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



3. Push up



4. Running Plank



5. Burpee



6. Back extension


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BACK EXTENSION