



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



CARDIO HIIT Video  
10 Minutes  
No Equipment  
Difficulty Level THREE

TUESDAY



CARDIO Video  
20 Minutes  
No Equipment  
Difficulty Level TWO

WEDNESDAY



Full Body CARDIO + STRENGTH  
10 Minutes  
No Equipment  
Difficulty Level FOUR

THURSDAY



Full Body CARDIO + STRENGTH  
10 Minutes  
KETTLEBELL  
Difficulty Level THREE

FRIDAY



ABS + CORE STRENGTH  
10 Minutes  
No Equipment  
Difficulty Level THREE