



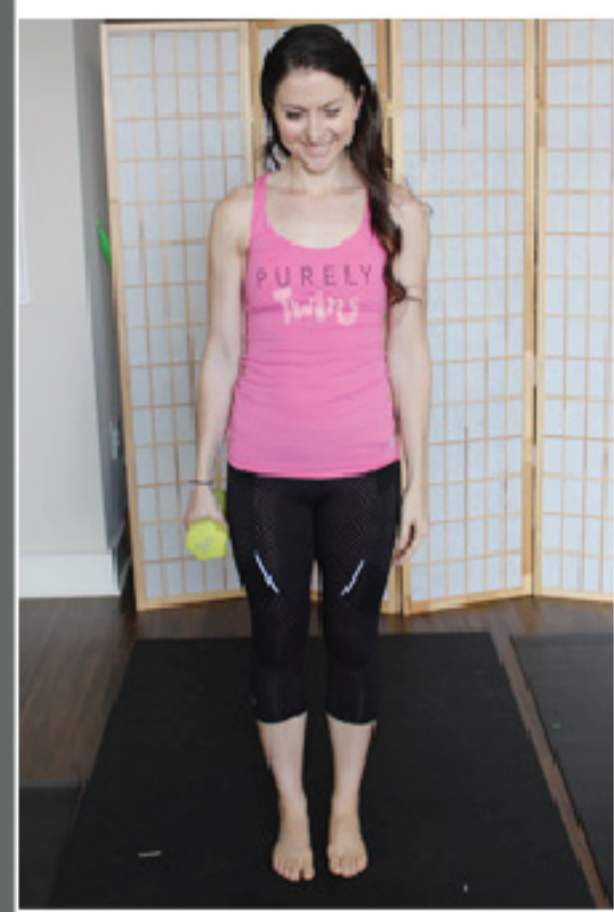
PURELY **Twins**

Purely Training  
with Lori and Michelle

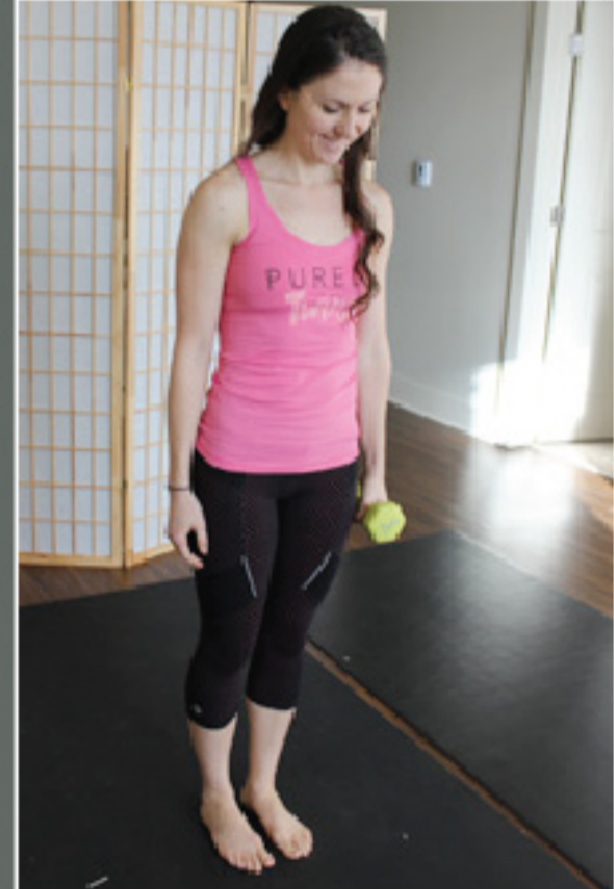
## Busy Girl 10 Minute Workout

Repeat circuit for 10 mins.

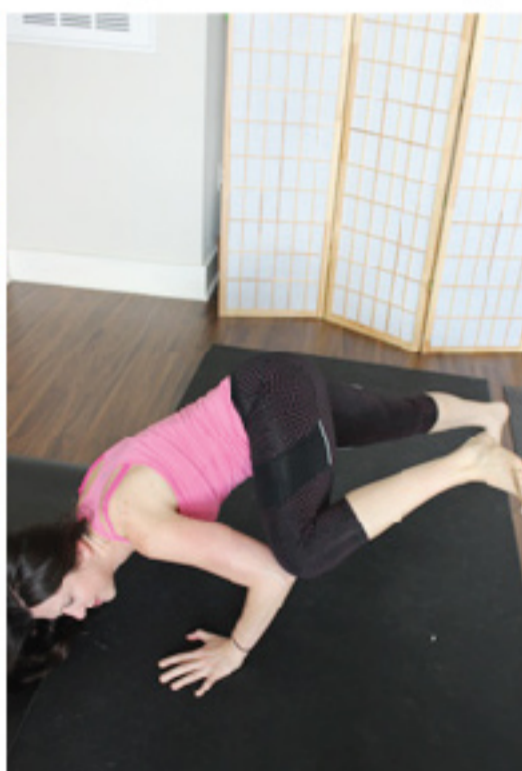
**1** Reverse lunge with side arm raise - right side - 10 reps



**2** Reverse lunge with side arm raise - left side - 10 reps



**3** Scorpion push-up - 10 reps alternating sides



\*MODIFIED Scorpion push-up on chair



**4** Side to side low lunges - 20 reps

