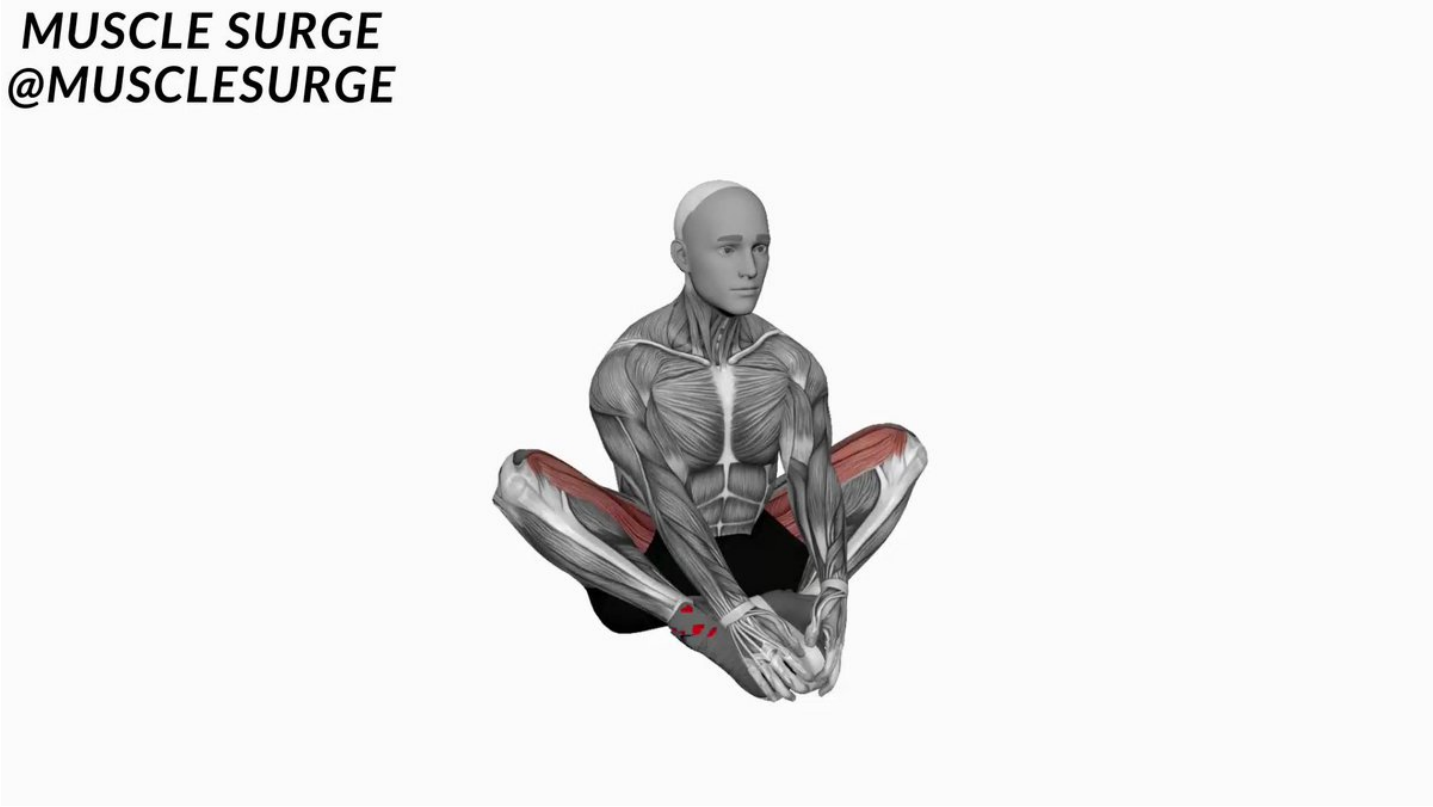
Twitter Thread by Muscle Surge

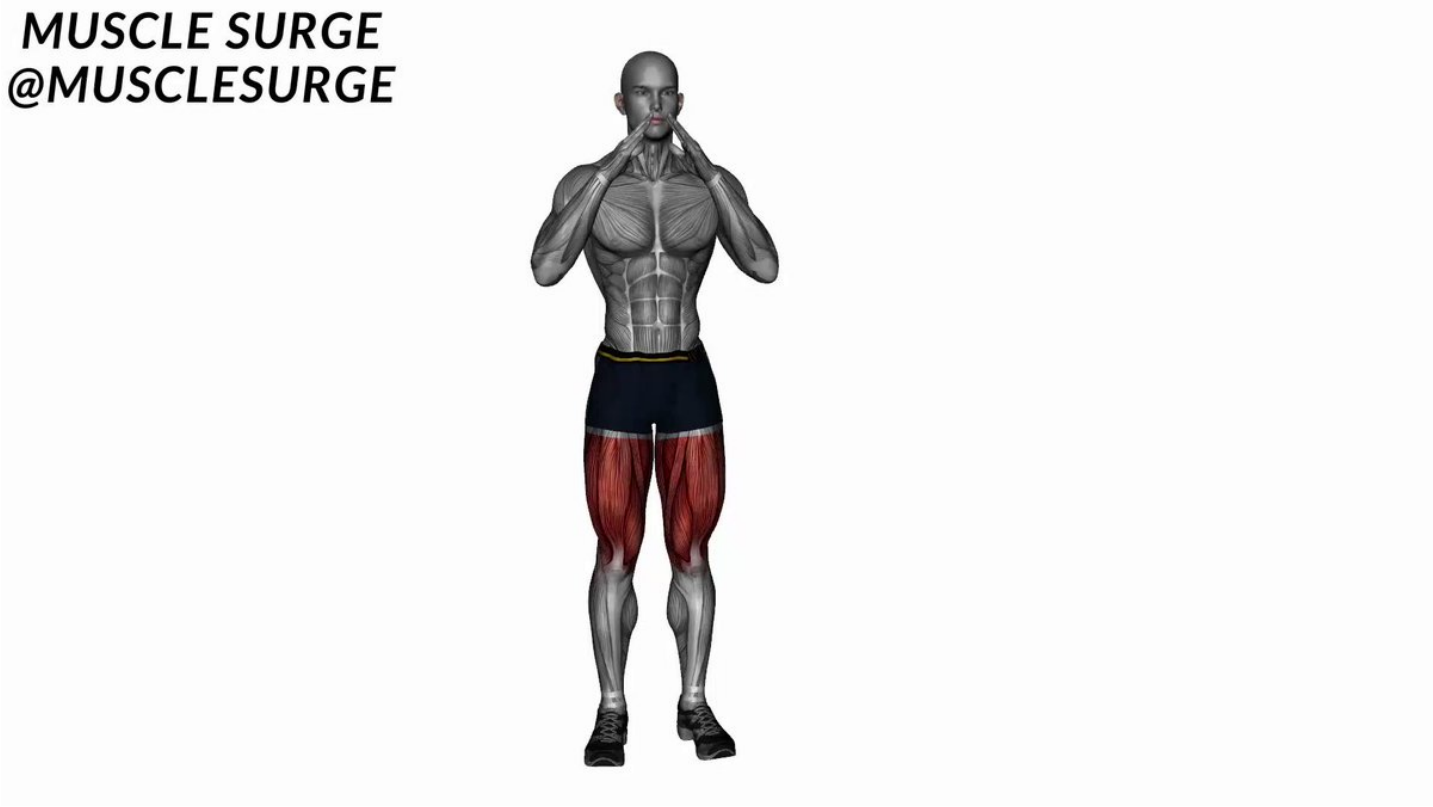
Muscle Surge
@MUSCLESURGE

