

purely training

with Lori and Michelle

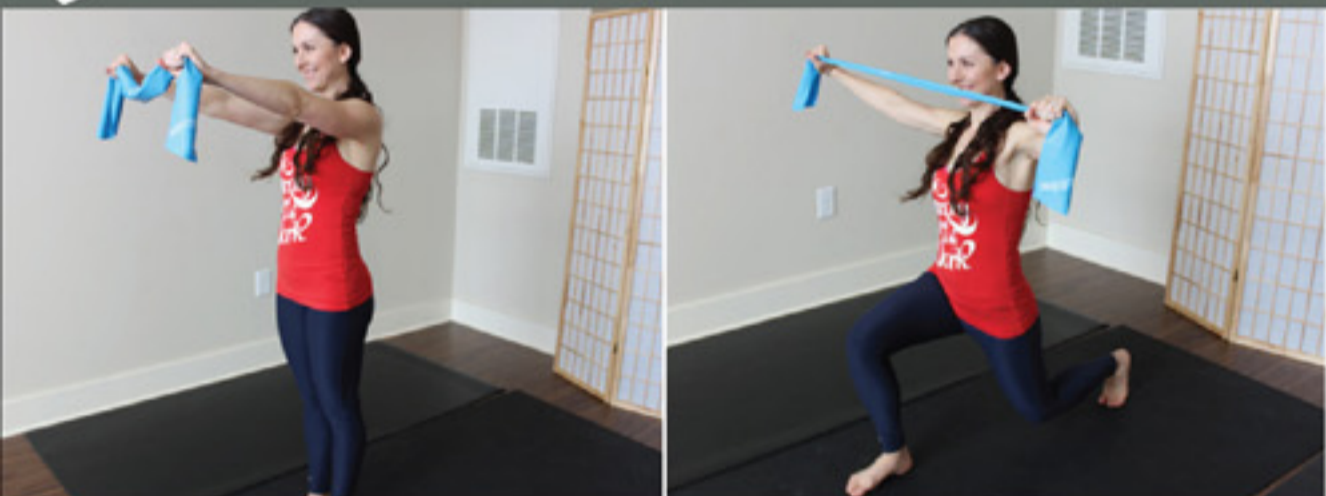
I am FEARLESS!
purely training #98
12 minute HOME workout
post partum/ diastasis recti safe

For each exercise below -
Set timer to 12 rounds of 10 sec rest/50 sec work

1 Alternating standing crunches



2 Reverse lunge with back fly with resistance bands



3 In and out jump squats



be inspired. be positive. be fit.
be fabulously you in all parts of life.

@PURELYTWINS

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