

purely training

with Lori and Michelle

I am OKAY

purely training #92

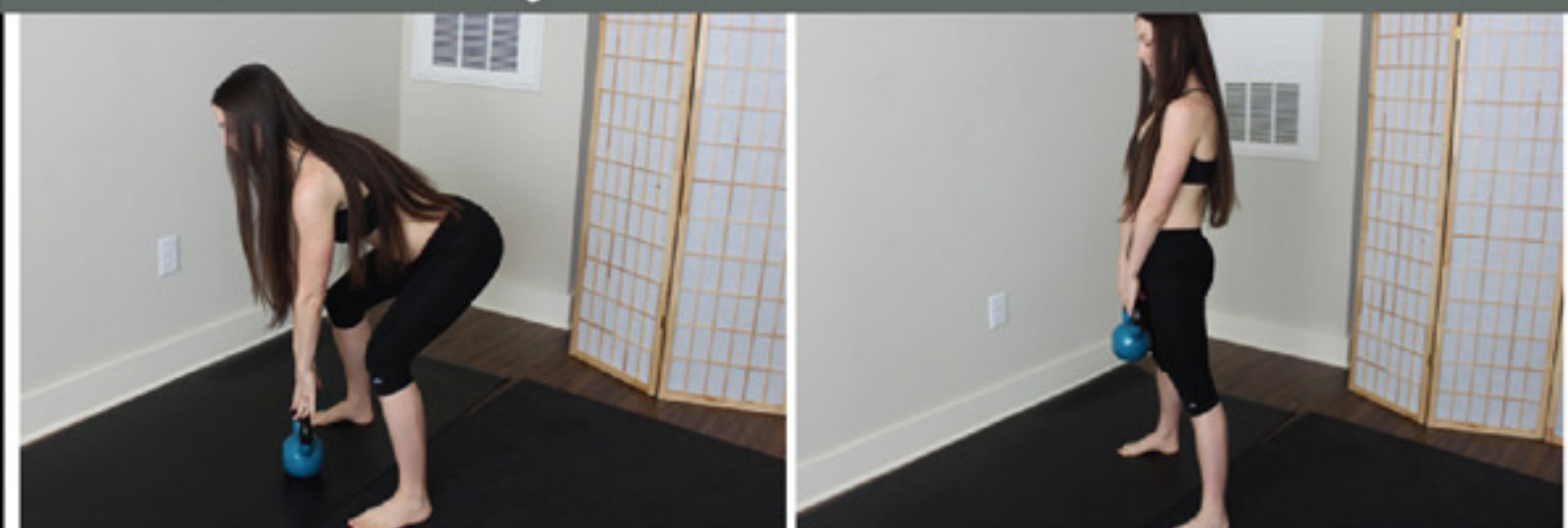
12 minute interval workout
post partum/ diastasis recti safe

Set timer to 12 rounds of 10 sec rest/50 sec work

1 Jump squat shuffle



2 Deadlifts



3 Reverse lunge with butt lift-right leg



4 Reverse lunge with butt lift- left leg

be happy be inspired
be fit in all parts of life

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