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KAYLA ITSINES 28 DAY HEALTHY EATING AND LIFESTYLE GUIDE BOOK

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The workout platform, Sweat, previously known as the Bikini Body Training Company, has been acquired by global fitness and technology giant iFIT.

The world's top fitness influencer whose Instagram-based 'bikini body guide' made her a millionaire has sold her empire for \$400m

Australian health and wellbeing mogul Kayla Itsines has sold her fitness empire Sweat. The sale to US-based iFIT Health & Fitness is reported at being worth \$400 million. Itsines and her former fiancé ...

Kayla Itsines sells popular fitness app for a reported \$400 million

How much are abs worth to you? Well, in the world of exercise influencers, they are apparently worth millions. On Tuesday, Instagram personal trainer Kayla Itsines announced that she and

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her business ...

Would You Pay \$400 Million for a 'Bikini Body'?

Kayla Itsines proudly embraces change. The SWEAT co-founder and trainer is always looking for ways to improve her world-famous workout platform, whether that means renaming her infamous "Bikini Body" ...

This 15-Minute Lower-Body Strength Workout from Kayla Itsines Will Reignite Your Gym Motivation

Greek Australian fitness queen Kayla Itsines and former fiancée Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of \$400,000. The dynamic duo sold ...

Greek Australian entrepreneur Kayla Itsines "sells out" for a staggering \$400 million. Itsines later said she regretted the "bikini body" title and when the pair launched an app in late 2015 they rebranded it Sweat: With Kayla. The following year Itsines, then 24, and Pearce, 25, became ...

Kayla Itsines sells Bikini Body for \$430 million

The entrepreneur, 30, 'was the big winner from the sale' because she owned a larger share of the business than co-founder Pearce, 29, who is also her ex-fiancé ...

Kayla Itsines makes THREE times as much as her ex-fiancé in business sale

The mother of one, 30, visited a Mercedes dealership in Adelaide on Friday while accompanied by her sister Leah and a group of friends ...

Kayla Itsines buys a new Mercedes after selling her fitness business Sweat for \$400million

The Instagram sensation and personal trainer opened up Tuesday about the next chapter of her fitness journey...and the Sweat brand.

Kayla Itsines Announces Major News with Her Sweat App

The glamour duo behind global health and fitness empire Sweat will collect \$400m from the sale of their powerhouse platform to US software giant iFIT Health & Fitness Inc.

Kayla Itsines, Tobi Pearce share \$400m from sale of Sweat

Short workouts can be just as beneficial as longer ones – here are 10 of the best 10-minute workouts. A workout that is done and dusted in the time it takes to boil the kettle and make a cup of tea ...

Why 10 minutes is the sweet spot for exercise

What started as a humble fitness e-book guide morphed into a hit fitness app that Sweat founders Kayla Itsines and Tobi Pearce have sold to a US player.

Young Rich Listers sell popular Sweat app

Engage your glutes and press your heel into the ground, driving your hips and butt upward to form a bridge with your body. Squeeze your glutes and hold for two counts. Lower back down to the ...

Strengthen Your Whole Body in Just 15 Minutes With This Express Workout From Kayla Itsines

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No matter what journey you have been on with your body, the ways in which it heals, supports, strengthens and adapts to take us through life is truly incredible." (Related: Why Kayla Itsines Isn't ...

Kayla Itsines Shared Her First Postpartum Recovery Photo with a Powerful Message

This four-week functional fitness plan will help build your strength training confidence, as well as develop full-body power for everyday life. You don't need any equipment for Kayla Itsines' ...

11 common home workout mistakes to fix – avoid injury & get better results

Sweat app trainer Kayla Itsines believes you don't need to work ... and aims to build full-body strength with a focus on core and hip stabilization without placing stress and pressure on your ...

This 15-Minute Strength Workout From Kayla Itsines Is Low Impact, but High Intensity

And while we're familiar with having to adjust our routines by now, keeping your body moving can be difficult at the best of times, particularly during winter.

Free at-home workouts from Kayla Itsines and Sweat to try during lockdown

After months of sharing her pregnancy journey, Kayla Itsines has given birth to a beautiful baby girl. The Aussie trainer posted a heartwarming photo to Instagram of her husband, Tobi Pearce, cradling ...

Kayla Itsines Just Gave Birth to Her Baby Girl

The workout and nutrition app helps you customize workouts, create meal plans, and provides a step-by-step nutrition guide to help ... If you don't follow Kayla Itsines on Instagram, you've ...

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