Twitter Thread by Muscle Surge



Muscle Surge
@MUSCLESURGE

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