Twitter Thread by Art of Masculinity



Art of Masculinity
@AOMasculinity

Men, if you want to transform your life physically, mentally, and financially, read this:

1. Physically

• Eat like a king

• Eggs
• Fruits
• Beans
- Red meats
- Leafy greens

Will fuel and strengthen your body.

• Train like a warrior

Here's a full body spartan workout:

Pull-ups – 25 reps

Deadlifts with 135lbs – 50 reps

Push-ups – 50 reps

24” box jumps – 50 reps

Floor wipers – 50 reps

Clean-and-press with 36lbs kettlebells – 50 reps

Pull-ups – 25 reps

• Recover properly

- Stay hydrated
- Take ice showers
- Get 7-8 hours sleep
- Stretch 20 mins a day

Eat anti-inflammatory foods;

- Spinach
- Turmeric
- Fatty fish
- Flax seeds
- Blueberries

These help your muscles recover fast and ache less.

2. Mentally

• Meditate 15 mins a day

Meditation helps you:

- Focus
- Be self-aware
- Gain motivation
- Improve confidence

You can find easy to follow guides on youtube.

• Journal

Journaling will help you:

- Think positively
- Clear your mind
- Find and gain inspiration
- Get rid of negative thoughts

Aim to write everything you are thinking about and what you're grateful for today.

• Read 20 pages a day

Best books for mental strength:

- Can't Hurt Me
- Mastering Fear
- The Mountain Is You

Just like your body, you need to train your mind.

Books are one of the best ways to do this.

3. Financially

• Start a side hustle

Best side hustles with a low start cost:

- Investing
- Copywriting
- Affiliate marketing
- Growing a twitter account

Growing a twitter account and making $5000/mth is easier than you think.

• Invest in your future

Investing in these will help you 10x your income:

• Stocks
• Courses
• Knowledge

I make over $5000/mth from this twitter account and it all started with a cheap course that was full of knowledge,

• Invest your time

You can waste time:

- Procrastinating
- Watching netflix
- Playing video games

Or you can use your time to:

- Watch courses
- Learn a new skill
- Build new side hustles

The choice is yours.

Men, here's your opportunity to transform your life financially!

Get the "$69 Startup" and build a twitter account that makes you $1000s every month!

Just like me!

100s of people are earning because of this course

Click here and invest in your future: https://t.co/VVNHfo2BbW

If you enjoyed this thread, retweet the first tweet and follow me @AOMasculinity

This account exists to help men:

• Build power
• Build strength
• Build masculinity

Have a good day!