



B.B.G. overview

Hello and welcome to my B.B.G. (Bikini Body Guide) just for you!

Living healthy is essential for everyone. I am NOT in the business of promoting exclusionary diets (i.e. no "carbs"), outrageous amounts of exercise or poor body image. But, I am in the business of advocating a balanced, healthy lifestyle based on clinically proven science and my own personal results with clients.

This eBook has been developed to suit my training market of women aged 16-40 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 weight, size or look, but rather a state of mind where you are confident and feel good about YOU. I do not believe 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 Fitness and I have taken the time to research and write this eBook as the second of two resources for my target market. The information in this eBook is based upon a combination of various research articles (cited throughout) and personal experiences with both my clients, clients of Fresh Fitness and my own personal health journey. Through the healthy eating advice and recommendations in my first eBook, H.E.L.P. (available at www.kaylaitsines.com.au) and the training advice provided herein, these resources are intended to further educate and assist women to work toward their health and fitness 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.

We acknowledge that everyone is an individual. In this way, we wish to be seen as advocates for positive health with a focus on educating our audience and promoting healthy attitudes around the "bikini body" ideology.



Previous experience tells me that you need to focus on all aspects of your lifestyle such as eating, training, resting and rehabilitation in order to reach your goals. Using this training eBook in conjunction with my nutrition guidelines can help you to obtain the best results in the same way my clients and the clients of Fresh Fitness have, and no single aspect of your lifestyle is powerful enough to determine a lack in any other area of your

lifestyle. In saying that, if you have great training but a poor diet, your progress can be largely hindered. Please visit "Nutrition" on www.kaylaitsines.com.au to find out what you should be eating to maximize your results.

WHAT RESULTS CAN YOU EXPECT FROM THIS ADVICE?

No one is going to give you your body for simply reading this book. In the same way no one is going to give you a high-end career just for having a degree. If you want it, YOU have to earn it.

If you put in 10% effort, don't expect to get 100% of this outcome. This rule applies for anything in life. If you don't put in the effort with health, study, work or sport, you will not succeed. You only get out what you put in.

The amazing confidence we all seek is only reserved for those individuals who are willing to put in time and effort into their whole lifestyle.

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