

Twitter Thread by [Daniel Raz | Fat Loss Trainer](#)



[Daniel Raz | Fat Loss Trainer](#)

[@DanielRaz_Fit](#)



Get bigger legs and increase your sex stamina by doing this every morning for a week.

100% Rapid Results

1. Elevated hip thrust

4 sets of 20 reps



2. Squats

4 sets of 20 reps



3. Lunges

4 sets of 15 reps each leg



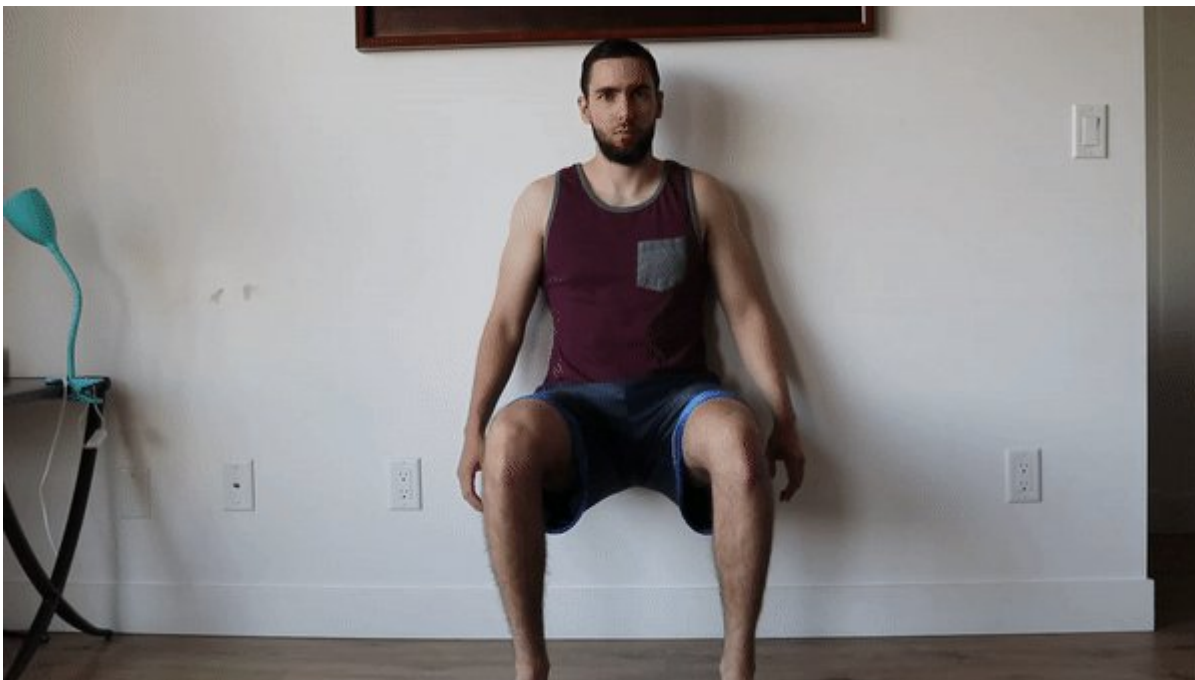
4. Single leg glute bridge

4 sets of 15 reps each leg



5. Wall sits

4 sets of 60 seconds



Remember to spread the love by retweeting the first tweet and clicking "like" for the algorithm to see the best method to level up next.

<https://t.co/BizxqBiQA1>

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4 sets of 20 reps pic.twitter.com/afCzfBaO5A

— Daniel Raz | Fat Loss Trainer (@DanielRaz_Fit) [December 30, 2022](#)