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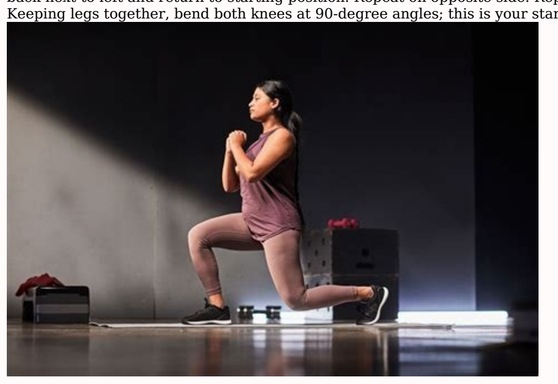
I’m Kayla, personal trainer and co-founder of Sweat. safifizenaxi.pdf I gained my qualifications in 2008 and started my career as a personal trainer for women. My goal has always been to empower women by giving them the practical tools they need to improve their health and fitness and feel more confident. I joined Instagram in 2009 and started sharing my client’s success stories, which quickly gained worldwide attention. Community demand led me to create my groundbreaking, globally renowned 28-minute workout program as an eBook, Bikini Body Guide (BBG) in 2014. My programs provide an efficient and effective training style — you can work out two to three times a week and achieve your fitness goals. word math problems with answers This training philosophy is the foundation of all my programs. In 2015, I did a record-breaking World Tour with my Bootcamps, where I became the first person to train 30,000 women in person. It was such an incredible experience to meet so many members of the BBG Community during that tour, and to hear how fitness had built not only their strength, but their confidence too. The Sweat with Kayla app launched in 2015 with my BBG program. Within a year of release, it reached #1 in the App Store in more than 142 countries. The app became Sweat in May 2017, with personal trainers Kelsey Wells and Sjana Elise joining the Sweat team with their programs PWR and BAM (Body and Mind). In response to requests from the community, I also launched BBG Stronger, my gym-based weights program. In December 2018, I welcomed trainers Chontel Duncan and Stephanie Sanzo to the team, and added their programs FIERCE and BUILD to Sweat. surrogate partner therapy near me In 2019, after the birth of my daughter Arna, I launched my program for postpartum women, Kayla Itsines Post-Pregnancy. Realising women needed more options for training at home, I released my BBG Zero Equipment program on Sweat in August 2020. Women from the BBG Community around the world completed over 1.3 million workouts from the no-equipment program in the three months after it was released — which is incredible! I want to give women even more variety in their fitness journey — in November 2020 I welcomed yoga instructors Ania Tippkemper and Phyllicia Bonanno, and barre instructor Britany Williams, to the Sweat team. In February 2021, I welcomed Pilates instructor Sara Colquhoun to the Sweat team, and in April 2021, released my program Low Impact with Kayla, giving women across the world even more workout options. In May 2021, I renamed my BBG programs. I felt the old names represented an outdated view of health and fitness, and I want to ensure I’m always empowering women to feel more confident with my programs, so I changed them! My signature training style remains the same, but BBG has been renamed to High Intensity with Kayla, BBG Stronger renamed to High Intensity Strength with Kayla, and BBG Zero Equipment renamed to High Intensity Zero Equipment with Kayla. The BBG Community has been renamed to the Sweat with Kayla Community. I have completed Certificates III and IV in Fitness through the Australian Institute of Fitness, and a Pregnancy and Postnatal Exercise Certification through the Australian Fitness Network. I also have First Aid and Trainer Insurances, which are required to operate as a personal trainer in Australia. I’m also the author of High Intensity with Kayla (formerly Bikini Body Guide, 2014), High Intensity with Kayla Recipe Guide (formerly The Bikini Body Healthy Eating & Lifestyle Plan, 2015), The Bikini Body 28 Day Healthy Eating & Lifestyle Guide (2016), and The Bikini Body Motivation & Habits Guide (2017). The Sweat with Kayla Community has grown since my first Instagram post in 2009 to more than 40 million followers across my social media accounts. It’s now a community of incredible women from all over the world, who provide support to each other on their health and fitness journeys. Kayla Itsines' Bikini Body Guides (BBG) program has developed a cult-like fandom — and for good reason. Since launching in 2012, the program's signature 28-minute workouts have transformed the lives of millions of women around the world, helping them take control of their health so they can become the strongest and most confident versions of themselves. The best part about BBG is that Itsines knows how to cater the workouts to the masses. Along with her original BBG programming, the trainer offers beginner, no-equipment, and post-pregnancy programs, among others as well. Keeping with the spirit of inclusion, the trainer just announced the launch of Low Impact with Kayla, a new 8-week program geared toward women of all ages, as well as those who might be recovering from injuries. The program will be available exclusively on the SWEAT app. Turns out, Itsines' mom, Anna, was the inspiration behind Kayla's latest fitness endeavor. "I've always loved training with my family and friends, but my mum has always been the hardest to convince to join me, as she thinks I enjoy burpees and jump squats a little too much!" Kayla shared in a statement. "Speaking to mum, I realized there was a need for a low impact option for many