

Kayla Itsines 2.0

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BIKINI BODY GUIDE 2.0 – KAYLA ITSINES

Tue, 09 May 2017 17:52:00 GMT

so you finished my 12 week guide! give yourself a massive congratulations and pat on the back. it's a huge accomplishment, and no doubt you are feeling a big ch

KAYLA ITSINES BIKINI BODY GUIDE 2.0 REVIEW - IMPERFECT MATTER

Mon, 08 May 2017 14:33:00 GMT

as you know, over the summer i was doing kayla itsines' bikini body guide and i kept you updated with my progress for the first six weeks.

KAYLA ITSINES // BBG 2.0, WEEKS 13-16 | CROSSTITCHERY

Tue, 25 Apr 2017 21:22:00 GMT

i recently completed the first 4 weeks of kayla itsines' bbg 2.0 guide and thought i'd share my thoughts for any of you that have been following along on my bbg ...

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Tue, 09 May 2017 11:54:00 GMT

you look great! what happens after finishing 2.0? there doesn't appear to be a 3.0 or any guidance on kayla's website on what to do to not plateau and keep going!

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KAYLA ITSINES BIKINI BODY 2.0 (WEEKS 13-24) - GET THE GLOSS

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following on from the success of her first bikini body guide (weeks 1-12 also available here), kayla takes it up a notch with weeks 13-24. suitable for those who've ...

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