

Download The Bikini Body Training Guide free Kayla Itsines (PDF, ePub, Mobi)



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 workout under 30 minutes!

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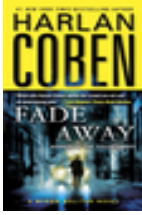
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