



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



CARDIO Video  
30 Minutes  
No Equipment  
Difficulty Level TWO

## WEDNESDAY



STACKABLE FULL BODY Video  
10 Minutes  
DUMBBELLS + STEPPER  
Difficulty Level TWO

## THURSDAY



STACKABLE CARDIO Video  
10 Minutes  
No Equipment  
Difficulty Level THREE

## FRIDAY



STACKABLE STRENGTH Video  
10 Minutes  
DUMBBELLS  
Difficulty Level THREE