



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 STRENGTH Video
10 Minutes
No Equipment
Difficulty Level THREE

TUESDAY



CARDIO Video
30 Minutes
No Equipment
Difficulty Level TWO

WEDNESDAY



STACKABLE FULL BODY Video
10 Minutes
KETTLEBELL
Difficulty Level THREE

THURSDAY



CARDIO Video
20 Minutes
No Equipment
Difficulty Level THREE

FRIDAY



FULL BODY Video
20 Minutes
ONE HEAVY DUMBBELL
Difficulty Level THREE