

## Twitter Thread by ■■■ ■■ ■■■■■■Q■■



■■■ ■■ ■■■■■■Q■■

[@Artofphysique](#)



**Become a Multiorgasmic Man, ■ Push a Womans Buttons to Give Her Mind  
Blowing Orgasms; ■ ■**

**Do These Exercises Today For One Week To Achieve Great Stamina ■■**

**Credit: Ashton Hall Official**

### **1. Knee Taps Into Jack**

2. Plank Pushups with Plank Jack

3. V Tucks Into Front Raise Jacks

4. Rotating Hips Into Squats

5. Cross Scissoring Into Side Crunches

6. Ankle Taps Into Tucks