



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



FULL BODY Video
25 Minutes
DUMBBELLS
Difficulty Level FOUR

TUESDAY



CARDIO Video
25 Minutes
No Equipment
Difficulty Level ONE

WEDNESDAY



CARDIO Video
20 Minutes
No Equipment
Difficulty Level THREE

THURSDAY



FULL BODY Video
20 Minutes
ONE DUMBBELLS
Difficulty Level THREE

FRIDAY



FULL BODY Video
20 Minutes
No Equipment
Difficulty Level THREE