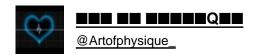
Twitter Thread by





4 Best Chest Exercises and Workouts to;

- Build Abs
- Increase Stamina ■
- Ease Stress
- Breath better
- Eliminate Blood Pressure
- Satisfy Your Woman in Bed

1. Push Ups

- 2. Knee Crunches
- 3. Half Kneeling
- 4. Mountain Climbers

Special thanks to FitMedia Channels for these exclusive exercises.