

A woman with blonde hair in a ponytail, wearing a teal sports bra and black leggings with a teal patterned waistband, is in a squatting position on a wooden box. She is holding onto an orange metal rack with both hands. She is wearing white sneakers with teal laces. The background is a gym setting with orange metal racks and a dark floor.

8 KAYLA ITSINES BIKINI BODY WORKOUTS

2x4 Strength Bikini Body Workouts Kayla Itsines

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