



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



CARDIO Video  
15 Minutes  
No Equipment  
Difficulty Level THREE

TUESDAY



CARDIO Video  
20 Minutes  
No Equipment  
Difficulty Level TWO

WEDNESDAY



STRENGTH Video  
20 Minutes  
One Heavy DUMBBELL  
Difficulty Level THREE

THURSDAY



ABS + CORE STRENGTH Video  
15 Minutes  
No Equipment  
Difficulty Level THREE

FRIDAY



CARDIO + CORE Video  
15 Minutes  
(optional) STABILITY BALL  
Difficulty Level TWO