

Twitter Thread by [Life Pad](#)

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Do this basic exercise every morning, use your body or lose it..

- For Lower back pain
- Make the spinal cord stronger
- Sharpens your intellect,& activate • The lumber region of your spine...

1. Standard



2. Sumo

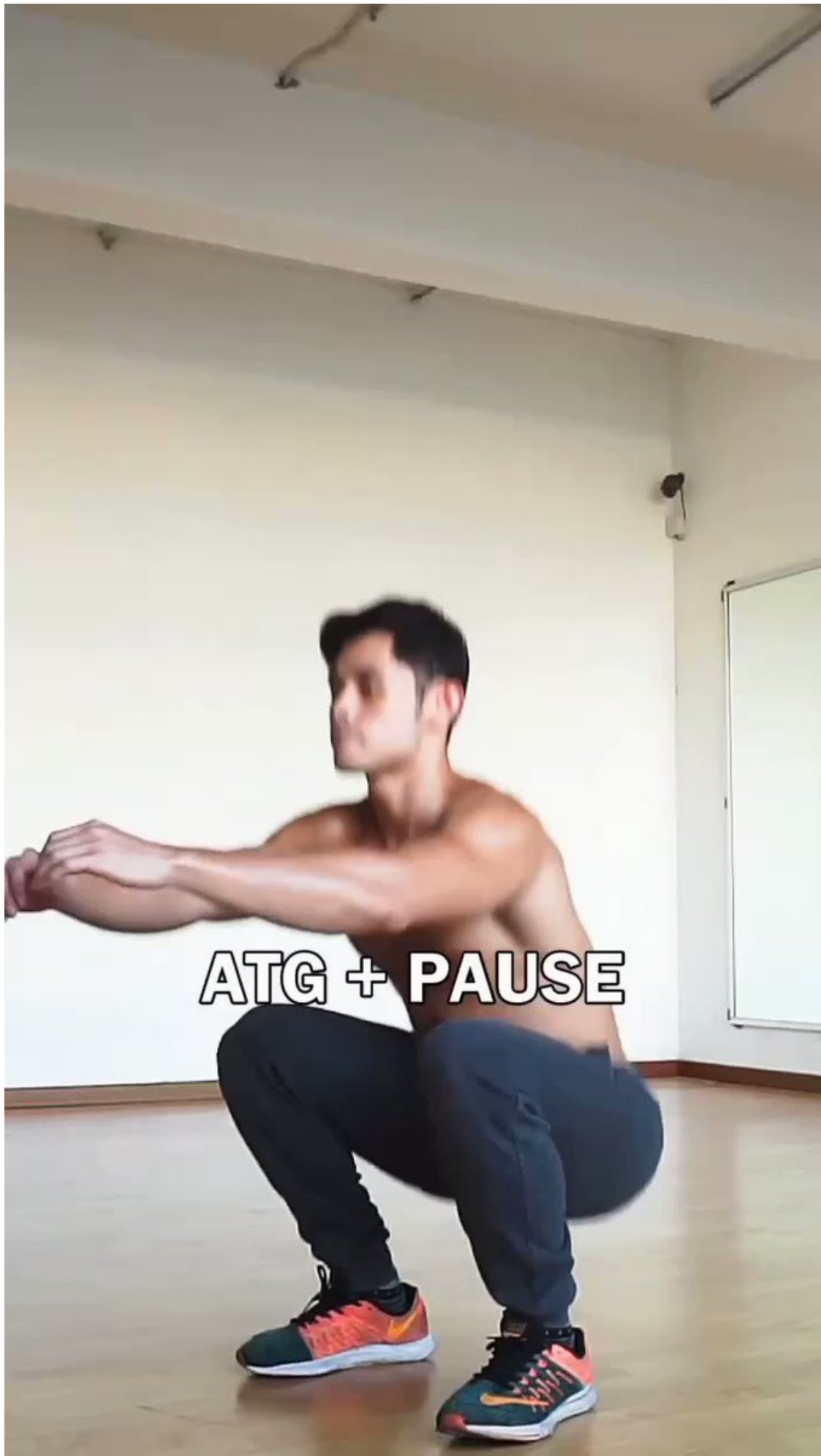




PRISONER



NARROW
(intermediate level)



A full-body photograph of a muscular man in a wide, athletic stance. He is shirtless, showing a well-defined torso with visible pectoral and abdominal muscles. He is wearing dark-colored athletic pants and bright orange and black sneakers. His arms are slightly bent, and his hands are positioned near his thighs. The background is a plain, light-colored wall with a wooden baseboard. The floor is a light-colored, polished wooden surface that reflects some of the light. The text "FRONT & BACK" is superimposed over the lower half of the image, centered horizontally.

FRONT & BACK