purely training

by Lori and Michelle, Purely Twins

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SPOOKY halloween workout
purely training #84

Set timer to 12 rounds of 30 sec / 30 sec

1 Spider push-ups

2 Zombie get-ups

3 Frankenstein lunges

4 Flying witch squats

5 Kiss the grave push-ups

6 Bat burpees

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

purelytwins.com