



PURELY **Twins**
Purely Training
with Lori and Michelle

3rd Trimester Bodyweight Pregnancy Workout

Diastasis safe.

Complete 3 rounds.

1 Reverse lunge with pulse into knee up - 12 - 15 reps on each side



2 Hold reverse plank for 20 - 30 sec



3 Sumo squat walks (forward and back) into 4 hamstring curls - 12 - 15 reps



#ptsisters

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