

Kayla Itsines Free Guides

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Short workouts can be just as beneficial as longer ones – here are 10 of the best 10-minute workouts A workout that is done and dusted in the time it takes to boil the kettle and make a cup of tea ...

Why 10 minutes is the sweet spot for exercise

Kayla Itsines proudly embraces change. The SWEAT co-founder and trainer is always looking for ways to improve her world-famous workout platform, whether that means renaming her infamous "Bikini Body ...

This 15-Minute Lower-Body Strength Workout from Kayla Itsines Will Reignite Your Gym Motivation

Millions of Aussies have returned to a state of lockdown due to the current outbreak of Covid-19 across the country, with many more facing time in self isolation. And while we're familiar with having ...

Free at-home workouts from Kayla Itsines and Sweat to try during lockdown

Kayla Itsines, the Australian personal trainer who used social media to become the world ' s biggest fitness influencer, with more than 13 million Instagram followers, has sold her Sweat app to US ...

Fitness app founder Kayla Itsines sells Sweat for \$400 million

Itsines' platform Sweat, previously known as Bikini Body Guide, has sold to tech giant iFit, but she promises nothing will change.

Kayla Itsines sells Bikini Body for \$430 million

The Instagram sensation and personal trainer opened up Tuesday about the next chapter of her fitness journey...and the Sweat brand.

Kayla Itsines Announces Major News with Her Sweat App

Greek Australian fitness queen Kayla Itsines and former fianc é e Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of \$400,000.000 The dynamic duo sold ...

Greek Australian entrepreneur Kayla Itsines "sells out" for a staggering \$400 million

Australian health and wellbeing mogul Kayla Itsines has sold her fitness empire Sweat. The sale to US-based iFIT Health & Fitness is reported at being worth \$400 million. Itsines and her former fianc é ...

Kayla Itsines sells popular fitness app for a reported \$400 million

Sweat app trainer Kayla Itsines believes you don't need to work out for long periods of time or strain yourself with high-impact workouts that can strain your joints. That's why she created this ...

This 15-Minute Strength Workout From Kayla Itsines Is Low Impact, but High Intensity

The glamour duo behind global health and fitness empire Sweat will collect \$400m from the sale of their powerhouse platform to US software giant iFIT Health & Fitness Inc.

Kayla Itsines, Tobi Pearce share \$400m from sale of Sweat

Kayla Itsines made it a family affair when she stepped out with her new boyfriend in Adelaide on Thursday. The 30-year-old fitness trainer was spotted visiting the shops with her rumoured new beau, ...

Celebrity fitness trainer Kayla Itsines is spotted out shopping with her new boyfriend in Adelaide

Australia's highest-paid fitness influencer Kayla Itsines has shared her very 'non-traditional' breakfast - and revealed why it's the ideal fuel for a busy morning of training clients and working out.

What Australia's highest-paid fitness influencer eats for breakfast: Kayla Itsines shares her VERY non-traditional morning meal

Millions of Aussies have returned to a state of lockdown due to the current outbreak of Covid-19 across the country, with many more facing time in self isolation. And while we're familiar with ...

Free at-home workouts from Kayla Itsines and Sweat to try during lockdown

Kayla Itsines ' Sweat app, founded from her Adelaide garden, has sold to US fitness tech company iFIT for a reported \$400 million.

Aussie fitness entrepreneur Kayla Itsines sells Sweat app for \$400 million

For her latest evolution, Itsines decided to upgrade her gym-based program, High-Intensity Strength with Kayla, to offer fans who might be heading back to the gym space post-COVID pandemic to really ...