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6 Week Bikini Body Week 1 - 4 Training Overview

Example Plan Only - This Is Not A Specific Diet You
Should Follow. Obtain Medical Supervision And Advice
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Lowerbody #2 Exercise Pair Sets Reps Tempo Rest
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The Bikini Body Training Company Pty Ltd I Began My Study In 2008 At The Australian Institute Of Fitness. Upon Completing The AIF Master Trainer Course, I Began Working At A Female-only Personal Training Center In Adelaide, South Australia. Soon After, I Started My Own Business Called The Bikini Body 3th, 2024

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"Bikini Body Guides," Or BBG For Short, Which Is Targeted Towards Women For Them To Become Stronger And Lean. The Workouts Are As Follows:-2 Circuits, With 4 Moves Each-Each Circuit Goes For 7 Minutes, For Total Of 28 Minutes I Did Kayla Itsines' Bikini Body Guide To See If It Works Even More Impressive 9th, 2024

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