

# Download Kayla Itsines Bikini Body Bundle

Hey friends! Two weeks ago I told you about how I purchased the Bikini Body Guide eBooks from Kayla Itsines (affiliate link, FYI), and you guys seemed really interested in them! Kayla Itsines is a well-known online trainer from Australia that has taken over social media with her Bikini Body Guide workouts, amazing client transformations, BBG hashtag and her loyal followers who calls themselves the “BBG army.” If you’re into health and fitness and you haven’t heard about Kayla Itsines and her wildly popular workout guides – Bikini Body Guides, better known as BBG – then you must be into health and fitness while living under a rock. You may go to the gym in your sweetheart’s sweatpants and an old t-shirt, but for the ultimate selfie, you’ll want to trade in those cast-offs for something more skin-tight and figure-hugging.