

Kayla Itsines

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i m kayla itsines co founder and head trainer at sweat i ve been a certified personal trainer since 2008 and am also certified in pregnancy and postnatal exercise

kayla itsines t si nəs it see nəs 3 born 21 may 1991 is an australian personal trainer author and entrepreneur she is the co creator of a series of fitness ebooks titled bikini body guides and a

kayla itsines is the co founder and head trainer at sweat the leading fitness app for women
she has 13 workout programs including strength hiit and og kayla

feb 23 2024 before and after shots bikini bodies and a cult following in the online fitness community such were the humble beginnings of 32 year old greek australian fitness mogul kayla itsines

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