



purely training

by Lori and Michelle, Purely Twins

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Power of Two workout #67

18 minute interval leg routine

Set gymboss timer for 18 rounds of 10/50 intervals

1 deadlifts



2 side jump lunges



3 side step-ups with weights



4 jump squats



5 kettlebell swings



6 low squat curtsy lunges



The place to be happy and fit in all parts of life.

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