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i m kayla itsines co founder of sweat and co creator of the high impact with kayla formerly bbg programs train with me in the sweat app

hi i m kayla itsines throughout my many years of personal training i ve educated and supported millions of women in their health and fitness journeys

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28 jul 2022 jae and i have been overwhelmed with all the love and support we ve had from the sweat with kayla community since we announced our engagement and we were so excited to share even

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