

PURELY **TWINS**

Purely Training
with Lori and Michelle

Lower Body Core Resistance Band Workout

Diastasis and pregnancy safe workout.

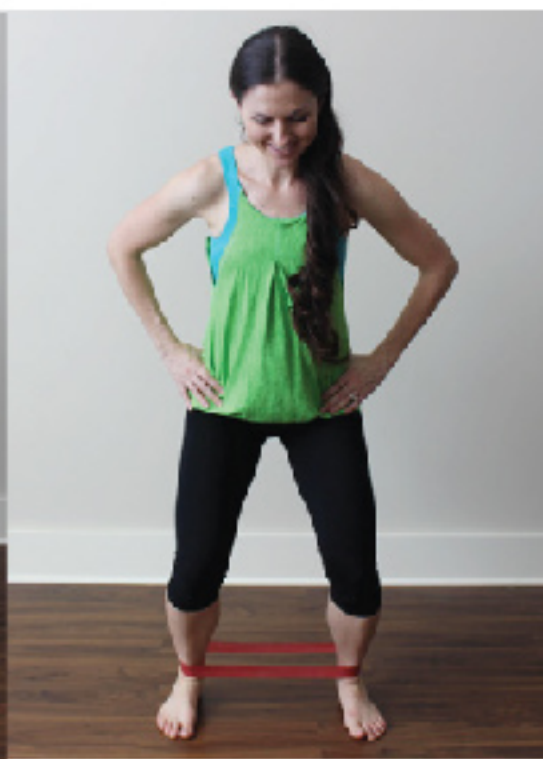
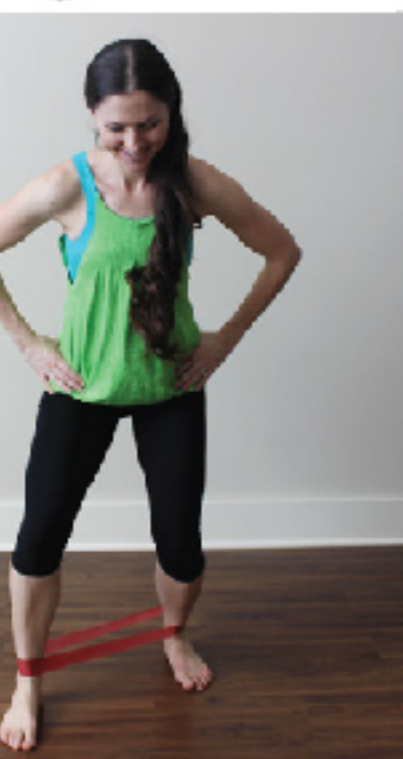
- 1 Side plank with leg lift - 10 - 12 reps each side



- 2 Forward & back quick feet - 20 reps



- 3 Low squat forward back step - 20 reps



- 4 Standing hamstring curls - 20 reps



#ptgirls

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