

Kayla Itsines Review

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ICYMI, BBG stands for Bikini Body Guide, but even Itsines recognizes that this terminology is a little, err, outdated: "I want all women to recognize that a bikini body is every type of body," she writes on her website. Praise hands emoji. (Related: Why Kayla Itsines Regrets Calling Her Program "Bikini Body Guide")

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