

Kayla Itsiness Bikini Bundle Pdf Pdf

The Bikini Body Motivation & Habits Guide

2017-12-19 Kayla Itsines The #1 Fitness Influencer in the world and social media star Kayla Itsines' new guide on how to form good eating habits in just 28 days.

Foam Rolling Guide

2015-08-15 Kayla Itsines Kayla Itsines Foam Rolling Guide is essential for anybody who has purchased a foam roller and is unsure of how to use it. Foam rolling helps to relieve muscle tension and pain by improving circulation. It could also help to minimise the appearance of cellulite. In this guide you will find:

- The importance of foam rolling
- Recommended upper body foam rolling routine
- Recommended lower body foam rolling routine
- Stretching exercises to aid in rehabilitation
- Do's & Don't's
- Step-by-step information

Mindful Money

2019-08-06 Canna Campbell We're always promising ourselves that we are going to get on top of our finances – finally pay down debt, start that investment portfolio, pay attention to our superannuation. But then life gets in the way. As we juggle the commitments and responsibilities in our busy lives, good money habits can quickly fade away. Canna Campbell is an experienced financial planner, and also a mother, partner and entrepreneur. She understands the challenge of trying to maintain balance and motivation when you're time-poor, and she's used this experience to develop an inspirational and effective approach to personal finance management. She shows you how to look at your finances with holistic and powerful mindfulness, easily incorporating her step-by-step advice into your daily habits and routines. From new banking rituals and money mindsets to growing passive income through shares and property, she will help you shed the excess and embrace what you really love, value, use and appreciate – including your necessary luxuries. Canna leads by example, sharing her personal tips and tricks for building, managing and protecting your money. No matter what you earn or what level of knowledge you have, Mindful Money will help you to see that financial independence is achievable. 'Canna Campbell offers a glamorous vision of a life of minimalism and saving ... Not spending feels more like a creative challenge connected to a sense of purpose, rather than deprivation.' New York Times

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide

2016-12-27 Kayla Itsines Kayla Itsines Bikini Body Guide 28-minute workouts are energetic, high-intensity, plyometric training sessions that help women achieve healthy, strong bodies. Itsines' Sweat with Kayla app is the best selling fitness app in the world for a reason. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is full of Kayla's meal plans, recipes, and motivating information to help you live a healthy and balanced lifestyle. Kayla makes exercising and healthy eating achievable and fun. The Bikini Body 28-Day Healthy Eating & Lifestyle Guide features:

- Kayla's advice for a nutritious and sustainable diet
- Over 200 recipes such as: Berry-Mana Smoothie Bowl Strawberries, Ricotta & Nutella Drizzle on Toast Peachy Keen Smoothie Super Green Baked Eggs Fruit Salad with Chia Seed Dressing Quinoa & Roast Vegetable Salad Moroccan Chicken Salad Asian Noodle Salad Stuffed Sweet Potato Chicken Paella Pad Thai with Chicken Zucchini Pasta Bolognese
- 7-Day access to the Sweat with Kayla app
- A 28-Day workout plan that has all the moves to accompany Kayla's meal plan

The Bikini Body 28-Day Healthy Eating & Lifestyle Guide is the ultimate tool to help you achieve your health and fitness goals.

Bikini Body Training Guide 2.0

2015-02-20 Kayla Itsines So you finished my 12 week guide! Give yourself a massive congratulations and pat on the back. It's a huge accomplishment, and no doubt you are feeling a big change in your overall health, mindset, and confidence. As you know by now, my program is not a "diet", but a lifestyle. With my 2.0 guide, I've created another 12 weeks to help you continue your healthy lifestyle. Inside you will find 12 weeks of higher challenge workouts, a full glossary section detailing new exercises, as well as a guide to foam rolling, and new resistance exercises. The 2.0 guide helps you take your healthy lifestyle to the next level, and is the best way to continue reaching your fitness goals!

The Nourishing Cook

2018-06-26 Leah Itsines Self-taught cook and food blogger Leah Itsines is happiest when she's preparing delicious food for the people she loves. She's on a mission to help others make healthy eating an easy lifestyle choice by promoting creativity and confidence in the kitchen. With over 100 colourful recipes that are close to Leah's heart, The Nourishing Cook will inspire you to have a go and learn for yourself just how effortless it is to create nutritious meals that everyone will want to eat. You'll discover:

- *A clear approach to nutrition for every meal.
- *How to love making simple, yummy food by going back to cooking basics.
- *Leah's tips for food shopping, setting up her kitchen and her all-time favourite staples.
- *How to boost your energy and reset your body with her 've tailored 'days on a plate'.

Leah's passion for healthy, wholesome food shines through on every page, and the key ingredient here is balance - if you enjoy

a varied diet that is flexible and full of wholefoods, you needn't deprive yourself of anything! This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Strong Curves

2013-04-02 Bret Contreras This is not your run-of-the-mill fitness book. Developed by world-renowned gluteal expert Bret Contreras, Strong Curves offers an extensive fitness and nutrition guide for women seeking to improve their physique, function, strength, and mobility. Contreras spent the last eighteen years researching and field-testing the best methods for building better butts and shapelier bodies. In Strong Curves, he offers the programs that have proven effective time and time again with his clients, allowing you to develop lean muscle, rounded glutes, and greater confidence. Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals. With a comprehensive nutritional guide and over 200 strength exercises, this book gets women off the treadmill and furnishes their drive to achieve strength, power, and sexy curves from head to toe. Although the glutes are the largest and most powerful muscle group in the human body, they often go dormant due to lifestyle choices, leading to a flat, saggy bum. Strong Curves is the cure.

Overcoming Weight Loss Obstacles

2020-01-14 Kayla Cox Frustrating obstacles appear in every weight loss journey. Plateaus, overeating, slow weight loss, emotional eating, and weight gain are a few of the common roadblocks that can cause you to quit before you hit your goal weight. The good news is, all these obstacles can be overcome. Each chapter in this book will mentally prepare you for the challenges you are likely to face and will give you tips on how to overcome each one. It will help you to focus on the why behind losing weight and on the big picture, so that you continue to make progress in a sustainable way. Kayla Cox is a mom of three who has gone from being obese down to a normal BMI and has maintained her weight loss for years. In this book she shares the struggles she had at each phase of the weight loss journey, and how she's dealt with each obstacle. She shares her failures, things she still struggles with, and the valuable lessons she's learned in the process. She has a YouTube channel about intermittent fasting, weight loss, and walking that currently has over 39,000 subscribers. She also runs Slow and Steady Success Academy, an online academy that teaches people how to lose weight sustainably and keep it off for good.

Recipe Guide

2015-06-14 Kayla Itsines 14 days of Kayla Itsines' healthy, tasty meals! Sometimes the only thing harder than the workouts, is eating healthy and fighting those junk food cravings. Itsines' Recipe Guide uses the same nutrition principles as The HELP Nutrition Guide and contains 14 additional days worth of amazing, drool worthy recipes.

Tone It Up

2015-05-05 Karena Dawn Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get:

- FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after.
- FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
- FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

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