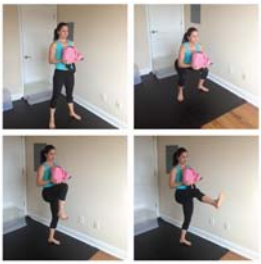
Purely FIT LIFE™

# 16 MINUTE SEXY SWEAT SESSION

#purelyfitlife #24

Set Gymboss Timer 24 rounds 10 sec rest/30 sec work

## PLANK STEP UPS WITH KNEE TO ELBOW PUSH-UP



## SQUAT WITH KICK FORWARD

## 5 SUMO SQUAT PULSES DOWN ON FLOOR AND POWER UP

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