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Scroll on for the low-impact move Itsines' wants you to swap your burpees out for. "To replace a burpee with a low-intensity and low-impact exercise you could do a rocking chair push up," Itsines says ...

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The move Kayla Itsines suggests if you can't do burpees

Scroll on for the low-impact move Itsines' wants you to swap your burpees out for. Only if you want to, of course. If you love a burpee, have at them. This is for those of you who dread the thought of ...

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Hate Burpees? Kayla Itsines Says Swap Them for Rocking Chair Push-ups

Beloved of the home-workout brigade, the jackknife, or V-up, is a fail-safe way to tighten your abs. In fact, it's one of Kayla Itsines' go-to ab moves. But beware: it's one you're going to want to ...

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How to Master One of Kayla Itsines' Go-To Bodyweight Core Exercises

Fitness star Kayla Itsines, who has more than 12 million faithful followers on Instagram, shares this exclusive workout video with Yahoo Life. Video provided by Kayla Itsines.

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Kayla Itsines exclusive 15 minute lower body workout video

If you dislike burpees or have joint issues this new program from Sweat trainer Kayla Itsines is for you. Try an exclusive workout now.

Kayla Itsines' brand new Low Impact program has NO jumping

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Follow along with Sweat trainer Kayla Itsines for this full-body bodyweight workout that's low-impact, so it's perfect for when you want to be quiet.

This Low-Impact Bodyweight Workout Will Get You Sweaty but Won't Wake Up the Neighbors

Fitness queen Kayla Itsines, 29, has

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shared what her family eats for dinner
Kayla shared two images on Instagram
of an incredible spread of healthy food
The dishes included vegetables ...

Kayla Itsines shares what her family eats for dinner

Fitness star Kayla Itsines has revealed
one of her favourite healthy recipes and

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says it's something everyone should know how to put together. The 29-year-old mum from Adelaide says nutritional

...

Fitness star Kayla Itsines reveals the simple and quick healthy bowl everyone should have in their recipe bank

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The influence social media has on our lives in 2021 cannot be understated, and Instagram is where the cream of the crop go to amass hundreds of thousands of followers, and in some cases, rake in ...

Revealed: South Australian stars of Instagram

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Kayla Itsines, Australian fitness trainer and founder of the Sweat app, is known for her transformative, high-energy workout programmes - packed full of popular HIIT moves. Now, inspired by her ...

Kayla Itsines launches new low-impact workout for all fitness types

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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 ...

Try This 15-Minute Lower-Body Workout from Kayla Itsines' New

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Low-Impact Program

We love Kayla Itsines's heart-pumping HIIT workouts that will leave you dripping with sweat. She's not afraid to throw in a burpee (or several!), jumping jacks, jump squats, and other bodyweight ...

Got 15 Minutes? Strengthen Your

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Core With Kayla Itsines's Low-Impact Express Ab Workout

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Kayla Itsines, Australian fitness trainer and founder of the Sweat app, is known for her transformative, high-energy workout programmes - packed full of popular HIIT moves. Now, inspired by her mother ...

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