



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.

I want to make it very clear and I hope your mind boggles. I do not care my health or my body for eating things like these in it. I care my health and the health of all of my clients very much. I want to make it very clear. I hope you to do this same.

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The Bikini Body Motivation & Habits Guide Kayla Itsines, 2017-12-19 Use the power of motivation and good habits to become fitter healthier and stronger for life Bikini Body Guides BBG co creator Kayla Itsines named the world's number one fitness influencer by Forbes shows you how to harness the power of motivation and build good habits around health and fitness Drawing on more than 40 000 survey responses from her global online community as well as extensive research and her experience as a trainer Kayla addresses what stops us from following through on our health and fitness goals In her second book The Bikini Body Motivation Habits Guide Kayla explores how you can overcome those obstacles set goals and stick to a long term plan for better health Inside you'll find helpful checklists and templates a 28 day meal plan more than 200 simple and delicious recipes shopping lists and a pull out 28 day workout poster Let global fitness phenomenon Kayla show you how YOU can stick to a plan for long term health In this book I give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick

The Bikini Body Training Guide Kayla

Itsines, 2014-01-20 The Bikini Body Training Guide is Kayla Itsines 189 page guide containing a full 12 week workout plan Including effective cardio methods recommendations to target problem areas and workouts under 30 minutes Foam Rolling Guide Kayla Itsines, 2015-08-15 Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it Foam rolling helps to relieve muscle tension and pain by improving circulation It could also help to minimise the appearance of cellulite In this guide you will find The importance of foam rolling Recommended upper body foam rolling routine Recommended lower body foam rolling routine Stretching exercises to aid in rehabilitation Do's Don't's Step by step information

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide Kayla Itsines, 2016-12-27

Kayla Itsines Bikini Body Guide 28 minute workouts are energetic high intensity plyometric training sessions that help women achieve healthy strong bodies Itsines Sweat with Kayla app is the best selling fitness app in the world for a reason The BikiniBody 28 Day Healthy Eating Lifestyle Guide is full of Kayla's meal plans recipes and motivating information to help you live a healthy and balanced lifestyle Kayla makes exercising and healthy eating achievable and fun The Bikini Body 28 Day Healthy Eating Lifestyle Guide features Kayla's advice for a nutritious and sustainable diet Over 200 recipes such as Berry Nana Smoothie Bowl Strawberries Ricotta Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese 7 Day access to the Sweat with Kayla app A 28 Day workout plan that has all the moves to accompany Kayla's meal plan The BikiniBody 28 Day Healthy Eating Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals

The Art of Gifting: Using Free Offers to

Win Customers' Hearts Sam Choo, The Art of Giving How Free Gifts Can Win Customers Hearts In a world saturated with marketing noise how do you make your brand stand out and truly connect with your audience The answer lies in the power of

generosity In The Art of Giving marketing expert Your Name reveals the game changing strategy that s transforming businesses across industries strategic free gifts This isn t just about random freebies it s a proven approach to building loyalty driving sales and creating passionate brand advocates Dive into this practical guide and discover Why giving away value is the secret to receiving more in return How to craft irresistible free offers that perfectly align with your brand Strategies for turning free gift recipients into high value customers Real world examples of businesses that have mastered the art of giving Step by step instructions for implementing your own giving strategy Whether you re a solopreneur a small business owner or a marketing executive this book will revolutionize your approach to customer acquisition and retention Learn how to stand out in a crowded marketplace build deep emotional connections with your audience and create a sustainable culture of generosity that fuels long term business growth It s time to stop shouting to be heard and start giving to be remembered The Art of Giving will show you how to win hearts minds and loyal customers one generous offer at a time Unlock the power of strategic generosity Your customers and your bottom line will thank you **Kochie's 11-Step Money Plan For a Better Life** David Koch,2019-03-26 David Koch online entrepreneur finance journalist and trusted Australian media personality knows a thing or two about the family finances Father of four kids sole breadwinner ad a man not afraid to admit to his own odd money mistake David has also spent hour after hour in the Sunrise studio tuning in to the way the average Australian thinks about money He knows the extent to which we all spend too much on silly stuff avoid keeping track of our expenses get overwhelmed by the cost of raising a family settle for less in terms of salary do without the things that would bring a bit of pleasure to our lives pay the banks too much in fees and interest David is here to help In 11 easy steps he shows us everything we need to do to pay less on the mortgage put up to 14 000 extra back in the average family budget get those finances sorted in 15 minutes a month develop a side hustle or get a salary increase or why not both learn a little about investing for the future tackle debt once and for all Friendly clear and easy to use this is the guide you need to reset your money habits so you can learn more worry less breathe easier and enjoy of the fruits of your labour This book is just the first step towards getting on top of your finances Kochie s weekly 11 Steps email newsletter is going to keep you on track well beyond the last page with timely tips news and opportunities for you to keep growing your wealth Just head to www.ymyl.com.au 11steps to get on the list **Bikini Body Training Guide 2.0** Kayla Itsines,2015-02-20 So you finished my 12 week guide Give yourself a massive congratulations and pat on the back It s a huge accomplishment and no doubt you are feeling a big change in your overall health mindset and confidence As you know by now my program is not a diet but a lifestyle With my 2 0 guide I ve created another 12 weeks to help you continue your healthy lifestyle Inside you will find 12 weeks of higher challenge workouts a full glossary section detailing new exercises as well as a guide to foam rolling and new resistance exercises The 2 0 guide helps you take your healthy lifestyle to the next level and is the best way to continue reaching your fitness goals **Flow Free Game Solutions, Extreme Pack, Download Guide Unofficial** Chala Dar,2016-07-27

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