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Hello tout le monde! Je sais que vous étiez nombreuses à attendre cet article avec impatience au vu de tous vos commentaires et emails ces derniers mois : mon bilan du Bikini Body Guide (BBG) de Kayla Itsines! Intro To My Reviews. Welcome to my bikini body guide review. Today, I'm going to try and give you will review that's different and all the other ones out there, I really going into detail about what I like about the program, what I don't like about the program, and other alternatives to the bikini body guide workout. About Kayla Itsines. I'm Kayla Itsines, co-creator of the Bikini Body Guides (BBG). I've been a personal trainer since 2008 and in that time I've educated and encouraged millions of women to improve their health and fitness. Get started with the Bikini Body Guide (BBG) or Kayla Itsines meal plan! Do BBG workouts at home or in the gym with Kayla's ebooks!, Bikini Body Guide Kayla.

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