



*purely* **training**

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## Butt Blaster Workout purely training #73

**1** walking lunges - 20 reps



**2** jump lunges - 20 seconds



**3** curtsy lunge with butt lift - right leg - 15 reps



**4** jump lunges - 20 seconds



**5** curtsy lunge with butt lift - left leg - 15 reps



**6** jump lunges - 20 seconds



Repeat for 3 -4 rounds.

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

[purelytwins.com](http://purelytwins.com)