

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
10 Minutes
ONE HEAVY WEIGHT
Difficulty Level FOUR

TUESDAY



CARDIO Video
10 Minutes
No Equipment
Difficulty Level THREE

WEDNESDAY



STRENGTH Video
25 Minutes
MEDICINE BALL
Difficulty Level THREE

THURSDAY



CARDIO Video
20 Minutes
No Equipment
Difficulty Level TWO

FRIDAY



FULL BODY Video
10 Minutes
Light DUMBBELLS
Difficulty Level FOUR