

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

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