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**Kayla Itsines Full Body
Bodyweight Workout | 28 Day
Challenge Kayla Itsines' 28**

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Days to a Bikini Body Kayla
Itsines Workout | No Kit
Full Body Beginner Session
*Kayla Itsines 30-Minute Full-
Body Home Workout*

Kayla Itsines Lower Body
Bodyweight \u0026amp; Legs
Workout | 28 Day Challenge

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Kayla Itsines 30-Minute No-Equipment Cardio Workout

~~Kayla Itsines Intermediate Workout | No Kit Full Body~~

~~Session Kayla Itsines~~

~~Workout | No Kit Lower Body~~

~~Beginner Session~~ **I tried**

Kayla Itsines BBG Program

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for 1 year | Truthful review

Kayla Itsine The Bikini Body

28 Day Plan: Book Edition

BBG | What's Inside? BBG

Workout Week 1 Day 1

Train With Kayla Itsines -

10 Minute Ab Workout! How I

Lost 30 Lbs FAST In 12 Weeks

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(The honest truth) ~~NO REPEAT
WORKOUT // Full body HIIT
Workout with Weights~~ I did a
12 Week Fitness program..
HONEST Review \u0026
Struggles... | Jeanine
Amapola

15 Min FULL BODY KETTLEBELL

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WORKOUT at Home | Caroline
Girvan

BBG Workout Week 1 Day 3

Welcome To The Sweat App!

30 MIN CALORIE KILLER HIIT
Workout - Full body Cardio,
No Equipment, No Repeat **Get**
Abs in 2 WEEKS | Abs Workout

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Challenge BBG Workout Week 1 Day 2

LCL Season 4 EP2: How to
Build a Fitness Empire with
Kayla Itsines \u0026 Tobi
Pearce **Bikini Body Guide Week
2 Day 3** ~~Kayla Itsines x
Shape US Showcases Her Low~~

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~~Impact Lower Body Workout
Routine | SHAPE Kayla
Itsines 30 Minute Bodyweight
Strength Workout Kayla
Itsines BBG Bootcamp 45
Minute Full Body Workout |
Women's Health Live Virtual
No Equipment Full Body~~

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~~Bodyweight Bootcamp~~ What
Kayla Itsines Eats to Fuel
Her Workouts | Fridge Tours
| Women's Health **Kayla
Itsines Arms and Abs Workout
| 28 Day Challenge Digital
Exclusive: Kayla Itsines'
7-Minute Total Body Workout**

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Itsines later said she regretted the “bikini body” title and when the pair launched an app in late 2015 they rebranded it Sweat: With Kayla. The following year Itsines, then 24, and

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Pearce, 25, became ...

*Kayla Itsines' sells bikini
body business for \$430
million*

Kayla Itsines proudly
embraces change. The SWEAT
co-founder and trainer is

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always looking for ways to improve her world-famous workout platform, whether that means renaming her infamous "Bikini Body ...

*This 15-Minute Lower-Body
Strength Workout from Kayla*

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*Itsines Will Reignite Your
Gym Motivation*

Kayla Itsines, the Greek-Australian personal trainer who used social media to become the world's biggest fitness influencer, with more than 13 million

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Instagram followers, has
sold her Sweat app to US ...

*Fitness app founder Kayla
Itsines sells Sweat for \$400
million*

The Instagram sensation and
personal trainer opened up

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Tuesday about the next chapter of her fitness journey...and the Sweat brand.

*Kayla Itsines Announces
Major News with Her Sweat
App*

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How much are abs worth to you? Well, in the world of exercise influencers, they are apparently worth millions. On Tuesday, Instagram personal trainer Kayla Itsines announced that she and her business ...

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*Would You Pay \$400 Million
for a 'Bikini Body'?*

Greek Australian fitness
queen Kayla Itsines and
former fiancée Tobi Pearce
have sold their global
health and fitness empire

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Sweat for the staggering amount of \$400,000. The dynamic duo sold ...

Greek Australian entrepreneur Kayla Itsines "sells out" for a staggering \$400 million

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The entrepreneur, 30, 'was the big winner from the sale' because she owned a larger share of the business than co-founder Pearce, 29, who is also her ex-fiancé
...

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Kayla Itsines makes THREE times as much as her ex-fiancé in business sale
Australian health and wellbeing mogul Kayla Itsines has sold her fitness empire Sweat. The sale to US-based iFIT Health & Fitness

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is reported at being worth \$400 million. Itsines and her former fiancé ...

Kayla Itsines sells popular fitness app for a reported \$400 million

And while we're familiar

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with having to adjust our routines by now, keeping your body moving can be difficult at the best of times, particularly during winter.

*Free at-home workouts from
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*Kayla Itsines and Sweat to
try during lockdown*

The workout platform, Sweat,
previously known as the
Bikini Body Training
Company, has been acquired
by global fitness and
technology giant iFIT.

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*The world's top fitness
influencer whose Instagram-
based 'bikini body guide'
made her a millionaire has
sold her empire for \$400m
The mother of one, 30,
visited a Mercedes*

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dealership in Adelaide on Friday while accompanied by her sister Leah and a group of friends ...

Kayla Itsines buys a new Mercedes after selling her fitness business Sweat for

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\$400million

No matter what journey you have been on with your body, the ways in which it heals, supports, strengthens and adapts to take us through life is truly incredible."

(Related: Why Kayla Itsines

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Isn't ...

*Kayla Itsines Shared Her
First Postpartum Recovery
Photo with a Powerful
Message*

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Interactive Inc. All Rights
Reserved.

*EXCLUSIVE: Why Jessica Alba
and Allison Williams Swear
by Trainer Kayla Itsines'
28-Minute Workout*

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The glamour duo behind global health and fitness empire Sweat will collect \$400m from the sale of their powerhouse platform to US software giant iFIT Health & Fitness Inc.

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*Kayla Itsines, Tobi Pearce
share \$400m from sale of
Sweat*

Engage your glutes and press your heel into the ground, driving your hips and butt upward to form a bridge with your body. Squeeze your

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glutes and hold for two counts. Lower back down to the ...

*Strengthen Your Whole Body
in Just 15 Minutes With This
Express Workout From Kayla
Itsines*

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Sweat app trainer Kayla Itsines believes you don't need to work ... and aims to build full-body strength with a focus on core and hip stabilization without placing stress and pressure on your ...

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*This 15-Minute Strength
Workout From Kayla Itsines
Is Low Impact, but High
Intensity*

Australian fitness star
Kayla Itsines says she
'always eats' savoury ... I

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know how different foods and portion sizes will affect my body, especially after a full day of working out, and on ...

Fitness star Kayla Itsines reveals unusual dish she has

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for breakfast

Kayla Itsines' Sweat app, founded from her Adelaide garden, has sold to US fitness tech company iFIT for a reported \$400 million.

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