

I'm not robot!



Wednesday
10 & 12

ARMS

Weighted squat clean & press
Spider push ups
Chest dips (feet raised)
Tricep dips (feet raised)
Lay down push ups with tuck jumps
Bosu burpees
Decline push up
Split leg push ups

CIRCUIT ONE

15 Weighted squat clean & press

30 Commandos (no extra reps)

30 Laydown push ups with tuck jumps

20 Decline push ups

CIRCUIT TWO

24 Spider push ups (12 each side)

30 Tricep dips (feet raised)

15 Bosu burpees

20 Split leg push ups

A DAY ON MY PLATE - KAYLA ITSINES

BREAKFAST
Protein Pancake with Avocado & Tomato
1/2 cup oat flour
1/2 cup almond flour
1/2 cup almond meal
1/2 cup almond butter
1/2 cup almond milk
1/2 cup maple syrup
1/2 cup coconut oil
1/2 cup eggs
1/2 cup vanilla extract
1/2 cup baking powder
1/2 cup baking soda

SNACK
1/2 cup almond butter
1/2 cup almond meal
1/2 cup almond flour
1/2 cup almond milk
1/2 cup maple syrup
1/2 cup coconut oil
1/2 cup eggs
1/2 cup vanilla extract
1/2 cup baking powder
1/2 cup baking soda

LUNCH
1/2 cup almond butter
1/2 cup almond meal
1/2 cup almond flour
1/2 cup almond milk
1/2 cup maple syrup
1/2 cup coconut oil
1/2 cup eggs
1/2 cup vanilla extract
1/2 cup baking powder
1/2 cup baking soda

SNACK
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1/2 cup eggs
1/2 cup vanilla extract
1/2 cup baking powder
1/2 cup baking soda

