



# purely twins

Lori and Michelle

## 10 minute workout #5

Set timer to 10 rounds of 10 sec rest/50 sec work interval

**1** Curtsy leg balance with knee up - do both legs



**2** Squat with alternating leg kick over



**3** Reverse lunge butt lift to side lift - do both legs



@PURELYTWINS

INSTAGRAM  
TWITTER  
FACEBOOK  
PINTEREST  
YOUTUBE  
PERISCOPE

PURELYTWINS.COM