



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
20 Minutes
KETTLEBELL
Difficulty Level THREE

TUESDAY



Video, includes Warm Up
25 Minutes
No Equipment
Difficulty Level ONE

WEDNESDAY



Video, includes Warm Up
40 Minutes
No Equipment
Difficulty Level FOUR

THURSDAY



Video, includes Warm Up
35 Minutes
Pair of DUMBBELLS
Difficulty Level THREE

FRIDAY



Video, includes Warm Up
22 Minutes
No Equipment
Difficulty Level FOUR