



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 FULL BODY Video  
10 Minutes  
DUMBBELLS + REBOUNDER  
Difficulty Level THREE

TUESDAY



CARDIO Video  
30 Minutes  
No Equipment  
Difficulty Level THREE

WEDNESDAY



STACKABLE STRENGTH Video  
20 Minutes  
ONE HEAVY DUMBBELL  
Difficulty Level THREE

THURSDAY



STACKABLE CARDIO Video  
10 Minutes  
No Equipment  
Difficulty Level THREE

FRIDAY



AB+CORE STRENGTH Video  
30 Minutes  
ONE HEAVY DUMBBELL  
Difficulty Level FIVE