

Kayla Itsines Body Free

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~~Multimillionaire fitness queen Kayla Itsines lists the four beauty products she swears by to look her best—and none cost over \$45~~
Trainer and SWEAT co-founder Kayla Itsines officially changed her Bikini Body Guide (BBG) fitness program name to High Intensity With Kayla.

~~Kayla Itsines Announces Fitness Program Name Change From BGC to High Intensity With Kayla~~
If you dislike burpees or have joint issues this new program from Sweat trainer Kayla Itsines is for you. Try an exclusive workout now.

~~Kayla Itsines' brand new Low Impact program has NO jumping~~
The Australian personal trainer created an exclusive 15-minute preview workout for Yahooo readers ☺ try it now and get a special offer.

~~Kayla Itsines' new joint-friendly fitness program was made for her mom who hates jumping!~~
The fitness industry has made a major (and, frankly, super necessary) shift in the way it talks about bodies and health. Itsines renaming her hugely popular program is the latest proof.

~~Kayla Itsines Has Officially Renamed Her Infamous "Bikini Body Guides"~~
Kayla Itsines has made a major change to her world-famous fitness programs 10 years after first releasing them, and her followers are here for it. Taking to her Instagram account to share the news ...

~~Kayla Itsines makes major change to world-famous fitness program~~
Scroll on for the low-impact move Itsines' wants you to swap your burpees out for. "To replace a burpee with a low-intensity and low-impact exercise you could do a rocking chair push up." Itsines says ...

~~The move Kayla Itsines suggests if you can't do burpees~~
Kayla Itsines ... a jump-free workout. Now my mum really has no excuse and I can't wait for us to train together at home.☺ To celebrate the launch of her new programme, Itsines has created ...

~~Kayla Itsines launches new low-impact workout for all fitness types~~
Fitness trainer Kayla Itsines is rebranding her popular Bikini Body Guide (BBG) workouts, telling followers that the name "represents an outdated view of health and fitness." ...

~~Kayla Itsines gives her Bikini Body Guide workout an empowering name change~~
Fitness trainer Kayla Itsines is rebranding her popular Bikini Body Guide (BBG) workouts, telling followers that the name "represents an outdated view of health and fitness." They will now be known as ...

~~Kayla Itsines praised for changing 'outdated' Bikini Body Guide name~~
Kayla Itsines has opened up about her secret health battle that saw the fitness expert undergo surgery. Kayla Itsines has opened up about her secret health battle that saw her undergo surgery. Weeks ...

~~Fitness expert Kayla Itsines opens up about endometriosis health battle~~
You've likely done your fair share of running, HIIT workouts and strength training in your time, but world-renowned PT Kayla Itsines reckons it's time you ...

~~Kayla Itsines wants you to try low-impact workouts as they could be more effective than HIIT~~
While keeping your lower body as still as possible ... and can help reduce soreness and risk of injury. Kayla Itsines' SWEAT App is Now Free for 1 Month ...

~~The 14 Minute Ab Workout Kayla Itsines Does When She Wants a Low Impact Sweat~~
Australian personal trainer Kayla ... free 1-month trial and a 3-month membership to Itsines' app, SWEAT, for just \$39 (usual price is \$56), or a 6-month membership for \$58.79 (usual price is \$83.99) ...