

## Kayla Itsines Body Guide Leaked

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### Kayla-Itsines-Body-Guide-Leaked

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

Greek Australian fitness queen Kayla Itsines and former fiancée Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of \$400,000. The dynamic duo sold ...

### Greek-Australian-entrepreneur-Kayla-Itsines-'sells-out'-for-a-staggering-\$400-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 fiancé ...

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

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

Itsines Itsines provides her clients with three days of circuit-training routines that change every week. She encourages women to do sessions of "LISS" (low-intensity steady-state cardio) and ...

### These-before-and-after-photos-show-why-a-25-year-old-trainer-has-a-fitness-app-with-more-revenue-than-Under-Armour's-fitness-app-|BusinessInsider-India

What started as a humble fitness e-book guide morphed into a hit fitness app that Sweat founders Kayla Itsines and Tobi Pearce have sold to a US player.

### Young-Rich-Listers-sell-popular-Sweat-app

Perhaps one of the most viral wellness programs out there is Kayla Itsines' 'Bikini Body Guide. Perhaps one of the most viral wellness programs out there is Kayla Itsines' 'Bikini Body Guide.

### These-before-and-after-photos-show-why-the-future-of-Weight-Watchers-is-uncertain

How much are abs worth to you? Well, in the world of exercise influencers, they are apparently worth millions. On Tuesday, Instagram personal trainer Kayla Itsines announced that she and her business ...

### Would-You-Pay-\$400-Million-for-a-Bikini-Body-?

The young person's guide to conquering (and saving) the world. Teen Vogue covers the latest in celebrity news, politics, fashion, beauty, wellness, lifestyle, and entertainment.

### bikini-body

This four-week functional fitness plan will help build your strength training confidence, as well as develop full-body power for everyday life. You don't need any equipment for Kayla Itsines' ...

### 11-common-home-workout-mistakes-to-fix---to-avoid-injury-and-get-better-results

Short workouts can be just as beneficial as longer ones - here are 10 of the best 10-minute workouts A workout that is done and dusted in the time it takes to boil the kettle and make a cup of tea ...

### Why-10-minutes-is-the-sweet-spot-for-exercise

The community of women on Studio Tone It Up will guide you through workouts to get your body strong and toned ... If you don't follow Kayla Itsines on Instagram, you've likely heard of her ...

### 60-Workout-Apps-for-Women-Who-Want-Results-(Without-a-Gym-Membership)

If you're not convinced about the pros of switching off your mind, our expert-led guide to the benefits ... Free 14 day trial for all. PT Kayla Itsines is the queen of strength training, and ...

### Fitness-apps-24-that-actually-work-to-boost-both-your-physical-and-mental-health

Online With nearly 800k followers, 23-year-old Kayla Itsines is a bonafide Instagram fitness sensation.Her method — the Healthy Bikini Body Guide, a... Madonna shares rare photo of her father ...

### Top-celebrity-instagram-photos

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