Twitter Thread by ■■■ ■■ ■■■■■Q■■

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@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