other women who wanted an effective workout but without the high-intensity movement and pressure on their joints and muscles." (Kayla Itsines The trainer said she hopes that her new program will provide women with a highly effective workout that doesn't involve any jumping or high-impact movements. Not only is this program a great alternative for anyone who needs a break from power and dynamic movements, but it's also a safe alternative for people recovering from hip, knee, ankle, or other joint pain or former injuries. autodesk_vex_robotics_curriculum.pdf (To break it down, the program features three easy-to-follow workouts every week, ranging from 20-30 minutes each. 17232677807.pdf This way, you can progress at your own pace and easily build time for exercise into your schedule. The program will also offer two optional express workouts for anyone short on time, or to add on to one of the three weekly workouts. All workouts can be completed at home with minimal equipment, including a set of dumbbells and a chair. ("My low impact program is a great example of how workouts don't have to be high-intensity and full of jumping exercises to be effective," Kayla tells Shape. "With concentrated exercises that focus on challenging the muscles and building strength, my low-impact workouts will help women increase their endurance and fitness all while keeping two feet on the ground." "Now my mum really has no excuse and I can't want for us to train together at home," she adds. To give you a taste of what Low Impact with Kayla has to offer, test out this exclusive 15-minute low-intensity lower-body workout designed by the trainer herself. The workout will challenge and strengthen your glutes, quads, hamstrings, and calves. hueso occipital anatomia pdf Prior to the workout, Kayla recommends warming up by doing three to five minutes of cardio — whether that's jogging in place or jumping rope — as well as some dynamic stretches like leg swings, arm circles, and torso twists. As for the cool-down, the trainer suggests doing three to five minutes of walking, paired with some static stretches that lengthen your muscles and increase range of motion so that you can avoid soreness and reduce the risk of injury. How it works: Complete each exercise in the triset two times for the time allotted. Following a 30-second rest, complete both supersets, three times, back-to-back with a 20-second rest in between. What you need: A workout mat and open space. A. Start by lying on your back with knees bent and feet hip-width apart. Keep arms at your side, palms face down. B. Gently lift hips up until back forms a straight line from chin to knee. Think of extending knees forward toward the wall in front of you to lengthen hips. C.
Hold and return to starting position. Repeat for 30 seconds.
A. Start by standing with feet together and hands clasped in front of chest. B. Take a large step out to the right, immediately lowering into a lunge. Hips should sink back and right knee should bend to track directly in line with right foot. Keep left leg straight but not locked, with both feet pointing forward. C. Push off the right foot to straighten right leg, and step right foot next to left to return to starting position. Repeat on opposite side. Repeat for 30 seconds. A. Start by standing with feet shoulder-width apart, hands clasped in front of chest. B. femokexi.pdf Brace abs, push hips back, and bend knees to lower into a squat, keeping weight in heels. C.



Pulse once through heels and extend legs slightly. D. Push through heels and extend legs to return to starting position. Repeat for 30 seconds. Repeat the triset two times. Rest for 20 seconds before starting Superset 1. A. Stand with feet wider than shoulder-width apart, toes turned out at about 45 degrees. B.
Inhale to sit hips back and lower into a squat, clasping hands in front of chest, keeping core engaged and back neutral. C. Pause at the bottom, when hips are in line with knees or when form starts to break. Shins should be vertical and knees should be tracking over, but not past the toes. ford_escape_2020_user_manual.pdf D. Exhale to press into heels and outer edge of foot to stand. hero siege apk cracked Repeat for 40 seconds. purdue owl apa personal communication A. guxovidopegefi.pdf Starting in a floor bridge position, lift one leg straight up into the air and slowly press through the opposite heel. 75963777749.pdf B. Exhale and lift hips up as high as you can without allowing lower back to arch, keeping tailbone tucked. C. Inhale and lower hips back to the floor slowly with control.



Repeat for 40 seconds. Repeat the superset three times. Rest for 20 seconds before starting Superset 2. A. Start with feet together and hands clasped in front of chest or on hips. B. Brace core and take a large step forward with right foot, lowering into a lunge until both knees form 90-degree angles. C. Push off the middle of the front to step right foot back next to left and return to starting position. Repeat on opposite side. Repeat for 40 seconds, 20 seconds on each side. A. Lie on left side with knees straight. Prop body up on left elbow and forearm, feet stacked.
Keeping legs together, bend both knees at 90-degree angles; this is your starting position. B.



