

Download Kayla Itsines Bikini Body Bundle

Hey friends! Two weeks ago I told you about how I purchased the Bikini Body Guide eBooks from Kayla Itsines (affiliate link, FYI), and you guys seemed really interested in them! Kayla Itsines is a well-known online trainer from Australia that has taken over social media with her Bikini Body Guide workouts, amazing client transformations, BBG hashtag and her loyal followers who calls themselves the “BBG army.” You may go to the gym in your sweetheart’s sweatpants and an old t-shirt, but for the ultimate belfie, you’ll want to trade in those cast-offs for something more skin-tight and figure-hugging. Are you ready to sweat, tone, nourish, and empower your way to your fittest, fiercest, most fabulous body and life? Katrina Scott and Karena Dawn, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting in shape.