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## **Kayla itsines: personal trainer and founder of**

Jun 25, 2014 Kayla Itsines is an International Certified Personal Trainer and the Founder of The Bikini Body Training Company. Kayla's career began in 2008,

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(Kayla Itsines Bikini Body plan with my sister from Kayla's website here, and got the bundle which includes the nutrition plan + the workout guide.

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