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Try a free BBG workout! In celebration of the 12 Week Challenge starting soon, I'm sharing a FREE BBG workout with you all! This workout is inspired by my BBG program, which means that you can do it anywhere, anytime. Of course, it wouldn't be a Kayla Itsines workout if you didn't get a little sweaty!

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Ladies, it's been SO exciting to share my latest program, BBG Zero Equipment with you. You don't need ANY gym equipment to do this program, and it features 28 weeks of workouts you can do anywhere, anytime. It's perfect if you don't want to work out in a gym or set up a gym with equipment at home – the workouts require minimal space so you can do them inside your home, in an outdoor ...

BBG Zero Equipment - Kayla Itsines

Kayla Itsines. I'm Kayla, a SWEAT trainer whose career is dedicated to helping women to improve their health and fitness! No one should have to feel like being fit and healthy is unattainable – you can achieve your fitness goals alongside the other things in life that matter to you! By doing 28-minute workouts two to three times each week, plus low-intensity cardio, the BBG programs ...

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