8 Exercises Scientifically Proven to Boost Libido and Sex Stamina

1. Butterfly Yoga Flaps



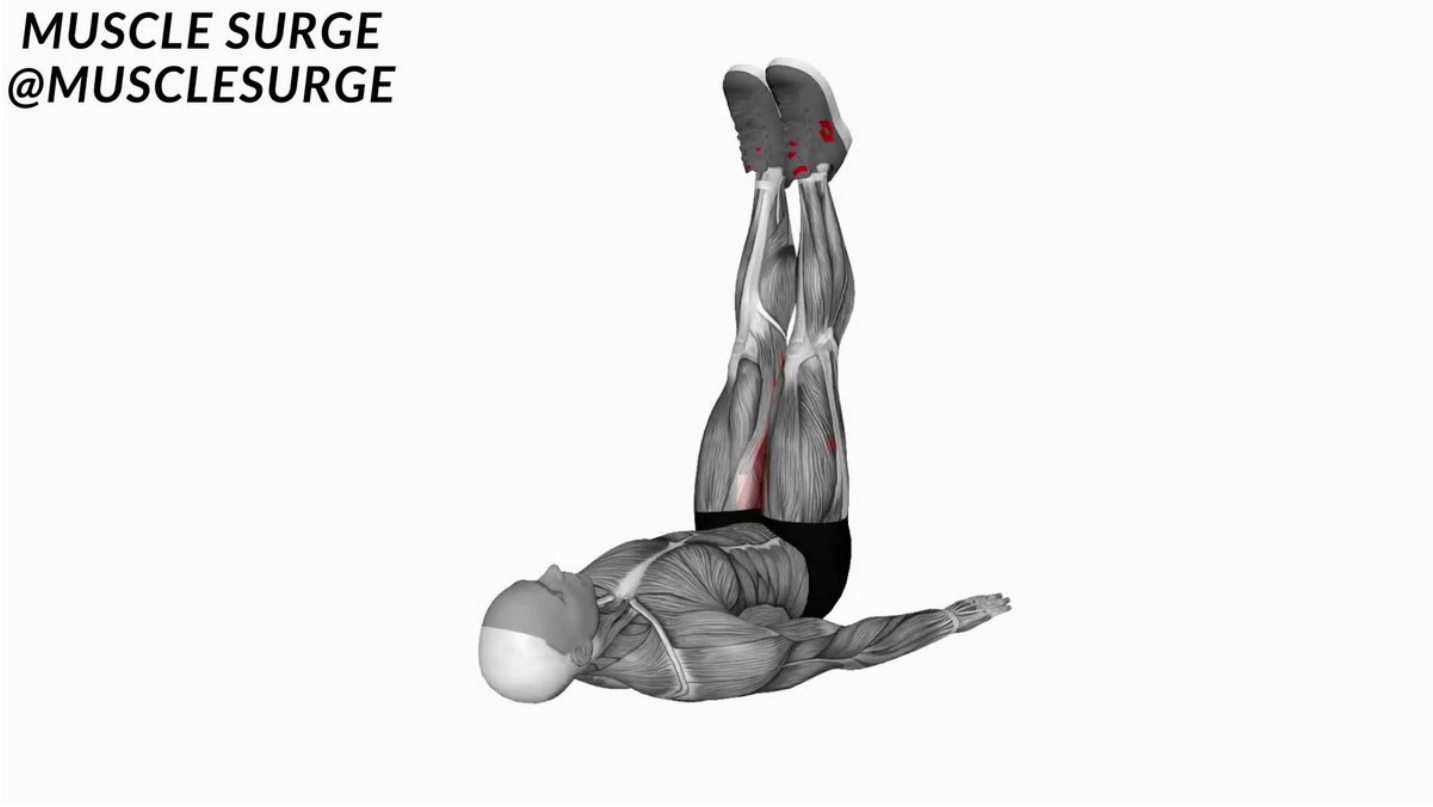
