



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



STACKABLE Video
13 Minutes
Light DUMBBELLS
Difficulty Level THREE

TUESDAY



Video
30 Minutes, NO Intervals
No Equipment
Difficulty Level TWO

WEDNESDAY



Video
30 Minutes
No Equipment
Difficulty Level THREE

THURSDAY



STACKABLE Video
11 Minutes
No Equipment
Difficulty Level THREE

FRIDAY



Video
20 Minutes
No Equipment
Difficulty Level FIVE