

## Chapter 1 : Kayla Itsines Bikini Body Guide Review - Honestly Fitness

*Starting with my Bikini Body Guide is SO simple! Each workout during the 12 weeks is presented in a basic format, making it easy for you to get started right away. The program begins with smaller challenges, then ramps you up over the following weeks, to higher levels.*

June 25, Clarice June 8, at 5: Also, does it work in such a way that only the arm workout is done on for example Monday, and then you carry on with the leg workout on Wednesday and finally the abs workout on Friday? And yes it works in that format – you do the arm workout one day, legs another, and abs another day too. I saw quite a bad review at <http://www.honestlyfitness.com> Will appreciate if you can reply ASAP. Thanks, Honestly Fitness  
September 27, at 9: Think of it as an investment piece! Hope this helps, Alice x Leanne July 27, at 9: The times I just ate healthy and normal, I got stronger, but did not see much difference in body fat. Hope that helps  
xx Christina November 9, at Also could I use the eating plan for my hubby too? Robin November 9, at Honestly Fitness November 10, at If you are exercising regularly then I do not think you need to modify it at all. The eating plan can definitely be used for your husband although he might want to eat more as the HELP guide is designed for women. I can do the BBG workouts but my knees get sore afterwards. Any modifications that you would recommend? Honestly Fitness November 30, at 5: I would suggest emailing Kayla and her team directly at [sales.kaylaitsines](mailto:sales.kaylaitsines). Have you discussed this with your doctor at all? Alice x Evi  
June 13, at 3: Honestly Fitness June 17, at Ahh yes, the bosu ball is expensive unfortunately. Other than that, Kayla recommends doing normal burpees instead of the bosu burpees <http://www.honestlyfitness.com> October 21, at 9: I cannot predict how your body will respond if you do the BBG, but in my experience it has definitely been worth it. I toned up even without following the HELP guide, and now that I am following it, my results are a lot better. The HELP guide is basically an eBook which helps you learn the right foods to eat and the right amount as well. It is not good for vegans as there is dairy involved in it. I personally like it a lot, as she gives you a 1 week meal plan which is very easy to follow. Plus she advocates getting a balanced diet with a variety of foods from every food group which I really appreciate. I have noticed my energy levels have been high on the plan and I do not feel hungry only verrrry late at night. Is it necessary to get the nutrition guide then? Would i see more dramatic changes with the nutrition guide? Amy June 24, at 2: Honestly Fitness June 25, at If you understand nutrition and feel good with what you are eating then it certainly is not a necessary purchase. You may see more results, but then again you may not since it is a generic guide and not exactly suited exactly according to you. I hope this helps you! Alice xxx Elissa June 29, at 7: Alice xxx Elissa June 30, at 9: Alice xxx Honestly Fitness July 2, at 2: Alice xxx Brianna June 30, at 9: Do you know if I can print it from a home computer? Also did her workouts do anything for your chest area? Also did your back get toned up at all? Thankss Emma July 1, at Honestly Fitness July 2, at 2: Yeah you can print it from your computer! I did that so I could bring the workouts with me to the gym. Um the workouts helped my chest a little yes, because there are a lot of push ups! Seemed to make the area together and my bust a bit perkier hehehe. Alice xxx Carolina July 2, at 3: I saw that on weeks the resistance training days increase to However, the guide only provides circuits for 3 monday, wednesday and friday. Do you know which one is supposed to be repeated if I want to do 4 days in a week? Honestly Fitness July 4, at 2: I chose to just continue doing 3 strength workouts as I was still busy with uni at that time. Do you just repeat it all over again? You can do whatever you want though! I cannot wait to try this guide, and you helped make my decision a lot easier. But it also mentioned LISS? Read through the first 20 pages carefully as that will tell you exactly how many of the circuit workouts and cardio to do. For the workouts, week means you do those workouts on the 1st and the 3rd week. Then you have weeks , which means you do those workouts on the 2nd and 4th week. And so on and so forth. Does it make sense now? The workouts say monday, wednesday and friday! So is that mean only for those days? For a while, I was doing them Tuesday, Thursday and Saturday. Just make sure you have a rest day in between the circuit workouts so you do not overstress your body! Hope that helps and thanks for your kind words. Alice xxx Angela November 28, at DC July 7, at 4: Thanks for the great, detailed review. But I need to ask -do you need two benches? What are they used for!? Trying to see if I can get away with just one high step I

