

## Workout Guide Kayla

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The workout platform, Sweat, previously known as the Bikini Body Training Company, has been acquired by global fitness and technology giant IFTT.

#### The world's top fitness influencer whose Instagram-based 'bikini body guide' made her a millionaire has sold her empire for \$400m

Greek Australian fitness queen Kayla Itsines and former fiancée Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of \$400,000. 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 IFTT Health & Fitness is reported at being worth \$400 million. Itsines and her former fiancé ...

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

This quick and efficient routine will give you a glimpse into the SWEAT trainer's revamped 12-week gym program.

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

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

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

How much are abs worth to you? Well, in the world of exercise influencers, they are apparently worth millions. On Tuesday, Instagram personal trainer Kayla Itsines announced that she and her business ...

#### Would You Pay \$400 Million for a 'Bikini Body'?

What started as a humble fitness e-book guide morphed into a hit fitness app that Sweat founders Kayla Itsines and Tobi Pearce have sold to a US player.

#### Young Rich Listers sell popular Sweat app

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

But more personally, I saw the importance in my own family when I became the guardian of my 16-year-old niece Kayla while her mother and father were serving in Afghanistan. Kayla has moved ...

#### Commentary: Providing Kids the Education They Need

EJ wants control over Sami, so what better way to exercise it than keeping her on ... but I liked him with Nicole more than Eric or even Rafe. And Kayla's going to need another doctor on staff ...

#### Days of Our Lives Round Table: Let's Play Hide the Body!

We accept obituaries only from the funeral home in charge. For information on submitting an obituary, please contact The Herald-Dispatch by phone at 304-526-2793 or email at obits@herald-dispatch.com.

#### KAYLA NICOLE BLEDSOE

Kayla was previously employed as a gymnastics and dance coach and attributes her motivation and drive to her experience in the fitness industry. Outside of work, Kayla has a passion for keeping ...

#### Image Property North Side

Here's a new student's guide to finding free stuff on campus. Kayla Dang, a senior, said she stays updated about opportunities for free things on Instagram. "I followed every UNC Instagram you ...

#### How to get free stuff on campus

FILE -- Kayla Harrison is shown during a PFL (Professional Fighters League) bout against Larissa Pacheco at Nassau Coliseum in Uniondale, N.Y., in this Thursday, May 9, 2019, file photo.

#### Now a single mom, MMA champ Harrison finds new purpose

PHOENIX -- Kayla McBride scored 24 points on 9-of-13 shooting and the Minnesota Lynx beat the Phoenix Mercury 99-68 on Saturday night. The Lynx (9-7) shot 55% from the field en route to heir ...

#### Kayla McBride scores 24 points, Lynx beat Mercury 99-68

How surgery can change the body's 'set point' for weight Kayla Northam, the Boston girl whose mother pushed diet and exercise, never won approval from her mother to move ahead with surgery. Instead, ...

#### Bariatric Surgery Works, But Isn't Offered To Most Teens Who Have Severe Obesity

MINNEAPOLIS -- Kayla McBride scored 25 points, Sylvia Fowles had 15 points and 11 rebounds and the Minnesota Lynx beat the Dallas Wings 85-79 on Wednesday night to extend their win streak to five ...

#### McBride scores 25 to help Lynx beat Wings 85-79

Lt. Cmdr. Kayla Barron, one of the first women to serve on a Navy submarine, is now one step closer to being one of the first women to walk on the Moon. Barron, 33, who commissioned as a Navy ...

#### She Was a Pioneering Navy Submarine Officer. Now She's Headed to Space

Kayla Northam's weight topped 300 pounds as ... for this group — and longer lasting — than medication or diet and exercise alone. The potential downsides, beyond the complications of any ...

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