

Kayla Itsines Body Free

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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

Greek Australian fitness queen Kayla Itsines and former fiancé e 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

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

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

Kayla Itsines made it a family affair when she stepped out with her new boyfriend in Adelaide on Thursday. The 30-year-old fitness trainer was spotted visiting the shops with her rumoured new beau, ...

Celebrity fitness trainer Kayla Itsines is spotted out shopping with her new boyfriend in Adelaide

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

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

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

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.

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

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

So, instead of continuing with bad form and less than helpful habits, get clued up on how to address these issues and workout properly from home. "Getting straight into the workout and skipping the ...

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

Millions of Aussies are now in lockdown and struggling to get their exercise fix – but Apple has recently launched a cheap solution. We thought we ' d left lockdown in 2020 – but sadly we were wrong, ...

Four of the best home workout programs without equipment

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EXCLUSIVE: Why Jessica Alba and Allison Williams Swear by Trainer Kayla Itsines' 28-Minute Workout
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

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

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 ...

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