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Kayla Itsines. I'm Kayla Itsines, co-creator of the Bikini Body Guides (BBG). I've been a personal trainer since 2008 and in that time I've educated and encouraged millions improve their health and fitness. My 28-minute BBG workouts can help you to increase your fitness and strength, whether you are a beginner or are ready for ...

[Kayla Itsines SWEAT Co-Founder & BBG Trainer](#)

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