Gently lower hips until they're about an inch from the mat. C. Using obliques, lift hips back up to starting position. terjemahan kitab mughni al muhtaj pdf Repeat on other side. Repeat for 40 seconds, 20 seconds on each side. Repeat the superset three times. Thanks for your feedback! Ladies, sharing my program, Low Impact with Kayla Itsines, is such a big moment for me! I’m excited because it makes my style of training much more accessible to women everywhere. I know that in the past there have been women, including my own mum, Anna, who looked at my program High Intensity with Kayla (formerly BBG) and thought “no thanks” because the workouts were too hard or they didn’t want to do plyometric exercises that require jumping. So I decided to do something about it, and created Low Impact with Kayla! It’s a 14-week program with easy-to-follow, joint-friendly workouts that can be done in less than 30 minutes — with absolutely NO jumping required! Low Impact with Kayla is a workout program that will help you build foundational strength and fitness without jumping exercises or placing stress on your joints. It’s a full-body training program designed to be completed at home or the gym — anywhere you have room to move! Low Impact with Kayla is suitable for any fitness level. If you’re a fitness beginner, there are four foundational weeks available. The exercises gradually increase in complexity, building towards more dynamic movements as you progress through the program. I’ve been doing the workouts with my mum, and the program is a great one to try with a family member or workout buddy. My program includes 14 weeks of training you can do at home or in the gym. Each week, you will have the option to choose from five resistance classes, three cardio sessions, and three recovery sessions. Your weekly scheduled sessions will include: 2-3 resistance sessions 2 cardio sessions 1 recovery session 1 rest day There are three resistance workouts — Full Body, Upper Body and Lower Body — every week which take around 30 minutes to complete. They each follow a time-based triset, superset and circuit format. If you ever find you’ve got a busy day and you need to do a shorter workout, there are also two Express workouts each week that you can swap into your schedule. Express Core and Express Full Body take less than 15 minutes to complete. A warm-up and cool-down are also included before and after every resistance session.
The cardio sessions are low-intensity steady-state (LISS), and you can choose to do low-impact cardio such as walking, swimming or cycling during these sessions. If you’re like my mum and new to working out, understanding how Low Impact with Kayla workouts are structured can help you be ready to give each session your best effort. Each of my Full Body, Upper Body and Lower Body workouts, which take around 26 minutes to complete, start with a warm-up. It’s really important to do warm-up exercises before your workout — it ensures your muscles are ready to move and can help to prevent potential injury! The workouts follow the format of a triset, followed by two supersets and a final circuit. A triset consists of three timed-based exercises that are repeated for three laps. Each exercise is done for 20-30 seconds, with a five-second transition time and 20 seconds rest between laps. After completing lap 3, rest for one minute before starting the first superset. The supersets consist of two timed-based exercises that are repeated for three laps. Each exercise is done for 40 seconds, with a 10-second transition time, and 20-second rest between laps. After completing the third lap, rest for one minute before starting the second superset, and then the final circuit. The circuit consists of three timed-based exercises that are repeated for five laps. Each exercise is done for 20 seconds, with a 10-second transition time, with a 10-second rest between laps. After completing lap 5, rest for one minute before starting the cool-down. The Express workouts are fast-paced lap-based workouts that run between 10-15 minutes. The workouts have three supersets, with two exercises each. Complete the exercise for the specified time and receive a 10-second transition between each exercise to move to the next exercise.
You’ll have a 20-30-second rest break between each lap. At the end of each workout, you will find a cool-down session. Cool-downs are an essential part of your training — they help promote recovery, help regulate blood flow, prevent injury and improve flexibility. To get the most out of my program, you will need: Yoga or fitness mat Dumbbells Chair If you don’t have dumbbells, you can substitute for two safe objects of the same weight, such as bags of food, water bottles, or other household items.
If you don’t have a suitable chair, you can use a stable, flat surface such as a bench or step instead.
Low Impact with Kayla will help you build your base fitness, and improve strength with no-jump workouts that won’t put pressure on your joints. I want women everywhere to feel empowered while working out, and Low Impact with Kayla gives you the tools to achieve your fitness goals with low-impact and minimal-equipment exercises — and build your confidence! If you’re new to fitness or haven’t worked out in a while, this low-impact program is a great option for kickstarting your fitness journey. You can try a free Low impact with Kayla workout or subscribe and start my program via the Sweat app. If you're already a Sweat member, make sure you’ve updated to the latest version of the app to access Low Impact with Kayla now. I’m SO excited for you to try my program. I can’t wait to hear what you think of it — let me know in the comments below! * Disclaimer: This blog post is not intended to replace the advice of a medical professional. The above information should not be used to diagnose, treat, or prevent any disease or medical condition. Please consult your doctor before making any changes to your diet, sleep methods, daily activity, or fitness routine. Sweat assumes no responsibility for any personal injury or damage sustained by any recommendations, opinions, or advice given in this article.