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Kayla Itsines (pronounced It's-Seen-Ness) Bikini Body Guide (BBG) workouts have taken over the world by a storm and is now a global internet fitness sensation. If you have not heard of Kayla, you must have been living under a rock or have absolutely no regard for fitness or exercise in general.

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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. My 28-minute BBG workouts can help you to increase your fitness and strength, whether you are a beginner or are ready for a new challenge.

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