have inside my house. Honestly Fitness July 9, at 1: They are used for the leg workouts primarily. Maybe you could use two chairs as benches? DC July 10, at Starting tomorrow! cannot wait for the great results! My question is this: Kayla recommends that you just repeat the 12 weeks again, which is what I am currently doing although I am much more flexible with it. For example, I may do her leg workout from one of the weeks one day, then do a gym class the next. I think mixing it up is really key to staying motivated and from keeping bored. Are you a member of a gym at all? If so, try out some of their classes with a friend. And if not, maybe you could go ice-skating or skiing since it is winter? I hope this helps! Hope that helps xx Honestly Fitness July 18, at 4: All up to your preference. I know you mentioned circuit training 3x per week, but what do the rest of the days look like? Is there cardio every other day and on top of the circuits? And how long does the LISS typically take? Honestly Fitness July 18, at 4: The amount varies from 3x to 5x per week, and HIIT training is introduced during the last 4 weeks. Weeks see the most cardio so you would be doing 3x circuits and at least 3x sessions of cardio. You can structure that however you like, for example doing circuit training MWF and cardio TTS, or you can do circuit training in the morning and then cardio at night.

### Chapter 2 : Bikini Body Guide by Kayla Itsines Torrent Download

*Kayla Itsines I'm Kayla Itsines, co-creator of the Bikini Body Guides (BBG). I've been a personal trainer since and in that time I've educated and encouraged millions of women to improve their health and fitness.*

Sleek, flat stomachs; thin, toned arms; and round, bubble backsides present themselves like a repetitive clone that we cannot help but yearn for. However, due to the lack of transparency and overwhelming amount of BS widespread throughout the fitness industry, I definitely have my suspicion. I am guilty as charged for following some of these fitspo models on my personal social media accounts as their posts truly grant me motivation. What was once a strong sense of envy in not looking similar to these billboard women turned into a source of perseverance. If I wanted to be as fit and work my body to its best form, then I had to start working hard and doing so for myself and myself only. I considered purchasing a fitness guide e-book more times than I can count. I know every body is different and develops and changes at its own pace, but exercise is exercise and with determination anyone can transform their figures. Here is where the beauty of being in a sorority comes in. They had just begun following the plan and had nothing but great reviews to share. I had been following Kayla on Instagram for a short while at this point, and the before and after transformation pictures she would consistently share always blew my mind. With prices this elevated, the dazzling transformation many women swear by better hit me like a truck, I thought. I have never been overweight, and starting this guide my goal had nothing to do with weight loss. I was simply seeking a structured fitness plan that I could easily follow, and that was proven to be effective for toning my body. Her plan lasts 12 weeks, which took up a large portion of the summer months. Each exercise circuit takes no longer than 30 minutes to complete, which works amazingly with busy schedules. Monday is allocated for lower body, Wednesday for arms and abs, and Friday for cardio and total body strength. Tuesday, Friday, and weekend days are essentially break days, but continuing with moderate exercise on those days is encouraged. She incorporates a good mix of strength training, high intensity interval training and even warm-up and rest sequences to ensure a strong start and recovery. All exercises are done using bodyweight only; no equipment is necessary, so her plan can be done anywhere if you do not have access to a gym facility. I did not follow her meal plan e-book as I was already following a clean, plant-based diet long before but the recipes all look amazing. Each day involves two circuits of four workouts. You are supposed to time yourself whilst you perform the first 4 moves and attempt to go through it as many times as possible in 7 minutes, and then repeat with the second set of 4. I did not follow this pattern as I simply decided to do each circuit twice, which took about minutes each. After my first Kayla Monday, I needed my mom to help me out of bed the next day. That Tuesday morning was the most sore I had ever been after a workout, and it honestly felt amazing. I am a big fan of following steps and routine so her guide appealed to this preference in the best way possible. It became a sort of hobby of mine as I found her guide to be fun and upbeat. I owe part of my recently heightened interest of health and fitness to Kayla and her bbgmovement. She recommends taking pictures before one begins her guide, and then again at the fourth and eighth week mark. I also decided to track my bodily measurements at these weekly intervals to get a statistical idea of how and if my body was changing. In most cases, the number can actually increase despite looking slimmer due to muscle gain. Others around me as well as myself started to really notice physical changes about 4 weeks in, and actually seeing those results I had hoped for so dearly was a feeling that remains indescribable. I had always put intense pressure on myself in the fitness realm and I had yet to find a good exercise routine that worked effectively for me, and turns out Kayla and her BBG miracle was the answer. I not only felt more confident, but I also had increased energy and focus levels, and my overall happiness seemed to be at its peak as well. It was all about improving my strength and toning tough areas for me, and those results were exactly what the guide allowed me to achieve. If you search Kayla Itsines on Instagram or for the hashtag bbgmovement, you will see how many lives Kayla has touched and improved with the release of her guides. She even offers a free week trial of workouts on her website for those of you who are interested, but not fully sold on Kayla and her magic. Kayla Itsines has truly impacted the fitness world in immense ways and she continues to provide motivation, support, and advice for those looking to

