



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
15 Minutes
DUMBBELLS
Difficulty Level THREE

TUESDAY



Video
20 Minutes
No Equipment
Difficulty Level THREE

WEDNESDAY



Video
30 Minutes
KETTLEBELL
Difficulty Level THREE

THURSDAY



Video
35 Minutes
DUMBBELLS
Difficulty Level FOUR

FRIDAY



Video
30 Minutes
No Equipment
Difficulty Level FIVE