4 Week
BBG
(Bikini Body Guide)
Beginner Program
Review

bikini BODY guide
h.e.l.p.
healthy eating lifestyle plan

bikini BODY guide
workouts
exercise & training plan

kayla ITSINES
eat your body

Nothing bothers your senses like that first hot day. At first you are pumped you can finally lose the layers of knit sweaters for winter cables. But then you get out on the te-the bikini season will soon be here and you're still in hibernation mode that mounts fat. Don't panic. Not only is there still a lot of time to prepare you, but preparing the beach body requires just a little sweat and proper nutrition. In addition to working in a normal sweat-and-yes, it can also be just on weekends-introducing the following nutrient-rich foods in your diet will help you tone and shape your body while helping you to quick weight loss efforts. Some foods make up your metabolism so you can burn even more calories and torch belly fat, some heal the intestine by offering healthy probiotic bacteria, some reduce stress and inflammation that cause weight gain and swelling, some turn off fat accumulation genes and others defeat hunger and build muscle by filling with healthy fat, lean proteins and fibers. So, take a pen in one hand and a shopping list in your other "and reach it! (Pss! Don't stress yourself when you get to the gym. "Abs are made in the kitchen!" Also, you can try one of these 35 fun activities that do not seem to exercise.) Shutterstock eats this! Why? Potassium will help you flatten potassium foods to your belly are ideal to look and feel lean and cut into that swimsuit, so think in advance and prepare one in the bag before going to the gym or at work. Potassium is a nutrient that helps your body eliminate water and sodium - two things that make you look swollen. On the contrary, foods such as chips and pickles are full of sodium and can force your body to retain water, which makes you look bloated. Sprinkle it in your coffee, in Greek yogurt, on the apple slices or in the morning oat flour and start seeing the results - sta! Shutterstock eats this! Because it is: a fermented food that teams with healthy healthy probiotics shakes the body and increases trust by grabbing a bottle of kefir. Although this drink similar to a smoothie resides next to the yogurt, it does not cause the same irrelevant effects as the stomach of the dairy product that transports lactose. In fact, it can actually contrast them! The researchers from Ohio State University have discovered that drinking Kefir can reduce the swelling and gas caused by the consumption of lactose 70 percent! Some of these magical overflowing skills come from the fact that Kefir is a fermented food, which has high levels of probiotics that improve digestive health and, over time, prevent swelling. Shutterstock eats this! Because it is: a natural detoxifier that we are certainly not on board with the purifying ones of juice without food and detoxifying to prepare to show a little more skin, adding some naturally relevant beets to your dish is a strategy that we can get behind! These jewel tones contain a type of antioxidant called Betalain They help to repair and regenerate cells in the liver, the primary body detoxification center. If you have been alcoholic to stay warm (no judgment, the hot toddies are delicious), your liver may feel overloaded. The beets will give him a file file etneg al odnaQ otatardi enoitam it. ©ÄhcreP !ottiz - lanamittes anu ni enilrets 01 a onif orep stsilonap tse! !esnaeIC acT ylleB-taIf yad-7 eht noc. 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Dairy can be very bothersome to the belly because many adults naturally produce less of the necessary digestive enzyme lactase as we get older. Rather than sure to cook the red fruits, Cooking the tomatoes in reality increase their concentration of lycopene, then add a little tomato paste to sauces or drew or whip a lot of marinara sauce for cauliflower pizza! Eat this! Because: calm hunger hormones and torches the fat studies of the belly show that acid foods help to increase the speed with which the body burns carbohydrates up to 40 percent! And more quickly burns carbohydrates, first your body begins to incinerate fat, so that you can insert that dress you purchased. The apple cider vinegar, in particular, is mainly composed of acetic acid, which has shown to delay the gastric emptying and slow down the release of sugar in the flow S. Anguino. The research published in the Bioscience magazine, biotechnology, biochemistry discovered that a small pool of participants in the study administered ACV for a period of 12 weeks lost more weight, body fat and centimeters from their vehicle compared to the participants in which a placebo. How does it work? In addition to maintaining stable sugar levels in ACV produces proteins within the body that burn fat. Shutterstock eats this! Because it is: it bans inflating and loosening your love for processed foods and chemical additives-that cause inflammation, swollen belly and a slow slowdown-it is certainly not doing wonders for your bikini body. There is a simple solution, however. You can wake up your grandmothers by starting in the morning with a cup of ginger tea. According to numerous studies, ginger, traditionally used to relieve stomach pain, blocks different genes and enzymes in the body that promote inflammation causing swelling. This drink will help improve digestion and deletion of your food and cut unhealthy cravings for salt or sugar. Boil 1/2 teaspoon of grated ginger with 1 cup of water and pour in a cup with your favorite tea bag.62544d1642c605c54bf1cab17d50f1e Shutterstock Eat this! Why? Protein helps you burn calories, incinerate fat, build muscle and keep you longer: a quadruple- throat In order to get in the best shape of the bikini body, it is not only on what you eat, it is also about pumping weights. Cardio and weights light fat torch and build lean muscular tissue that burningly problem areas. If you will have to feed your muscles to collect the benefits. Start the day off with a protein burst. A high-protein start will surprise mid-morning or early afternoon energy crashes that allow us to reach for sugar, caffeine or a carbohydrate load for a quick boost. Integrating your smoothie with protein powder is excellent for satiety, not to mention supporting lean muscle that allows you to burn more fat. You are better off with vegetable proteins - hedges, casein and other dairy powders can cause swelling. Read our best and worst protein powders. Shut up! Why: Helps to rest and recover sleep is a huge part of doing any diet and exercise plan, as it allows your body to process and recover from all sweat and muscle, and cherries are the perfect fruit for work. A study published in the European nutrition gazetta found that people drinking only a gram of crisp cherry juice per day reported thatHe slept for a long time and more healthy than those who did not do it. What happens? Cherries act as a natural help of sleep thanks to their melatonin content, a hormone that helps to control the sleep cycle. Then enjoy a cup of cherries for desserts - they will help you keep your tonic body by replacing less virtuous sweets and moving along your Snooze process. Do you have any problems sleeping? Try to change your program and check these 7 habits of highly rested people. Eat this! Because: both inflammation and entrusting on the induction hall of swelling decreases the extra sodium is a must to obtain your best bikini body. The mineral causes the water to move from the bloodstream in your skin, which is why a dose of pieces of cheese with giving a tapes. Instead of seasoning with salt, try to season meals with other herbs and spices. Turmeric, in particular, is one of the magical nutrients that has been shown to work directly on our fat genes, turning off the specific genetic mechanism that is responsible for inflammation and obesit. Eat this! Because ... it is full of healthy fats that keep you satiated and turn off the fat genes a healthy snack can help keep satisfied long enough to get to your next meal. The perfect things to reach for when you need a quick meal full of nutrients in motion, at your beginning the day, or if you find yourself submerged in the

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