## DOWNLOAD PDF KAYLA BEACH BODY GUIDE

improve their fitness levels. I subscribe to her weekly blog updates that share topics such as muscle repair tips, recipes, food secrets, and so much more.

### Chapter 3 : Bikini Body Guide - My Review And Why I Didn't Buy It!

*I know my Kayla Itsines Bikini Body Guide review might not be what you were looking for but if you're looking for a cheaper alternative or if Kayla Itsines guides are not for you then definitely have a look at Jen Ferrugia and her Bikini Body Workouts.*

May Hey friends! I got a lot of comments, emails, and tweets with your questions, so I thought today would be a good time for an update. Hold on to your seatbelts- this is going to be a long one! Although they are technically called eBooks, they are actually just PDFs. I hope that helps clarify things! I am now one pound less than my typical low weight range, so take that as you will 1 pound loss or 5. I have always had and probably always will have a love-hate relationship with food. You can read more about that here. To track my meals, I use the notepad app on my phone. One slice of bread, for example, counts as one serving, so a sandwich would be two servings. So far that has been going well! I am trying to make an effort to eat cleaner i. I forgot how tasty these are! Yogurt and fruit has also been a good go-to. The picture below includes one container of blueberry Chobani, a sliced banana, and organic coconut granola. FYI, this would count as one serving of dairy, 1 serving of fruit, and 1 serving of grains. I thought I was really good at eating a lot of veggies before, but it turns out I was no where close to getting six servings it was more like These usually include mixed greens, baby spinach, tomatoes, cucumber, carrots, and feta cheese. Not much has changed with my snacks; I still eat an apple almost every day and depending on whether I have any servings of healthy fats left I will also eat some almonds or peanut butter on the side just 1 tsp. Through this process I have realized that I was probably eating way too many healthy fats before I started this nutrition plan. Also, you can only have two pieces of fruit! Carrots and hummus still make a perfect snack I usually count hummus as one of my healthy fats though, so I have to be careful how much I have. I am trying to include more lean meats and lots of veggies, but that has always been a priority for me. Here is a tilapia filet with Thai curry sauce that I pulled out of the freezer from the Saucy Fish Co. I probably should be taking the LISS workouts more seriously, but I walk a lot every day anyway to and from the metro plus when walking Jack, so I like to think if I just take Jack a little further than usual or go for a quick run that counts. Eh, maybe it does, but I could probably do more on this front. Then you repeat, so you wind up doing 14 minutes 4 rounds of each circuit. They are quick about 30 mins and effective which I love! The nutrition plan is going really well and so are the workouts. Also, I continue to look at the Kayla Itsines transformations on her website to keep my motivation up. Hopefully in 12 weeks I will look like these awesome ladies! Although I am an affiliate for the Kayla Itsines program this post was not sponsored by anyone. All thoughts and opinions are my own.

### Chapter 4 : Kayla Itsines Week Workout Review: Answers to All Your Questions – HONEYSTUCK

*Kayla's Bikini Body Guide is probably good but wow is it expensive ðŸ™• Thing is the more I read about it the more I keep seeing mixed reviews with most of the bloggers out there not finishing the 12 week workout.*

