

Twitter Thread by Masculine Notes ■■



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[@MasculineNotes](#)



Grow your legs ■

A man with a beard and short dark hair is standing in a room. He is wearing a grey tank top and blue patterned shorts. He is looking down at his right leg, which is raised and bent at the knee. The room has white walls and a window with white blinds. Sunlight is streaming in from the window, creating strong shadows on the man's body and the wall. There are two white text boxes with black text overlaid on the image. The first box says "AT HOME" and the second box says "GROW YOUR LEGS".

AT HOME

GROW YOUR LEGS