



PURELY *Twins*
Purely Training
with Lori and Michelle

Lower body core chair workout

Repeat circuit 3-4 times.

1 Step-ups with side kick - 15 reps each side



2 Step-ups with butt lift - 15 -20 reps each side



3 Split squat- 12 -15 reps each side



4 Plank chair jumps - 12 -15 reps

