

Twitter Thread by ■■■■ ■■ ■■■■■■Q■■■

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10 Minutes Morning Home Work Out To;

- Reduces Fatigue
- Increase Stamina
- Boost Confidence
- Better Sleep
- More Energy
- Healthier Body
- Controls Weight
- Improves Mood
- Build Strength

1. Squats

2. Cross Back Lunge

3. Superman Full Push Up

4. Side Kick (Right)

5. Side Plank Rotation (Right)

6. Side Plank Rotation (Left)

7. Leg Raise

8. Bicycle Kick

9. Toe Touch