

Twitter Thread by Muscle Surge

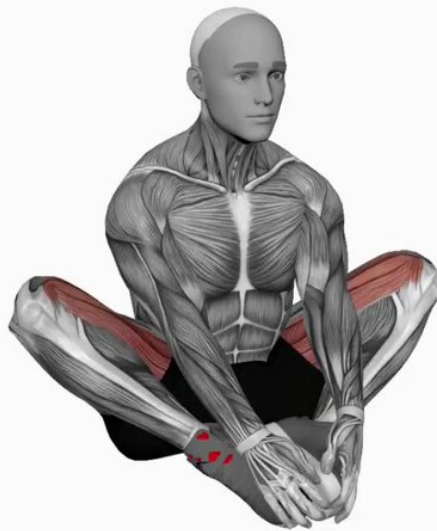
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8 Exercises Scientifically Proven to Boost Libido and Sex Stamina

1. Butterfly Yoga Flaps

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2. Adductor stretch side standing

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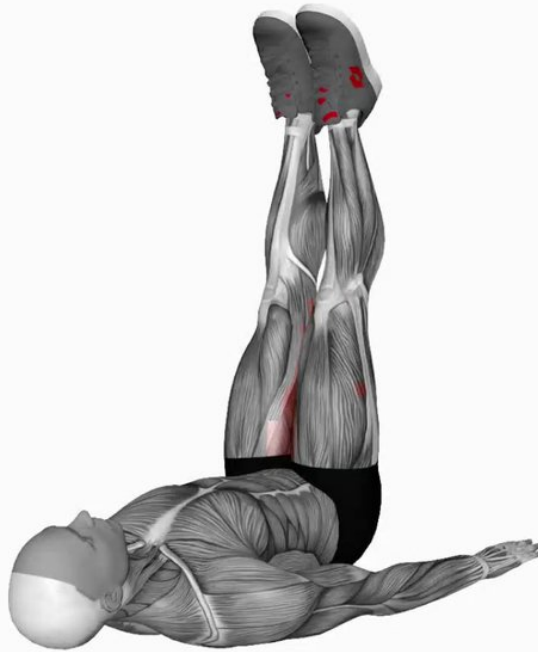
3. Barbell Hip Thrust

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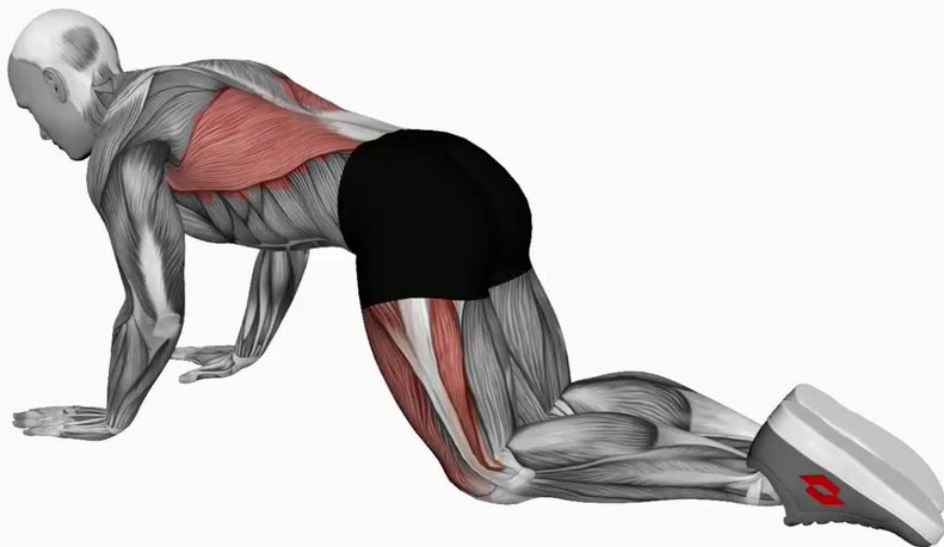
4. Adductor dynamic stretch

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5. Child pose

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6. kneeling hip flexor stretch

