



UNTITLED KAYLA ITSINES (Paperback)

By Kayla Itsines

Pan MacMillan, 2017. Paperback. Condition: New. Language: English . Brand New Book. The second book from the author of The Bikini Body 28 Day Healthy Eating and Lifestyle Book and Instagram star - Kayla Itsines. Inside are delicious recipes and strength-building workouts to help achieve a healthy mind and body. Featuring her top tips and insights, this book covers everything you need to look and feel your very best.



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