

THE BIKINI BODY

# 28 DAY

HEALTHY  
EATING &  
LIFESTYLE  
GUIDE

*Mayra Soares*



200+  
RECIPES

WEEKLY MEAL PLANS  
FROM 7 DAY APP ACCESS

FEATURES A 28-DAY WORKOUT PROGRAM

## Introduction

Kayla Itsines Bikini Body Guide 28-minute workout routines are active, high-intensity, plyometric schooling periods that help ladies gain healthy, sturdy bodies. Itsines' *Sweat with Kayla* app is the great selling fitness app in the world for a motive.

*The Bikini Body 28-Day Healthy Eating*

You're reading a free preview.  
Page 2 to 102 are not shown in  
this preview.

**DOWNLOAD  
THE FULL VERSION**

**Page is hidden**