

## Chapter 1 : Kayla Itsines Bikini Body Guide Update “ Chelsea Eats Treats

*About 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.*

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 2 : Download Kayla itsines pdf files - TraDownload**

*Nutrition is key! Your body is an amazing machine! Healthy eating is THE most important part of weight-loss. The food you eat must be clean and nutritious in order to jumpstart your metabolism and turn your body into a fat burning machine.*

I do believe anyone can do these workouts to a varying degree, but that does not mean they are easy. The foods recommended in the plan are all wholesome and clean, and there is no room for any junk food or sweets except fruit. Because I already followed a relatively healthy diet, I used this eBook as a general guideline. I did not use her recipes or meal plans, but I did track my servings using the notepad function on my iPhone. This is probably the topic I received the most questions about: What counts as a healthy fat? What would a serving size of grains include? What should I do about counting calories? I have literally received more than questions about this, and although I will do what I can to address them, I encourage you to buy the guide yourself and try it out. You need to figure out what eating plan works for you and adjust the recommendations to fit that. Everyone is different, and everyone has different needs. What were my results? That, my friends, was a pretty awesome feeling. I think it was worth doing the program just for that! My friends were also telling me that I looked really good, which is always nice to hear. If you work hard, watch what you eat, and do the workouts, you will get awesome results. This post was not sponsored by anyone, although I am an affiliate of the Kayla Itsines program because I truly believe in it. As always all opinions are my own. If you have a question about the program, please read this post in its entirety before asking. Lastly, due to copyright information included in the eBooks, I cannot and will not give or sell you a copy.

**Chapter 3 : The BBG Workout Plan by Kayla Itsines - Adventures of a Nurse**

*7 Days of Free Workouts GET BIKINI BODY CONFIDENT! Sign up here to get exclusive free workout tips, recipes and motivation straight to your inbox!*

The workout was designed by Australian personal trainer Kayla Itsines to help ladies get their bodies bikini-ready. She has found a strong following from women around the world who have successfully completed her workout. If her Instagram account is any indication, her mission to help women achieve their body goals is a complete success. Since creating this workout, positive BBG reviews and pictures have poured in from women who have met incredible success. The workout is available as a PDF eBook for purchase and download. The instructions for the bikini body guide are clear and easy to follow. Resistance Circuit Training The circuit training makes use of plyometric and body weight exercises. The workout plan also has a rehabilitation stretching session to help muscle recovery, injury prevention, and flexibility. The BBG program is considered a high-intensity workout. Expect to commit 30 to 45 minutes a day to the bikini body guide plan for four to six days a week. A big positive about the workout is that a gym is not necessary. If you have the equipment, this workout can be done outside or at home! Those who lead sedentary lives, do not work out regularly, or have just given birth are not encouraged to dive into the BBG program. Luckily, thanks to the success and positive feedback from Kayla Itsines reviews, she has included a 4-week Pre-Training fitness program. The Kayla Itsines workout also keeps things fresh by varying the exercises in each circuit. There will be some circuits that split their focus between lower body and upper body. Other circuits give a full body workout. Both factors go a long way to ward off workout boredom and maintain self-motivation. The basic required equipment is minimal: The Bikini Body Guide PDF also mentions that it is alright to use substitutes, such as a chair in place of a flat bench. This certainly goes a long way into making the bikini body guide more accessible for people at home. Each resistance workout consists of 2 circuits that contain 4 different exercises each. The exercises in a circuit is to be repeated as many times as possible within a 7-minute window. This is followed by a 30 to 90 second break before beginning the next circuit. A single resistance circuit training session would look something like: Her workout plan provides easy-to-follow pictures for each circuit exercise. There is also a glossary with pictures and clearly written step-by-step instructions on how to do each exercise. Those who are new to circuit training will find it easy to learn and carry out the exercises. This means 30 seconds of at high speed followed by 30 seconds at standstill or cruise. A treadmill, rower, RPM bike or any flat surface can be used for this training. The most obvious benefit of stretching is the increase of flexibility, but it also helps to improve muscle condition. Following the BBG workout guidelines, stretching is recommended as a cool-down after each cardio and resistance training session. In addition to that, the BBG program also requires a full session of rehabilitation stretching every week. For cool-downs, Kayla recommends holding a stretch position for 20 to 30 seconds. For rehabilitation sessions, the workout recommends holding a position for 30 to 60 seconds while taking slow, deep breaths and slightly increase the stretch with each exhale. A full rehabilitation session would last approximately 15 minutes. Each stretch position is also outlined in the glossary with pictures and written instructions. Having access to correct information is very important to Kayla Itsines. The section contains information regarding cardio exercise, resistance training, and stretching. She also touches on the importance of posture as well as common injuries that occur during any exercise and how to go about preventing them. Kayla Itsines Workout 2. This advanced workout continues the training plan for another weeks. As one might expect, the intensity is increased and it incorporates more advanced exercises and circuit sequences. In addition to the equipment used in the original BBG workout, this more advanced stage makes use of a kettlebell and barbell. She also added the option of completing personal challenges, such as seeing how many push-ups can be done in one minute or completing a 1, rep challenge. The BBG Workout 2. She does not promote cutting out carbs or fat; rather, her healthy lifestyle philosophy advocates a balanced and healthy lifestyle that includes nutritious food served in proper portions. Her eating plan includes a day example meal plan, with 3 square meals a day along with 2 snacks. The workout keeps itself balanced by mixing up circuit training with cardio and stretching. Kayla does not

promote starving yourself or spending hours a day exercising. Her philosophy is to keep things balanced, from food to exercise, and focus more on maintaining a healthy overall lifestyle. Many women have seen great success in losing weight or achieving great muscle tone. As they progress in the BBG program, they notice that they become stronger and fitter. As a result, confidence and happiness goes up, which is exactly what Kayla Itsines is looking to achieve with her BBG workout plan.

### Chapter 4 : Kayla Itsines Bikini Body eBooks Review “ Chelsea Eats Treats

*Is the Kayla itsines ebook as good as it claims to be? Is any gym equipment required? Do u suggest i start it?? July 10, PM Replies.*

### Chapter 5 : WIAW #78 & Kayla Itsines eBooks “ Chelsea Eats Treats

*BBG Digital eBooks by Kayla Itsines Deutsch Español Français Italiano Nederlands Português do Brasil BBG Digital Guide.*

### Chapter 6 : El blog de Anita: ¿Dónde descargar gratis las guías de Kayla Itsines? ¿Existen en español?

*Kayla's plans focus on quick, intense workouts, and clean and balanced meals. Once she realized how much people liked her plans, she created two eBooks so her workouts and nutrition plan could be available to people all over the world.*

### Chapter 7 : KAYLA ITSINES (@kayla\_itsines) Instagram photos and videos

*What's in the Training Guide? The Kayla Itsines Training Guide includes workouts for you to complete for weeks On Mondays, Wednesdays, and Fridays, the book provides workouts for Legs & Cardio, Abs & Arms, and Full Body which you will complete.*

### Chapter 8 : Bikini Body Guide HELP Nutrition by Kayla Itsines | Free PDF Ebooks Downloads

*The "Kayla Itsines Healthy Eating and Lifestyle Plan" book (Book) is written by The Bikini Body Training Company Pty Ltd (The Bikini eBook has been developed).*