## Twitter Thread by Life Pad





## 5 Min Daily Exercise ALL Men Should Do For:

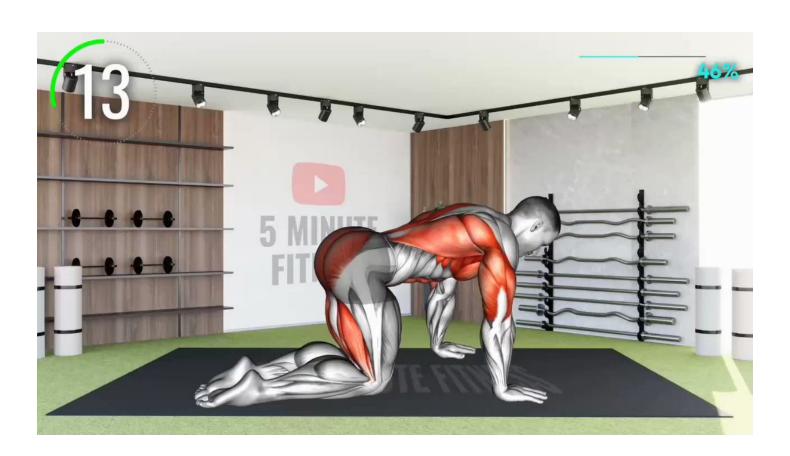
- Improve Testosterone level ■
- Healthier blood vessels
- Better stamina in bed
- lower risk of H.B.P ■
- 1. Left Glute Bridge



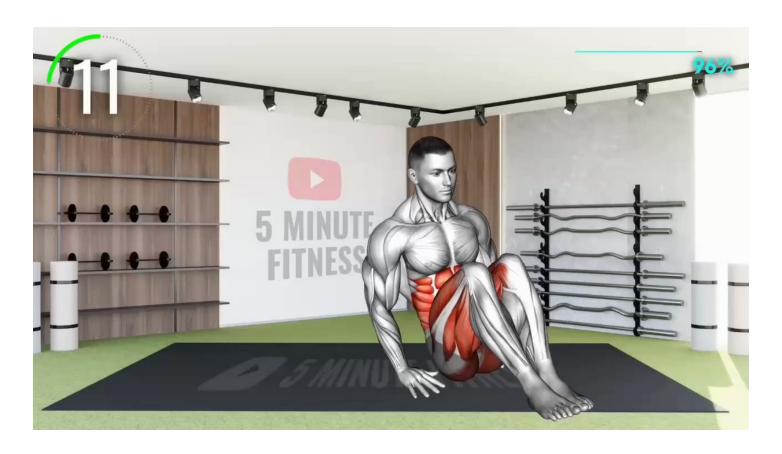
2. Right Glute Bridge



## 3. Bird Dog



Rotate and knee tucks



If you have a busy schedule but want to become or stay fit, follow <a>@The\_Life\_Pad</a>

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