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Kayla ITSINES

B.B.G. overview

Bikini

B.B.G. (Bildini Body Guide) just for you!

Living healthily is essential for everyone. I am NOT in the business of promoting exclusionary cliets (i.e. no 'carbo'), outrageous amounts of exercise or poor body image. But, I am in the business of advocating a balanced, healthy liestly to based on clinically proven science and my own

This efflock has been developed to suit my training market of women aged 16-60 years old, who want to obtain what Fresh Fitness and I call a "bikini body". However, to us, a "bikini body" is not a certain body weight, size or look, but rather a state of mand where you are confident and feel good about YOU. I do not bolieve that a single figure, idealistic individual or image should be the sole goal for a

broad-spectrum audience. I think the end goal should still all be the same, but the definition for that goal is happiness through health.

Over the past year, Fresh Fibress and I have taken the time to research and write this efficies with the second of two resources for my target makest. The information in this efficiel is based upon a combination of various research articles (cited throughout) and personal experiences with both my clients of Fresh Fibress and my own personal health journey. Through the healthy eating advice and recommendations in my first efficiel, H.E.L.P (available at www.kaylabines.com.au) and the training advice provided health, these resources are intended to further educate and assist women to work toward their health and stress goals.

This eBook will cover all of your training requirements for cardiovascular exercise, plyometric and circuit training and stretching, as well as provide you with a firm foundation of knowledge pertaining to exercise.



Who addinsowledge their everyone is an individual. In this way, we wish to be seen, as advocable to the very one with the bound of the seen and the property of the seen and promoting hostility attitudes around the "bising body" ideology.



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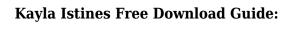
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