



# purely twins

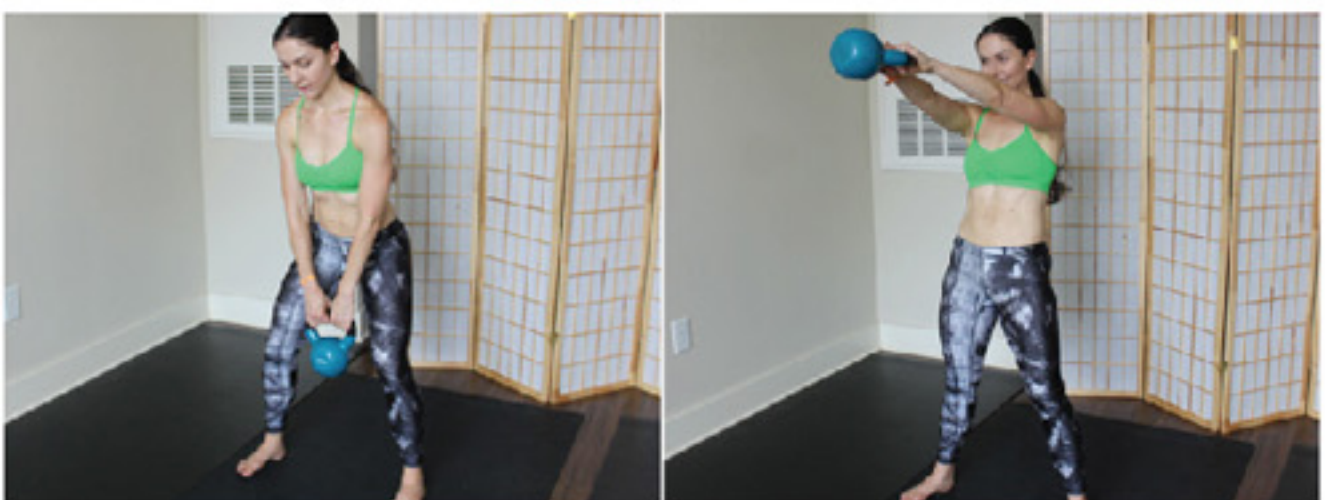
Lori and Michelle

## 10 minute workout #1

1 Skater jump squat with 3 front kicks



2 Kettlebell swings



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