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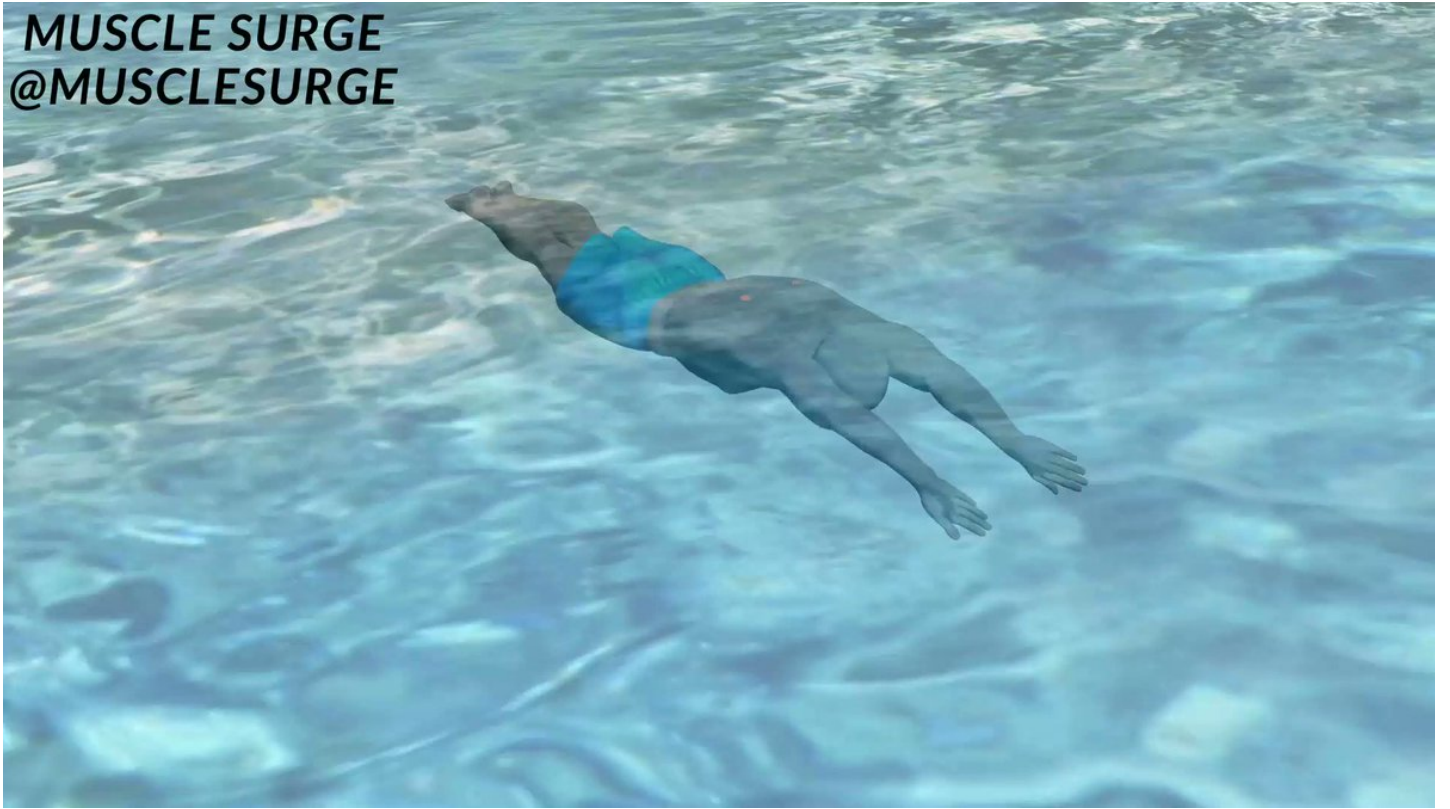
7. Backward abdominal stretch

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8. Breaststroke Swimming

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1. Butterfly Yoga Flaps pic.twitter.com/odBYzMygsp

— Muscle Surge (@MUSCLESURGE) [January 22, 2023](#)