Kayla Itsines Week Workout Review: She also has two 2-week meal plans one vegetarian and one regular. I think she seems like a nice normal person who has also become insta-famous and probably insta-wealthy. I have completed weeks of BBG 1. Below is a shot of what the guide looks like. Kayla suggests walking, cycling or cross-training elliptical machine for minutes. I use those LISS days to go to yoga, hit the stairmaster or take a group fitness class usually. As one who has a history of over exercising more than under exercising, I was honestly pretty skeptical about this. This program is the first time I ever really followed those training rules and the results have been incredible. I feel stronger and think I look stronger too but mostly I feel freed from thoughts about working out. Every day I know exactly what my workout is. I go in, I do give it my all and I get out. What equipment do I need? Can I do it at home? Some of the workouts are bodyweight only and others require minimal equipment. There is a LOT of jumping. I have X kind of injury. Can I do these workouts? I have no way of knowing and am also not qualified to know if this workout is safe for individual people. Is this for me? Kayla actually starts the 1. What should I be eating? Kayla does offer a 2-week food guide both a standard and a vegetarian version and you can read about my experience with the vegetarian guide here. What do you eat? I make most of my food on Sunday to make things easier for me throughout the week. A very standard day of food for me would be: It has a Nyquil-like effect on me. Why did you do this program? Straight up vanity, honestly. How old are you, what do you weight, how tall are you, etc? Cut to the chase! What do you look like? Body shots can be negative and triggering of disordered behavior for some people and inspiring and motivational for others. If you are interested in seeing my personal experience with this particular workout, this is me at 1, 6 and 12 weeks. I was also good with it all 16 weeks ago. Do what you like to do.

### Chapter 5 : Kayla Itsines Workout Week 1 - BubblyXo

*Despite its awful name, the Bikini Body Guide is actually a good workout program – great, even. It's quick, challenging, effective, and inexpensive. The PDF guides are easy to follow.*

September 16, 5: All right – now on to the equipment! A pair of dumbbells kg each A medicine ball kg A flat bench or two A bosu ball Skipping rope After a little tweaking and adjusting, this is what I ended up with for the overall program: You will get super sweaty. Trust me on this. A pair of dumbbells: I bought a pair of cheap dumbbells 3kg each and also used them as a substitute for the medicine ball by holding one in each hand, as Kayla recommended in her FAQ. In most of my workouts, I used my phone timer which works just fine. I used the chairs as substitutes for the flat benches while doing moves like the knee ups, step ups and weighted wide squats on benches. Before you start your workout, make sure your chair is perfectly stable and will hold your weight as you step up and off repeatedly. Kayla suggests using a park bench if you have any in close proximity of your home! You could probably use a doorstep for moves like the step ups and knee ups too, though depending on how high your doorstep is, it might not give that extra height and challenge a chair would provide. For reversed lunges, however, I found a chair was way too high to step off and on safely so I switched to the doorstep. You may have to do a quick stop to adjust the mats midway through your reps. The reason I included sofas as well as the chair substitutes above was because sometimes a move involved me jumping off the ground and then landing with a foot on each bench. Also, the sofa was great for lying down moves like leg raises on a bench! For example, I omitted the moves that required a bosu ball and substituted that with regular burpees instead. A lot of the substitutions I use are everyday items you can find around the house so just have a look and see what you can use. Just make sure your substitute is steady and able to take your weight plus all the jumping and moving around you will be doing. One of my friends uses a heavy, super stable esky to do her step-ups on! Looking back, this might seem like a lot and a tad bit overwhelming, but really a lot of it is, as previously said, just ordinary furniture or items you have lying around the home. To be honest, I recommend just buying a mat and a pair of dumbbells to start with. In the first few weeks of the program, all I used was a mat, the dumbbells and an old garden chair. Best of luck and work that body!!

### Chapter 6 : My Kayla Itsines Bikini Body Guide Workout Review - My BBG by Kayla Itsines Reviews

*I follow fitness star Kayla Itsines on Instagram, so therefore I could pick her abs out of a lineup. They're the perfect abs that built a fitness empire, with her Bikini Body Guide fitness plans.*

