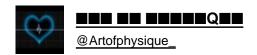
Twitter Thread by





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