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Fitkini Body Challenge

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completed the 28 Day Challenge twice (January and February) before I purchased the Fitkini Challenge book. What is the Fitkini Challenge? – Naturally4Chic

*Fitkini Body Challenge -
costamagarakis.com*

Whether you are purchasing the original 12-week program (Bikini Body Guide 1.0), you want to continue your journey with Weeks 13-24 (BBG 2.0) or you need some help with healthy eating, you can find all of the Kayla Itsines BBG guides.

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I'm Kayla Itsines, co-creator of the Bikini Body Guides (BBG). I've been a personal trainer since 2008 and in that time I've educated and encouraged millions of women to improve their health and fitness. My 28-minute BBG workouts can help you to increase your fitness and strength, whether you are a beginner or are ready for a new challenge.

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women to love themselves and to
learn to live healthy lifestyles. Through
my books I'll show you the best way
to rid your body of toxins and help you

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cook amazingly simple, yet delicious and healthy meals. Losing weight doesn't have to mean starving yourself or hating what you eat.

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