



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
20 Minutes
KETTLEBELL
Difficulty Level THREE

TUESDAY



STACKABLE CARDIO Video
20 Minutes
No Equipment
Difficulty Level THREE

WEDNESDAY



STACKABLE FULL BODY Video
10 Minutes
No Equipment
Difficulty Level THREE

THURSDAY



STACKABLE STRENGTH Video
10 Minutes
No Equipment
Difficulty Level THREE

FRIDAY



STACKABLE STRENGTH Video
15 Minutes
DUMBBELLS
Difficulty Level THREE