



Offseason

130 lb

**Reverse dieting into
caloric surplus**

**40 min low intensity
cardio/week**



Competition Prep

120 lb

Caloric deficit

40 min walk

6x per week

Bikini Comp Training Guide

Kayla Itsines

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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