



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  
15 Minutes  
KETTLEBELL  
Difficulty Level FOUR

TUESDAY



STACKABLE CARDIO Video  
20 Minutes  
No Equipment  
Difficulty Level THREE

WEDNESDAY



STACKABLE CARDIO Video  
10 Minutes  
No Equipment  
Difficulty Level FOUR

THURSDAY



FULL BODY Video  
30 Minutes  
DUMBBELLS  
Difficulty Level THREE

FRIDAY



STACKABLE FULL BODY Video  
10 Minutes  
No Equipment  
Difficulty Level FOUR