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### **Bbg 2 0 Free**

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! weeks 13-24 Over the next 12 weeks you will be challenged in a whole new way.

### **Bikini Body Guide 2.0 - Kayla Itsines**

How Does BBG 2.0 Differ From BBG 1.0? There is quite a significant difference. Of course, the format is the same typical Kayla style of two circuits with four exercise moves each, with the circuits done a total of four times. However, the weights get increased in the BBG 2.0 and there are a lot more static movements and less jumping around (or ...

### **The First 4 Weeks of BBG 2.0 - Honestly Fitness**

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“Kayla Itsines Healthy Bikini Body Guide” is not written to promote poor body image or extreme training regimes. As the referenced information recommendations as well as the educational resources provided are clinically proven and referenced, The Bikini Body Training Company Pty Ltd. should not be held liable for the interpretation or use of the information provided.

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I still refused to purchase the app or the BBG 2.0 program, because I wasn't sure that I wanted to invest more money in it. I didn't want to spend \$50 on the second program if it was going to be a lot of the same, and I didn't want to become dependent on the app. Another thing I was craving at this point in my

journey was muscle. I wanted ...

## **BBG Review - My Honest Opinion After a Year - Mile High**

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Having completed two full rounds of the original BBG program, and three weeks of her BBG 2.0 program, it was evident that lots of research and applied science went into the creation of the program. Kayla's program is an excellent example of metabolic conditioning .

## **Why I Quit BBG by Kayla Itsines - La La Lisette**

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Whether you are purchasing the original 12-week program (Bikini Body Guide 1.0), you want to continue your journey with Weeks 13-24 (BBG 2.0) or you need some help with healthy eating, you can find all of the Kayla Itsines BBG guides.

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BBG is a 12-week workout program designed by Kayla Itnes. Each week there circuit training workouts and LISS (Low Intensity Steady State Cardio) i.e. walking for 40 minutes. I have the whole BBG workout pinned on my pinterest board. Check it out!

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