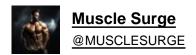
Twitter Thread by Muscle Surge





Men Do These Exercises 3 times a Week to increase Testosterone and Decrease the injury chances

Total workout length 25-30 mins

1. Squats

- 2. Glute Bridges
- 3. Adductor stretch
- 4. fire hydrant bodyweight
- 5. Bodyweight Single Leg Deadlift
- 6. Bridge Pose Setu Bandhasana

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https://t.co/xi6FS2HUwn

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- 1. Squats pic.twitter.com/DiN5wDZAUP
- Muscle Surge (@MUSCLESURGE) January 8, 2023