



Click the thumbnail or description to follow along with the workout on YouTube. Be sure to tag me on Instagram or leave a comment so I can cheer you on! Happy sweating, Killer B!

MONDAY



TOTAL BODY Video  
30 Minutes  
Light + Heavy DUMBBELLS  
Difficulty Level THREE

TUESDAY



CARDIO Video  
20 Minutes  
No Equipment  
Difficulty Level THREE

WEDNESDAY



CARDIO + STRENGTH HIIT Video  
10 Minutes  
STURDY TABLE  
Difficulty Level TWO

THURSDAY



Low Impact CARDIO Video  
20 Minutes  
No Equipment  
Difficulty Level THREE

FRIDAY



STRENGTH TRAINING Video  
20 Minutes  
DUMBBELLS  
Difficulty Level THREE