

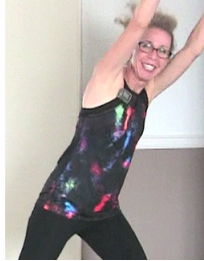


Click the thumbnail or description to follow along with the workout on YouTube. Be sure to tag me on Instagram or leave a comment so I can cheer you on! Happy sweating, Killer B!

MONDAY

PAHLA FITNESS

**LOW
IMPACT
HIIT**



CARDIO HIIT Video
20 Minutes
No Equipment
Difficulty Level TWO

TUESDAY

PAHLA FITNESS

**25 minute
WALKING
WORKOUT**



CARDIO Video
25 Minutes
No Equipment
Difficulty Level TWO

WEDNESDAY



Full Body CARDIO + STRENGTH
15 Minutes
DUMBBELLS
Difficulty Level THREE

THURSDAY

PAHLA FITNESS

seated
**SLIM
DOWN**



Full Body CARDIO + STRENGTH
20 Minutes
No Equipment
Difficulty Level TWO

FRIDAY

PAHLA FITNESS

**LOW
IMPACT
HIIT**



CARDIO + Standing ABS HIIT
15 Minutes
No Equipment
Difficulty Level TWO