



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

Resistance band loop leg workout

Diastasis and pregnancy safe workout.

Repeat circuit 3-4 times.

1 Lateral band walk - 20 reps



2 Standing leg extension - 15 reps each side



3 Side lunge taps - 15 - 20 reps each side



4 Glute bridge abduction - 15 - 20 reps



5 Lying hip abductions - 15 reps each side



#ptgirls

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