Twitter Thread by Life Pad

Life Pad
@The_Life_Pad

5 Min Daily Exercise ALL Men Should Do For:

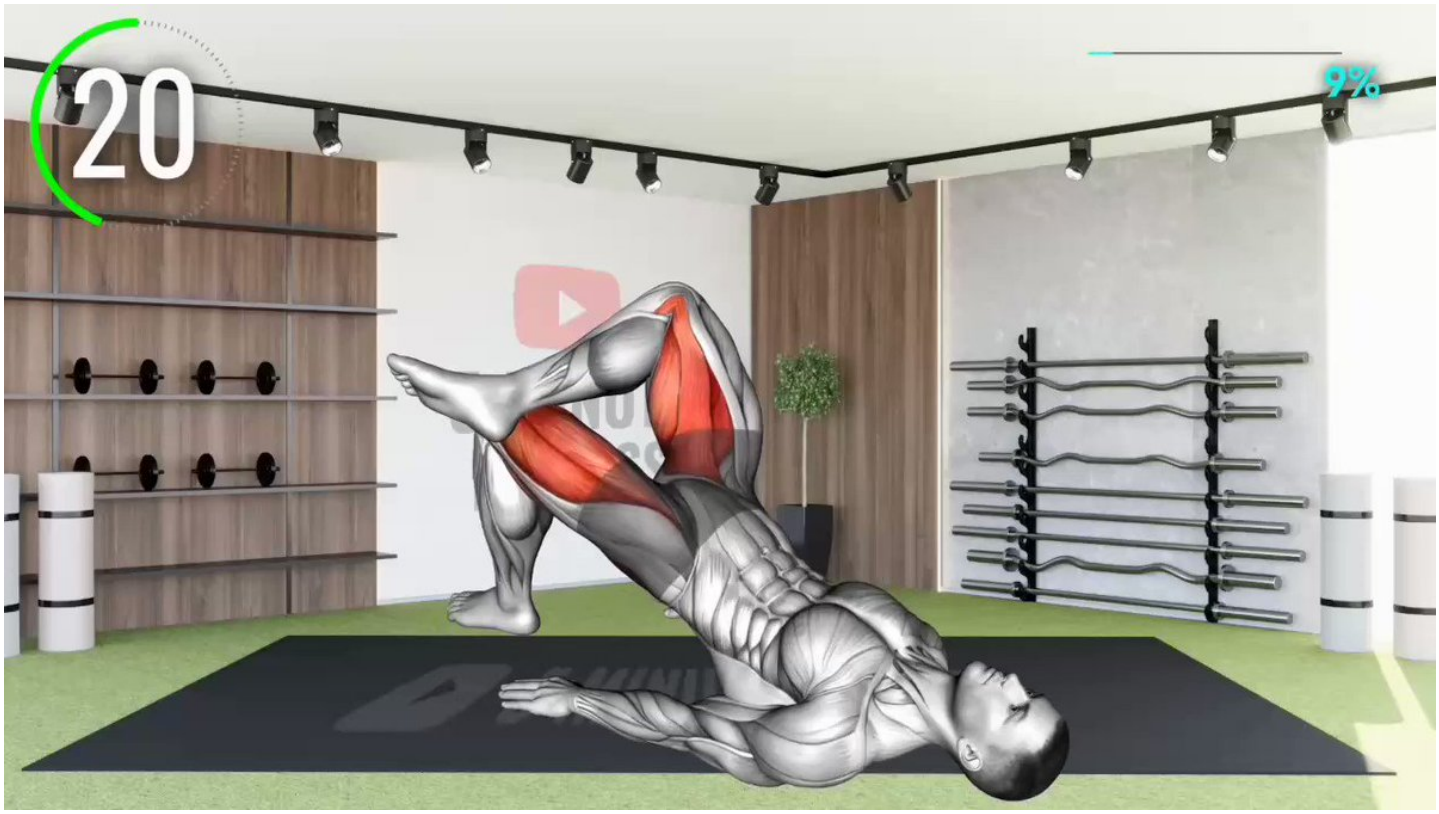
• Improve Testosterone level ■

• Healthier blood vessels■

• Better stamina in bed ■

• lower risk of H.B.P ■

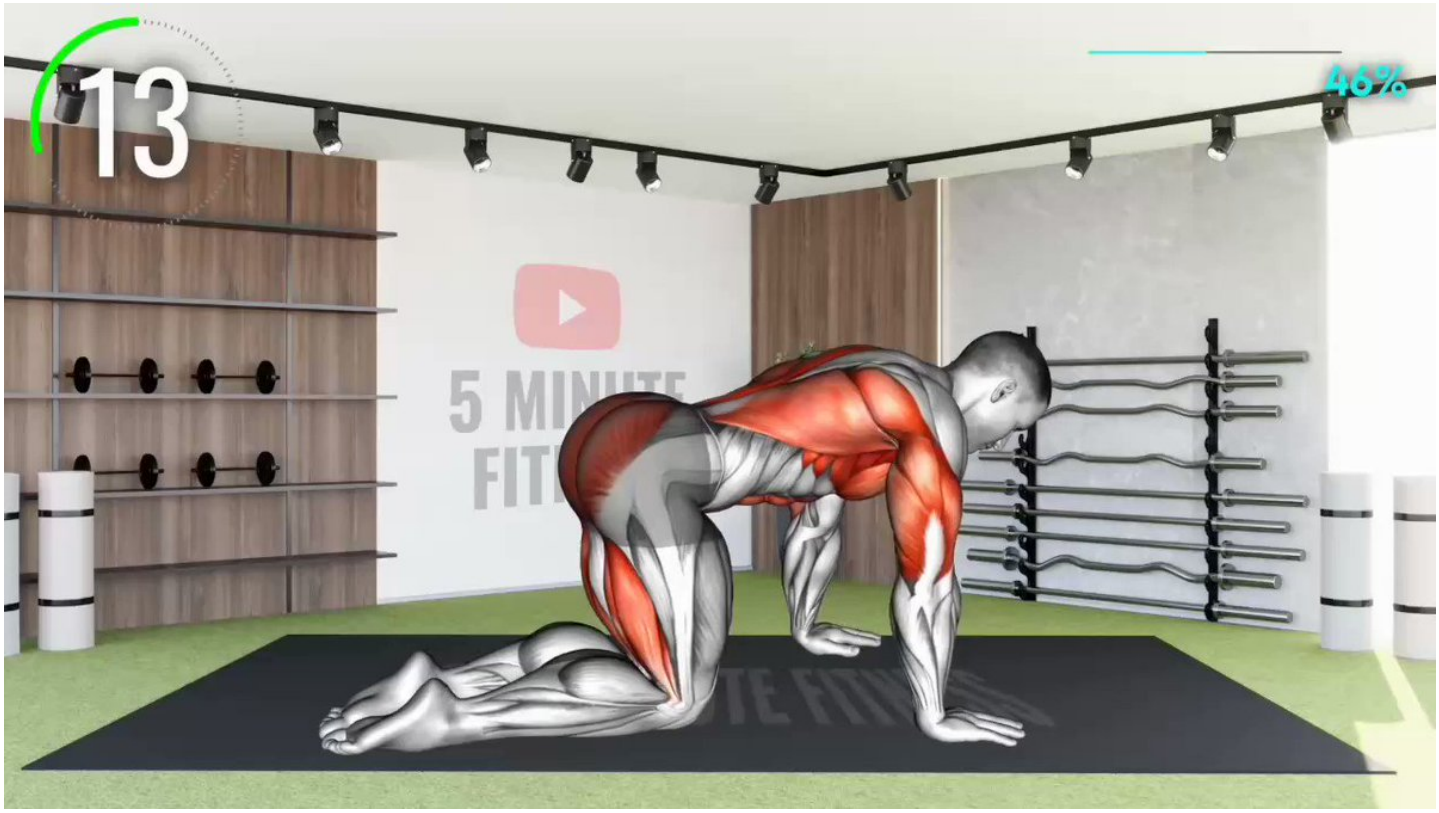
1. Left Glute Bridge



2. Right Glute Bridge



3. Bird Dog



Rotate and knee tucks



If you have a busy schedule but want to become or stay fit, follow @The_Life_Pad

DISCLAIMER: While the title might be controversial, they have absolutely no malicious intent to lie or mislead anyone.