

Twitter Thread by Life Pad

Life Pad

@The_Life_Pad



Do this at home for free gain.

No Gym full body Workout.

- All round benefit for active body
- For better clarity this 2023
- Sharpens your intellect
- Increase life span.

1. Squat



2. Crunches

10



3. Push up

10



4. Running Plank



5. Burpee



6. Back extension

10

BACK EXTENSION

