bugs inside their laptop. Frankenstein By Mary Shelley Study Guide Answers is available in our book collection an online access to it is set as public so you can download it instantly. Our digital library spans in multiple locations, allowing you to get the most less latency time to download any of our books like this one. Merely said, Frankenstein By Mary Shelley Study Guide Answers is universally compatible with any devices to read.

Find Frankenstein By Mary Shelley Study Guide Answers :

gospel of st john

good rain across time and terrain in the pacific northwest

goomba in montana
gorbachev and his revolution
gospels in glab stained glab windows in mibouri churches
goon show classics hes fallen in the water bbc radio presents
gothic architecture and scholasticism
goodnight me goodnight you
good question good answer hoi hay dap dung
good morning gorillas magic tree house
~~gottfried kumpf olbilder graphiken skulpturen~~
good practices in public works
good housekeeping one-dish dinners by
good old times
gourmet mustards

Frankenstein By Mary Shelley Study Guide Answers :

Present Shock “This is a wondrously thought-provoking book. Unlike other social theorists who either mindlessly decry or celebrate the digital age, Rushkoff explores how it ... Present Shock: When Everything Happens Now ... “Present Shock holds up new lenses and offers new narratives about what might be happening to us and why, compelling readers to look at the larger repercussions ... Present Shock: When Everything Happens Now The book introduces the concept of present shock, a state of anxiety in which people all live with as they try to keep up with the ever-increasing speed and ... 'Present Shock' by Douglas Rushkoff Mar 13, 2013 — The book contends that young girls and Botoxed TV “housewives” all want to look 19; that hipsters in their 40s cultivate the affectations of 20- ... Present Shock: When Everything Happens Now The framework for Rushkoff's Present Shock is the re-cognition of the collapse of the narrative world and the emergence of the digital now, or present time to ... Present Shock: When Everything Happens Now Mar 21, 2013 — His book, Present Shock, is a must-read rejoinder to Alvin Toffler's pioneering 1970 bestseller Future Shock. Toffler exhorted his readers to ... Present Shock by Douglas Rushkoff: 9781617230103 “A wide-ranging social and cultural critique, Present Shock artfully weaves through many different materials as it makes its point: we are exhilarated, drugged, ... Present Shock: When Everything Happens Now He examines what it means to be human in an always-connected reality-how modern events and trends have affected our biology, behavior, politics, and culture. Interview: Douglas Rushkoff, Author Of 'Present Shock Mar 25, 2013 — “Most simply, 'present shock' is the human response to living in a world that's always on real time and simultaneous. You know, in some ...

Park's Textbook Of Preventive And Social Medicine Park's Textbook Of Preventive And Social Medicine ; Publication date. January 1, 2021 ; Dimensions. 7.99 x 10 x 1.85 inches ; ISBN-10. 9382219161 ; ISBN-13. 978- ... preventive and social medicine Park's Textbook of. PREVENTIVE. AND SOCIAL. MEDICINE. BHANOT. K. PARK. 23 rd. EDITION. Page 2. The Book is dedicated to the revered memory of my husband. DR. Park Textbook of Preventive and Social Medicine 23rd ... Park Textbook of Preventive and Social Medicine 23rd edition (park psm) [Hardcover] [Jan 01, 2015] Park [K. Park] on Amazon.com. Park's textbook of preventive and social medicine Park's textbook of preventive and social medicine ; Author: K. Park (Author) ; Edition: Twenty-third edition View all formats and editions ; Publisher: Bhanot ... Park's Textbook of Preventive and Social Medicine 22/e Park's Textbook of Preventive and Social Medicine. K. Park. Published by Banarsidas Bhanot (2013). ISBN 10: 9382219021 ISBN 13: 9789382219026. New Hardcover ... Park, K. (2007) Parks Textbook of Preventive and Social ... Park, K. (2007) Parks Textbook of Preventive and Social Medicine. 19th Edition, M/S Banarsidas Bhanot Publishers, Jabalpur, 798-806. Park's Textbook of Preventive and Social Medicine Park's Textbook of Preventive and Social Medicine. K. Park. 3.89. 1,655 ratings ... Preventive and social medicine best book book for medical students. This ... Park's textbook of preventive and social medicine Park's textbook of preventive and social medicine ; Author: K. Park ; Edition: 20th ed View all formats and editions ; Publisher: M/S Banarsidas Bhanot, Jabalpur, ... Park's Textbook of Preventive and Social Medicine Park's Textbook of Preventive and Social Medicine. 1 ratings by Goodreads · K. Park. Published by Banarsidas Bhanot, 2013. ISBN 10: 9382219021 / ISBN 13 ... Park's Textbook Of Preventive And Social Medicine Park's Textbook Of Preventive And Social Medicine ; Author(s): K PARK ; Edition: 26TH ; Published Year: 2021 ; ISBN: 978-9382219163 ; Availability: In Stock. Bikini Body Guide: Exercise & Training Plan Kayla Itsines Healthy Bikini Body Guide are for general health improvement recommendations only and are not intended to be a substitute for professional medical. FREE 8 week bikini body guide by Kayla Itsines Dec 24, 2017 — FREE 8 week bikini body guide by Kayla Itsines This 8 week plan cost me £50 so make the most of this while it lasts!! Free High Intensity with Kayla (formerly BBG) Workout Dec 20, 2017 — Try a FREE High Intensity with Kayla workout! Work up a sweat & challenge yourself with this circuit workout inspired by my program. Kayla Itsines' 28-day Home Workout Plan - No Kit Needed Jun 2, 2020 — Kayla Itsines workout: This 28-day plan is for all fitness levels, to help you tone-up and get fit without the gym. Kayla Itsines' Bikini Body Guide Review Oct 11, 2018 — This is the workout program by Instagram sensation Kayla Itsines. These circuit-style workouts promise to get you in shape in just 28 minutes a ... (PDF) KaylaItsines BBTG | Ehi Ediale The Bikini Body Training Company Pty Ltd. “Kayla Itsines Healthy Bikini Body Guide” is not Therefore no part of this book may in any form written to promote ... You can now do Kayla Itsines' Bikini Body Guide fitness ... Mar 31, 2020 — Fitness icon Kayla Itsines is offering her Bikini Body Guide fitness program free · New members have until April 7th to sign up to Sweat app to ...