2. Adductor stretch side standing



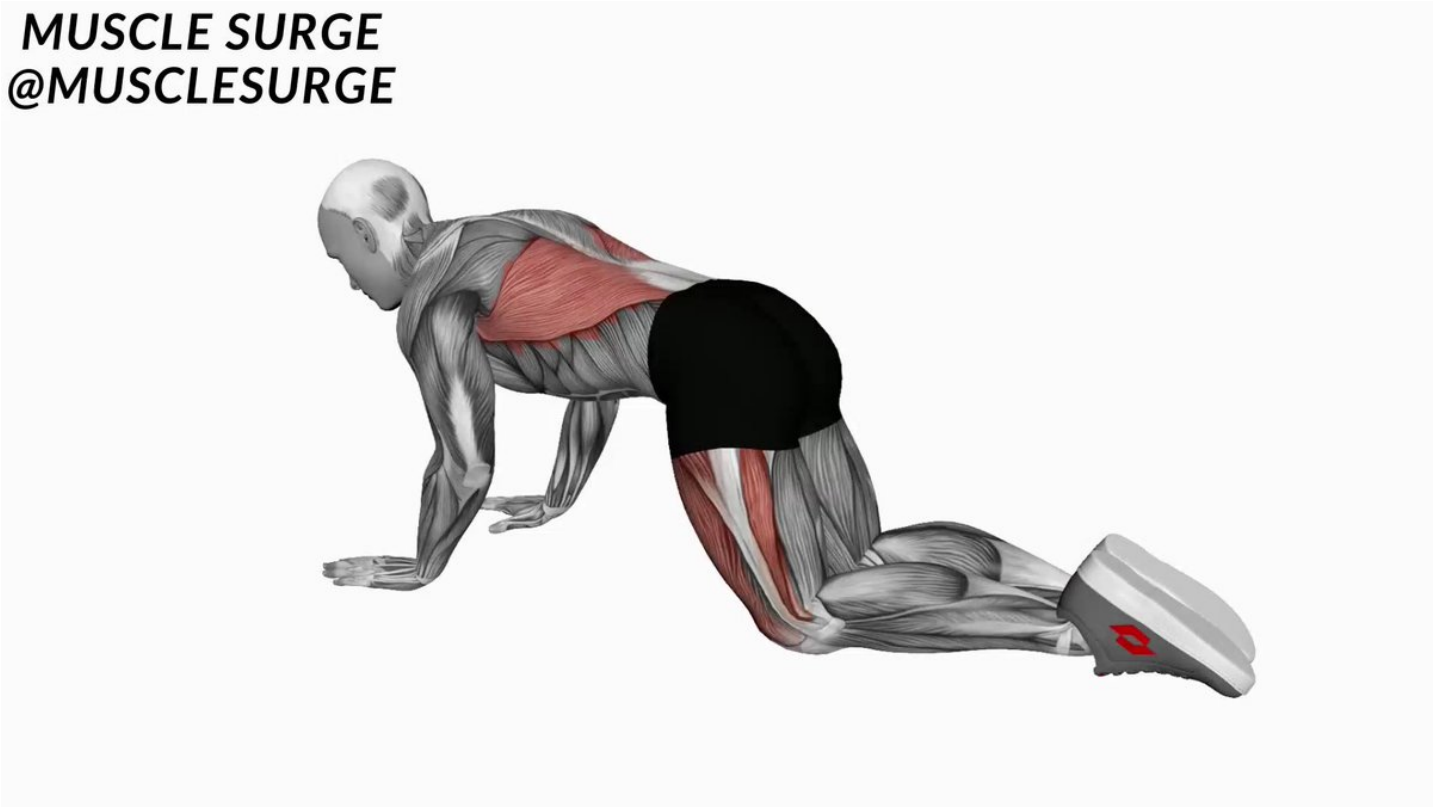
3. Barbell Hip Thrust



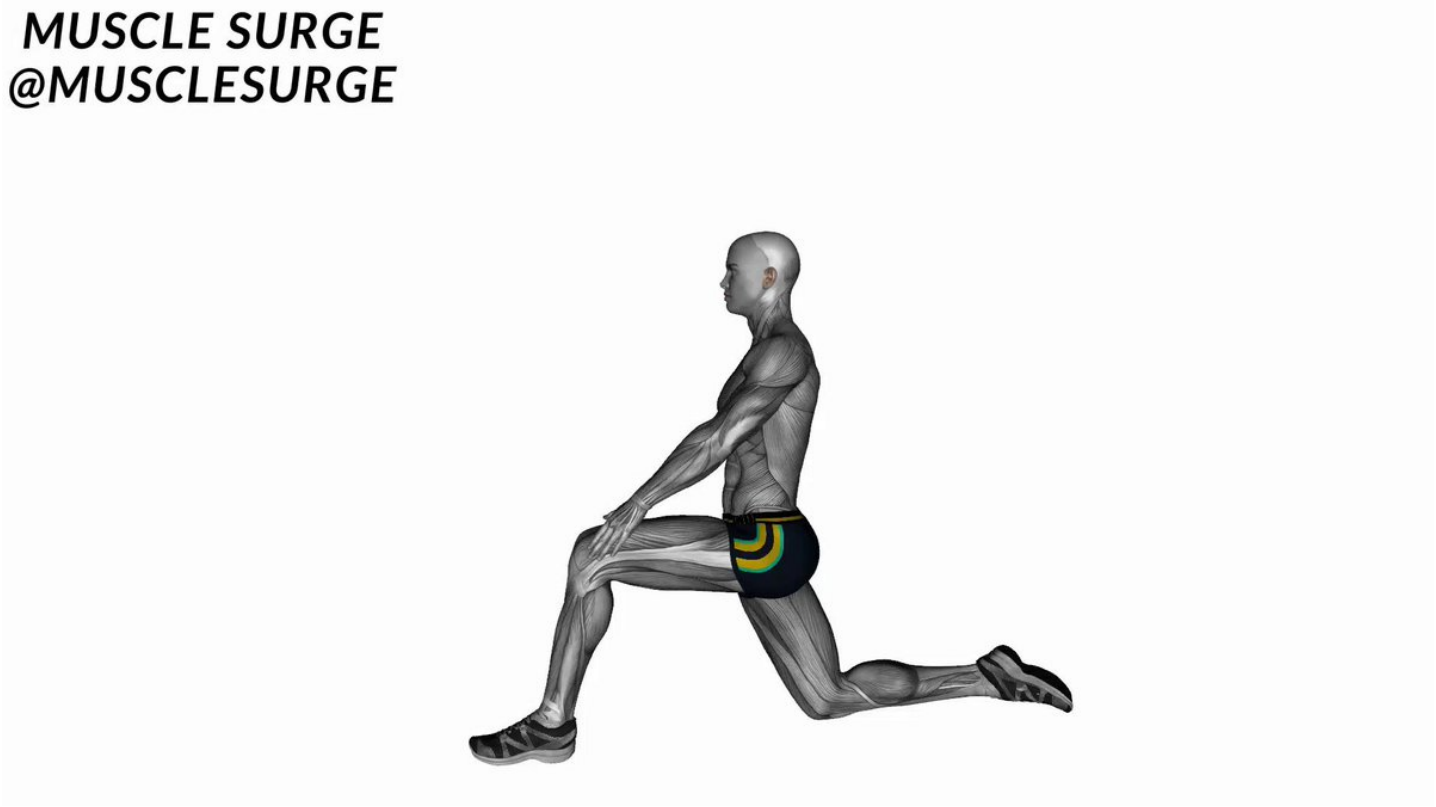
