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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 iFIT.

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

Australian health and wellbeing mogul Kayla Itsines has sold her fitness empire Sweat. The sale to US-based iFIT Health

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& Fitness is reported at being worth \$400 million. Itsines and her former fiancé ...

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And while we're familiar with having to adjust our routines by now, keeping your body moving can be difficult at the best of

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times, particularly during winter.

Free at-home workouts from Kayla Itsines and Sweat to try during lockdown
Greek Australian fitness queen Kayla Itsines and former fiancé e Tobi Pearce have sold their global health and fitness empire Sweat for the staggering amount of

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\$400,000. The dynamic duo sold ...

Greek Australian entrepreneur Kayla
Itsines “ sells out ” for a staggering \$400
million

The glamour duo behind global health
and fitness empire Sweat will collect
\$400m from the sale of their powerhouse

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platform to US software giant iFIT 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,

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Instagram personal trainer Kayla Itsines announced that she and her business ...

Would You Pay \$400 Million for a
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Engage your glutes and press your heel into the ground, driving your hips and butt upward to form a bridge with your body.

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Squeeze your glutes and hold for two counts. Lower back down to the ...

Strengthen Your Whole Body in Just 15
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From Kayla Itsines

What started as a humble fitness e-book
guide morphed into a hit fitness app that

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Sweat founders Kayla Itsines and Tobi Pearce have sold to a US player.

Young Rich Listers sell popular Sweat app
Kayla Itsines made it a family affair when she stepped out with her new boyfriend in Adelaide on Thursday. The 30-year-old fitness trainer was spotted visiting the

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shops with her rumoured new beau, ...

Celebrity fitness trainer Kayla Itsines is spotted out shopping with her new boyfriend in Adelaide

The Instagram sensation and personal trainer opened up Tuesday about the next chapter of her fitness journey...and the

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Sweat brand.

Kayla Itsines Announces Major News with
Her Sweat App

Sweat app trainer Kayla Itsines believes
you don't need to work ... and aims to
build full-body strength with a focus on
core and hip stabilization without placing

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stress and pressure on your ...

This 15-Minute Strength Workout From
Kayla Itsines Is Low Impact, but High
Intensity

Short workouts can be just as beneficial as
longer ones – here are 10 of the best
10-minute workouts A workout that is

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done and dusted in the time it takes to boil the kettle and make a cup of tea ...

Why 10 minutes is the sweet spot for exercise

Millions of Aussies are now in lockdown and struggling to get their exercise fix – but Apple has recently launched a cheap

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Four of the best home workout programs without equipment

Stone also suggests being cautiously optimistic when it comes to buying free weights ... as well as develop full-body

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11 common home workout mistakes to fix
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Of all the habits we picked up during quarantine, all of that time you spend

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Googling the best YouTube workouts arguably has the most staying power. In fact, about one-third of 11,000 respondents in a ...

20 Best YouTube Workouts To Upgrade Your At-Home Fitness Game

AU\$57,504 Kayla Itsines is a well-known

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name (both inside ... and a renowned pilates and yoga teacher. She has a range of free workout videos on her page which are super easy to follow along.

These Are The Instagram Fitness Stars
Who Get Paid The Most Per Post
By now, though, the savvier fitness

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influencers know not to focus on specifics like flat abs or toned arms, but on the free drugs of endorphins and body positivity: Get stronger! Feel capable!

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