

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

## Strength Building Pregnancy Workout

Diastasis safe.

Complete 3 rounds.

**1** Angle step-ups 12 - 15 reps on each side



**2** Single leg bridge pulses 12 - 15 reps each side



**3** Single arm tricep get-ups 12 - 15 reps each side



**A** Squat with alternating inner toe taps 20 reps



#ptsisters

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