4. Adductor dynamic stretch



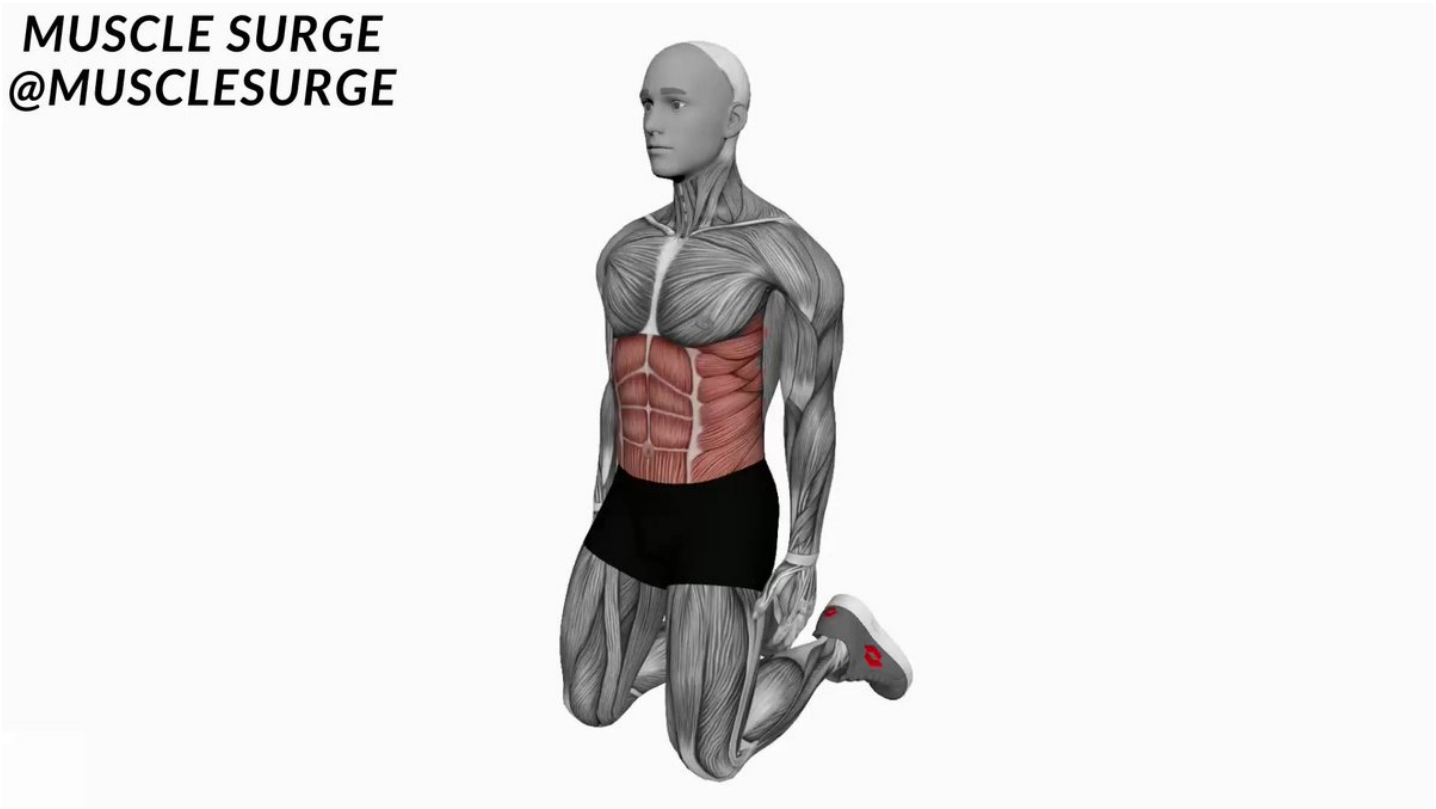
5. Child pose



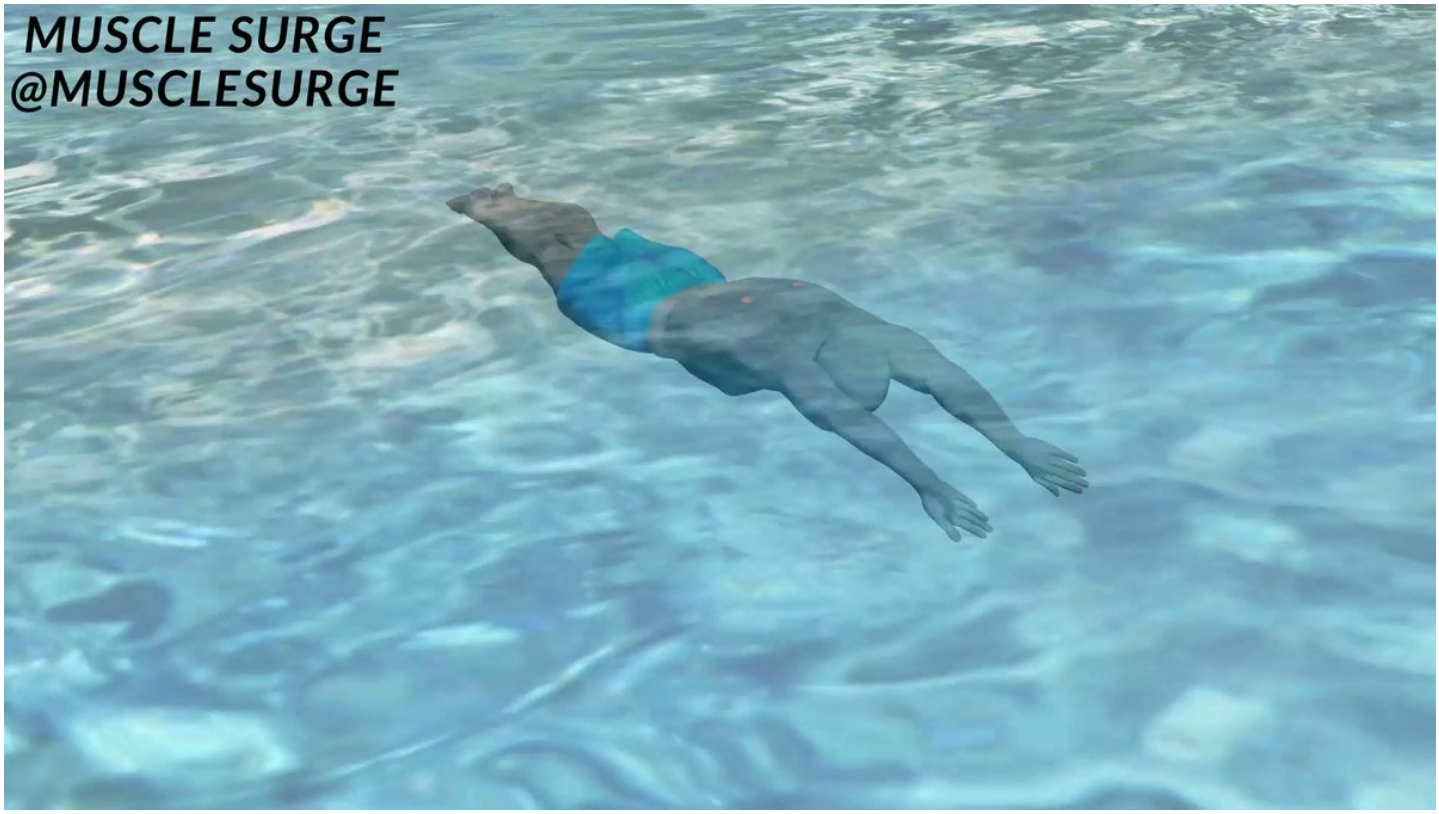
6. kneeling hip flexor stretch



7. Backward abdominal stretch



8. Breaststroke Swimming



Thanks for reading. If you liked the thread share it with others and for more such content follow @MUSCLESURGE

https://t.co/tJbgJ64cLI

> 8 Exercises Scientifically Proven to Boost Libido and Sex Stamina
>
> 1. Butterfly Yoga Flaps pic.twitter.com/odBYzMygsp
>
> — Muscle Surge (@MUSCLESURGE) January 22, 2023