

Bikini Body Training Guide Kayla Itsnes

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Jun 25, 2014 Kayla Itsines is an international Certified Personal Trainer and the Founder of The Bikini Body Training Company.
<http://www.examiner.com/article/kayla-itsines-personal-trainer-and-founder-of-the-bikini-body-training-company>

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<http://www.active.com/fitness/articles/bikini-body-workout-guide>

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<http://www.shape.com/fitness/workouts/exclusive-hiit-workout-star-trainer-kayla-itsines>

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