

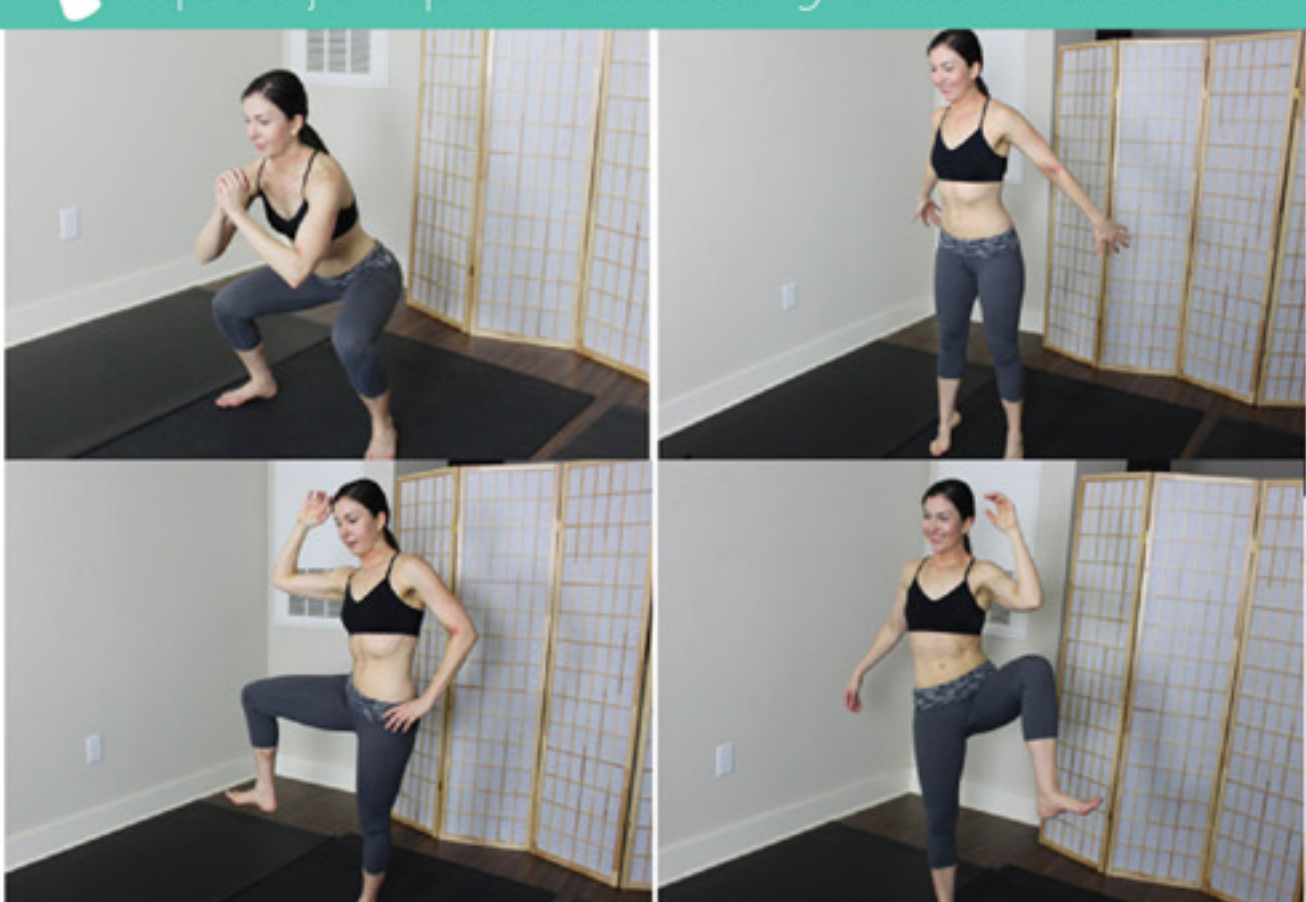
purely training

with Lori and Michelle

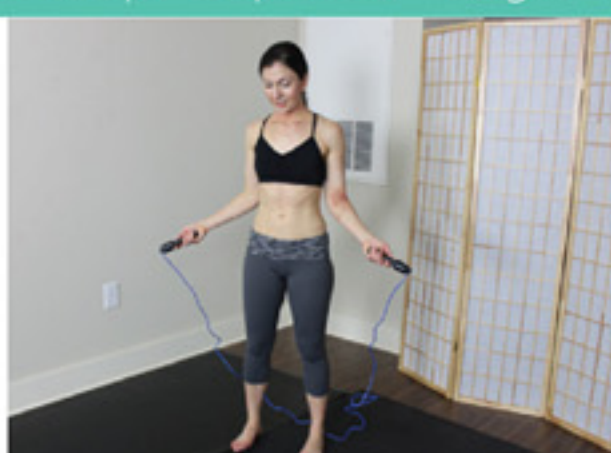
I am grateful for my body.
purely training workout #94
18 minute interval workout

SET TIMER TO 18 ROUNDS OF 10 SEC REST/ 50 SEC WORK

1 squat jump to standing side crunches



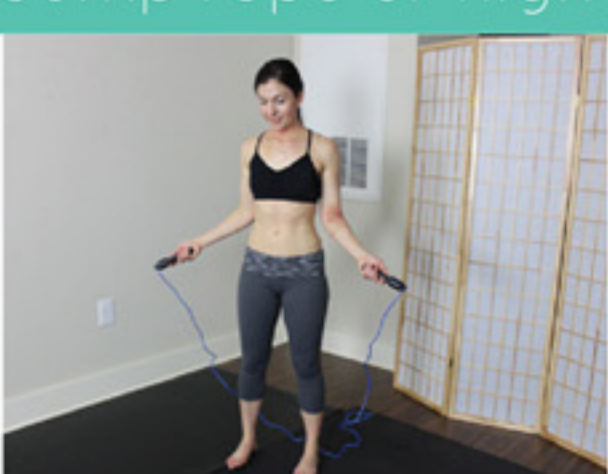
2 Jump rope or high knees



3 Sumo squat to pull



4 Jump rope or high knees



5 Weighted side jump lunges



6 Jump rope or high knees



be inspired. be positive. be fit.
be fabuloulsy you in all parts of life.

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