

Twitter Thread by Cardio Arena



Cardio Arena

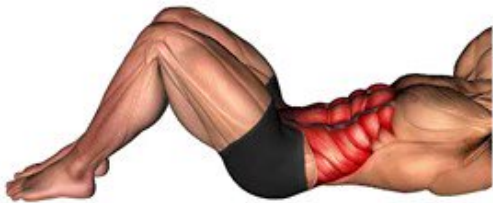
[@CadioArena](#)



Try this effective full-body workout! ■

- **Increase Strength.**
- **Build More Muscle.**
- **Have Greater Flexibility.**
- **Maximize Workout Efficiency.**
- **Burn More Calories in Less Time.**

FULL BODY WORKOUT



20x4



10X3



20X4



15X3

