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Kayla Itsines Body
Sweat app trainer Kayla
Itsines believes you
don't need to work out
for long periods of time
or strain yourself with
high-impact workouts
that can strain your ...

This 15-Minute Strength
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Workout From Kayla Itsines Is Low Impact, but High Intensity
Kayla Itsines confirmed last month that she's found ... The former couple, who were together for eight years, co-founded the Bikini Body Training Company after meeting in late 2012.

Fitness mogul Kayla

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Body Itsines shows off rock-hard abs as she collects her pooches from doggy day care

As part of Yahoo Lifestyle's exclusive Workout Challenge with Kayla Itsines we asked the trainer all about staying motivated during winter.

Kayla Itsines says winter is 'no excuse' to

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stop moving your body
If you're worried about
your exercise routine
during this latest
lockdown, we've got
you covered with free at-
home workouts from
Kayla Itsines and Sweat.

Free at-home workouts
from Kayla Itsines and
Sweat to try during
lockdown

Engage your glutes and

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Body press your heel into the ground, driving your hips and butt upward to form a bridge with your body. Squeeze your glutes and hold for two counts. Lower back down to the ...

Strengthen Your Whole
Body in Just 15 Minutes
With This Express
Workout From Kayla
Itsines

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According to a study by My Protein, Kayla Itsines is sitting comfortably at the top of the list of Australia's highest-earning fitness stars ...

Australia's highest-earning celebrity personal trainers are revealed

Millions of Aussies are now in lockdown and

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Body
struggling to get their
exercise fix – but Apple
has recently launched a
cheap solution. We
thought we'd left
lockdown in 2020 – but
sadly we were wrong, ...

Four of the best home
workout programs
without equipment
Ryan Reynolds on Why
He Felt It Was
Important to Open

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Body About His
Mental Health Struggles
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EXCLUSIVE: Why
Jessica Alba and Allison
Williams Swear by
Trainer Kayla Itsines'
28-Minute Workout
Australian fitness star
Kayla Itsines says she

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'always eats' savoury ...

I know how different foods and portion sizes will affect my body, especially after a full day of working out, and on ...

Fitness star Kayla Itsines reveals unusual dish she has for breakfast says fitness expert Kayla Itsines. In a

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Body recent video on

Instagram, Kayla has demonstrated a detailed full-body workout routine that you can do in the comforts of your home. And the best part?

Weight Loss: Zero
Equipment, Full Body
Workout That You Can
Perform Anytime,
Anywhere

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Body Improve Your Push-Up
Form With These 6 Arm-
Strengthening Exercises
From Kayla Itsines ...

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