

Click the thumbnail or description to follow along with the workout on YouTube. Be sure to tag me on Instagram or Twitter or leave a comment so I can cheer you on! Happy sweating, Killer B!

MONDAY



Video, includes Warm Up  
15 Minutes  
No Equipment  
Difficulty Level THREE

TUESDAY



Video, includes Warm Up  
20 Minutes  
No Equipment  
Difficulty Level TWO

WEDNESDAY



Playlist, includes three videos  
20 Minutes  
One Heavy DUMBBELL  
Difficulty Level FOUR

THURSDAY



Video, no Warm Up  
20 Minutes  
No Equipment  
Difficulty Level THREE

FRIDAY



Video, includes Warm Up  
20 Minutes  
KETTLEBELL or DUMBBELL  
Difficulty Level FIVE