Read my review before you do â€” I might just help you save a TON of money. My name is Sarah G. While he had been entertaining this fling for what turned out to be a YEAR, I had been spending most of my money I work as a teacher on everything our young son needed. I sank into a deep depression, and could barely be motivated to do anything. I was a shell of my former self, only going through the motions of life. I felt extremely unhealthy. And I lacked the motivation and discipline to do anything about it. But there was no one I could count on for it but myself. So I committed to making the change. I wanted to be a better mom, to take control my life, and get back to my old self. Now, before I go further, I want to give you a warning. My Bikini Body Guide review is going to be different than all the other reviews out there. I wanted a permanent change. So I decided to trust in this beach body diet. Little did I know that a program offering such quick results is actually a red flag. So Who Is Kayla Itsines? This is the famous fitness guru, Kayla Itsines. She started her own personal training course in at the Australian Institute of Fitness. It was during this training course that she began to recognize repeated complaints from women trying to lose weight, and started to develop a targeted method to solve common issues. With this in mind, she created her BBG workout guide to help women find a beach body workout and diet. Then, if you want to get the additional H. Not to mention the additional hidden costs of buying your own equipment and whatnot, or a gym membership at the very least. Yeah yeah, but is it worth the money? Nutritional guide has quite the expensive list of foods and recipes for you to make. Healthy food does tend to be on the more expensive side, but she takes it to the extreme with borderline gourmet-style foods. There are entirely TOO many extra costs involved in buying what should be a simple workout. Still, I wanted to give it a fair chance. One of my girlfriends purchased the bikini body guides, so she agreed to workout with me a few times so I could get a feel for the program. A trial run sounded fantastic to meâ€! but after just a few days, I quit! Less than a week may seem a little early, but quite frankly, I found myself bored while I was following the guide. Sorry Kayla but I am not a fan. I can only imagine how much worse I would have felt if I had actually paid full price for the workout. Do the Bikini Body Guides actually work? Unfortunately, I am not one of them. I just did not feel like the guides were worth the money. Plus, I honestly got the feeling the exercises themselves were intermediate â€” like the guide was more for people who had experience working out. I was looking for something that would be a great workout for beginners. And Luckily, I found that in the alternative workout that I now use, which I got from [www](http://www). The Kayla Itsines Alternative I Use Now Following my experience with the bikini body guides, I was pretty disappointed with myself and with the program itself. I started to check out other reviews and started noticing other women who had bad experiences with the program. Let me compare both these programs so you can understand what I felt when I found out about them:

### Chapter 7 : Megan's Review on Kayla Itsines Bikini Body Guide - Fitgirlcode

*Kayla's BBG is all about getting that perfect bikini body every girl wants. It's about bettering yourself and becoming stronger than you were yesterday. I have learned so much through Kayla's nutrition guide.*

I downloaded the three free workouts first which I hugely recommend and completed them the week before my holiday. Silly timing, I know! How many times a week do you workout? I complete resistance training sessions per week. What does your day on a plate look like? Like everyone else I have my own few dishes that I love to have on repeat. These are the ones I have most regularly at each time of the day, spread out with at least a few hours in between. I always have a peppermint or chamomile tea in the evening. Once I graduated high school, I actually started studying beauty therapy. I have never looked back since, for me it was a great life changing decision. I have always been healthy and fit. Whether it was basketball, other sport or just working out, I am far too impatient to not do something with my time. I have a dream to end confusion within the health and fitness industry. Fads and scams in this industry have created so much distrust and insecurity around weight-loss programs. I guess the biggest different is the goal. Rather than being a weight-loss or a muscle gaining program it is simply a plan to get you a particular look. It will help work both ways, to gain strength and to lose fat. If you want to have a look at the results just visit my reviews or transformations page. Do you have any exciting future plans for you and the brand? Without giving away too much, there will be recipe books and a Bikini Body Training Guide 2. Along with this there may be the opportunity for girls all over the world to never have to leave their home to train. Interactive programs and fitness equipment maybe too. Find a simple plan and stick to it. Consistency is the biggest piece of advice that can ever be given to anyone. Do you have a favourite cheat treat? I have a weak spot for Tiramisu, which is a Greek coffee flavored dessert. Because I am lactose intolerant and this has dairy in it, I can only have it once every so often but this is probably a good thing. Anybody BUT my boyfriend Tobi! He trains me really really hard. What was the last item of sportswear you purchased? I recently bought some Cotton on Body shorts. You can see my progress over on my Instagram page.

### Chapter 8 : My Kayla Itsines Bikini Body Guide Progress - Imperfect Matter

*Kayla Itsines Bikini Body Guide Review January 8, Several people have messaged me asking for my thoughts and experience on Kayla Itsines bikini body guide, so I thought it would be best to write a comprehensive Kayla Itsines Bikini Body Guide Review.*

### Chapter 9 : Kayla Itsines Bikini Body Guide Review: Equipment The Salonniere's Apartments

*An Honest Review of Kayla Itsines' "Bikini Body Guide" By Emma McGillis â€¢ September 25, at pm Amidst the many social media platforms that consume our everyday interactions, I'm sure many of us have come across an overwhelming number of fitness guides and e-books splashed across renowned fitspo accounts.*