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Train With Kayla Itsines - 10 Minute Ab Workout!BBG Beginner Review | Content, Adaptability, Results - Kayla Itsines Bikini Body Guide Kayla Itsines Body Workout Guide The workout platform, Sweat, previously known as the Bikini Body Training Company, has been acquired by global fitness and technology giant iFIT.

The world's top fitness influencer whose Instagram-based 'bikini body guide' made her a millionaire has sold her empire for \$400m

This quick and efficient routine will give you a glimpse into the SWEAT trainer's revamped 12-week gym program.

This 15-Minute Lower-Body Strength Workout from Kayla Itsines Will Reignite Your Gym Motivation Engage your glutes and press your heel into the ground, driving your hips and butt upward to form a bridge with your body. Squeeze your glutes and hold for two counts. Lower back down to the ...

Strengthen Your Whole Body in Just 15 Minutes With This Express Workout From Kayla Itsines Sweat app trainer Kayla Itsines ... workout for day one of Sweat's Two Weeks to Strong Workout Plan. This workout requires no equipment and is low-impact, but high intensity, and aims to build ...

This 15-Minute Strength Workout From Kayla Itsines Is Low Impact, but High Intensity

And while we're familiar with having to adjust our routines by now, keeping your body moving can be difficult at the best of times, particularly during winter.

Free at-home workouts from Kayla Itsines and Sweat to try during lockdown

Itsines' platform Sweat, previously known as Bikini Body Guide, has sold to tech giant iFit, but she promises nothing will change.

Kayla Itsines sells Bikini Body for \$430 million

Australian health and wellbeing mogul Kayla Itsines has sold her fitness empire Sweat. The sale to US-based iFIT Health & Fitness is reported at being worth \$400 million. Itsines and her former fianc é ...

Kayla Itsines sells popular fitness app for a reported \$400 million

Greek Australian fitness queen Kayla Itsines and former fianc é e Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of \$400 million. The dynamic duo ...

Greek Australian entrepreneur Kayla Itsines "sells out" for a staggering \$400 million Kayla Itsines, the Australian personal trainer who used social media to become the world 's biggest fitness influencer, with more than 13 million Instagram followers, has sold her Sweat app to US ...

Fitness app founder Kayla Itsines sells Sweat for \$400 million

Kayla Itsines has sold Sweat, the fitness platform she co-owned with her former fianc é Tobi Pearce. According to a report by The Australian Business Network, as re-reported by The Courier Mail on ...

Kayla Itsines and her ex Tobi Pearce sell their fitness platform Sweat for a cool \$400million

The mother of one, 30, visited a Mercedes dealership in Adelaide on Friday while accompanied by her sister Leah and a group of friends ...

The world's top fitness influencer whose Instagram-based 'bikini body guide' made her a millionaire has sold her empire for \$400m The Instagram sensation and personal trainer opened up Tuesday about the next chapter of her fitness journey...and the Sweat brand.

Kayla Itsines buys a new Mercedes after selling her fitness business Sweat for \$400million

"Through Sweat, we have created an incredible community of women who have changed their lives through fitness," says Itsines ... 5-Move Full-Body Dumbbell Workout By Kelsey Wells Will Leave You ...

Kayla Itsines Announces Major News with Her Sweat App

The glamour duo behind global health and fitness empire Sweat will collect 400m from the sale of their powerhouse platform to US software giant iFIT Health Fitness Inc.

Kayla Itsines, Tobi Pearce share \$400m from sale of Sweat

For her latest evolution, Itsines decided to upgrade her gym-based program, High-Intensity Strength with Kayla ... this workout is split into a superset and triset with the goal of improving both ...

This 15-Minute Lower-Body Strength Workout from Kayla Itsines Will Reignite Your Gym Motivation

Kayla Itsines sold her fitness platform ... Itsines rose to fame with her Bikini Body Guide (BBG), a 12-week workout program that quickly amassed a cult following on social media.

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