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the Australian Guide to Healthy Eating, and the assistance of NPA Pty Ltd., the following information is designed to help women between the ages of 16–25 achieve their goals regardless of weight, height and activity level. The food portions we have provided are based around the AGHE (Australia

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BBG stands for Bikini Body Guide, which is the original training program Tobi and I created in 2014. The original guide was a 12-week workout program, however, BBG has grown and grown! There are now more than 88 weeks of my workouts available. You can head to my blog, What Is

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