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# Download Online Boek <sup>Bikini</sup> Nederlands The Bikini Body 28-Day Healthy Eating & Lifestyle Guide - Kayla Itsines



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Millions of women follow Kayla Itsines and her Bikini Body Guide 28-minute workouts: energetic, kinetic, high-intensity interval training sessions that help women achieve healthy, strong bodies. Fans not only follow Kayla on Instagram, they pack stadiums for workout sessions with her, they've made her Sweat with Kayla app hit the top of the Apple App Store's health and fitness charts, and they post amazing before and after progress shots.

*The Bikini Body 28-Day Healthy Eating & Lifestyle Guide* features:

- 200 recipes such as fresh fruit breakfast platters, smoothie bowls, and salads
- A 4-week workout plan which includes Kayla's signature 28-minute workouts
- Full-colour food shots and photos featuring Kayla throughout

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