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The Bikini Body Training Guide The Bikini Body Motivation & Habits Guide The Bikini Body Motivation and Habits Guide Foam Rolling Guide Digital Wellness, Health and Fitness Influencers *Kayla Itsines Kayla Itsines Kayla Itsines Kayla Itsines Stefan Lawrence*

the bikini body training guide is kayla itsines 189 page guide containing a full 12 week workout plan including effective cardio methods recommendations to target problem areas and workouts under 30 minutes

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term health in this book i give you the keys to achieving your goals and show you how to use motivation to create healthy habits that will stick

kayla itsines foam rolling guide is essential for anybody who has purchased a foam roller and is unsure of how to use it foam rolling helps to relieve muscle tension and pain by improving circulation it could also helps to minimise the appearance of cellulite in this guide you will find the importance of foam rolling recommended upper body foam rolling routine recommended lower body foam rolling routine stretching exercises to aid in rehabilitation do s don t s step by step information

this book examines the phenomenon of digital guru media dgm the self styled online influencers life coaches experts and entrepreneurs who post on the themes of wellness health and fitness it opens up new perspectives on digital leisure and internet celebrity culture and asks important questions about the social cultural and psychological implications of our contemporary relationship with digital media drawing on cutting edge social theory the book explores a wide range of contexts in which dgm intersects with digital leisure from the health related learning of young people to the clean eating movement to the online lives of fitness professionals it asks if digital and social media are problematic per se and explores the problems a turn to the internet could be revealing about the lack of real world or analogue support as well as potential solutions for our wellness health and fitness needs and wants bringing together innovative multi disciplinary perspectives this book is fascinating reading for anybody with an interest in leisure studies media studies cultural studies sociology or health and society

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