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Kayla itsines - bikini body training guide (week 10, circuit

Mar 22, 2014 Hey girls :) Here is a sample from my Bikini Body Training Guide. This is me doing the exercises from Wk 10, Circuit one! Kayla Xx

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Honestly Fitness gives a comprehensive review of Kayla Itsines bikini body guide. She breaks it down completely so you know exactly how it works.

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