Twitter Thread by Alpha Club



Alpha Club
@AlphaBuilder_

If you want longer sex, here's how I learned to last more than 10 minutes

1. Improve your heart health

Improve your erections with this diet:

■ Red Fruits
■ Whole grains
■ Protein
-Vegetables

Cook these at home to be aware of what you consume.

2. Get daily exercise

A sedentary lifestyle is affects your blood flow

Physical exercise will increase the bloodflow of your penis

The best exercises to cure ED are:

■ Cardio
■ Kegels
■ lift weights

Exercise for 30 minutes daily to obtain good blood flow.