



PURELY *Twins*

Purely Training
with Lori and Michelle

Lower Body Pregnancy Bodyweight Workout

Repeat circuit 2 - 3 times.

1 Step squat burners - 10 -12 reps each side



2 Squat butt taps -15 reps



3 Side step up with side kick and knee up -
10 - 12 reps each side



#ptgirls

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