



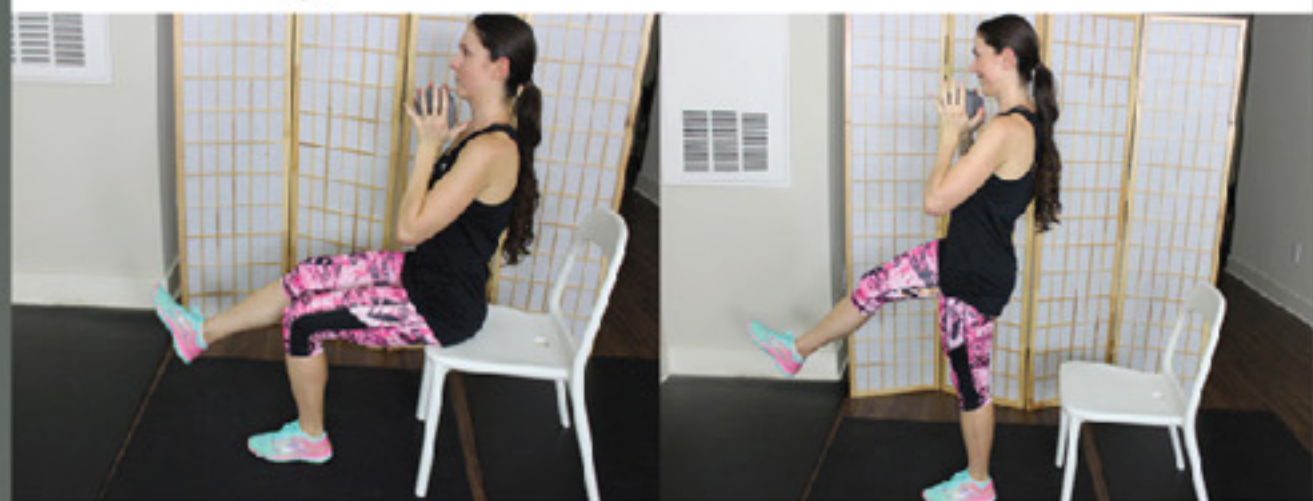
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Lori and Michelle

10 minute workout #10

Complete 10 reps of each exercise. Repeat circuit for 10 mins.

1 Single leg squat onto chair - right leg



2 Single leg squat onto chair - left leg



3 Step up with knee up into reverse lunge - right leg



4 Step up with knee up into reverse lunge - left leg



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