

A woman with long dark hair, wearing a white sports bra and black leggings, is taking a mirror selfie in a living room. She is smiling and holding a black smartphone. Her right arm is raised, and she is wearing a silver watch. The room has white walls, a window with white shutters, and a white sofa. A pink rug is on the floor. The text "Download Kayla Itsines Bikini Body Guide 1.0" is overlaid on the bottom half of the image in white font.

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Richard Bailey

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