



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
LIGHT DUMBBELLS
Difficulty Level THREE

TUESDAY



STACKABLE CARDIO Video
10 Minutes
No Equipment
Difficulty Level TWO

WEDNESDAY



FULL BODY Video
20 Minutes
LIGHT DUMBBELLS
Difficulty Level THREE

THURSDAY



STACKABLE FULL BODY Video
10 Minutes
No Equipment
Difficulty Level THREE

FRIDAY



CORE STRENGTH Video
25 Minutes
No Equipment
Difficulty Level TWO