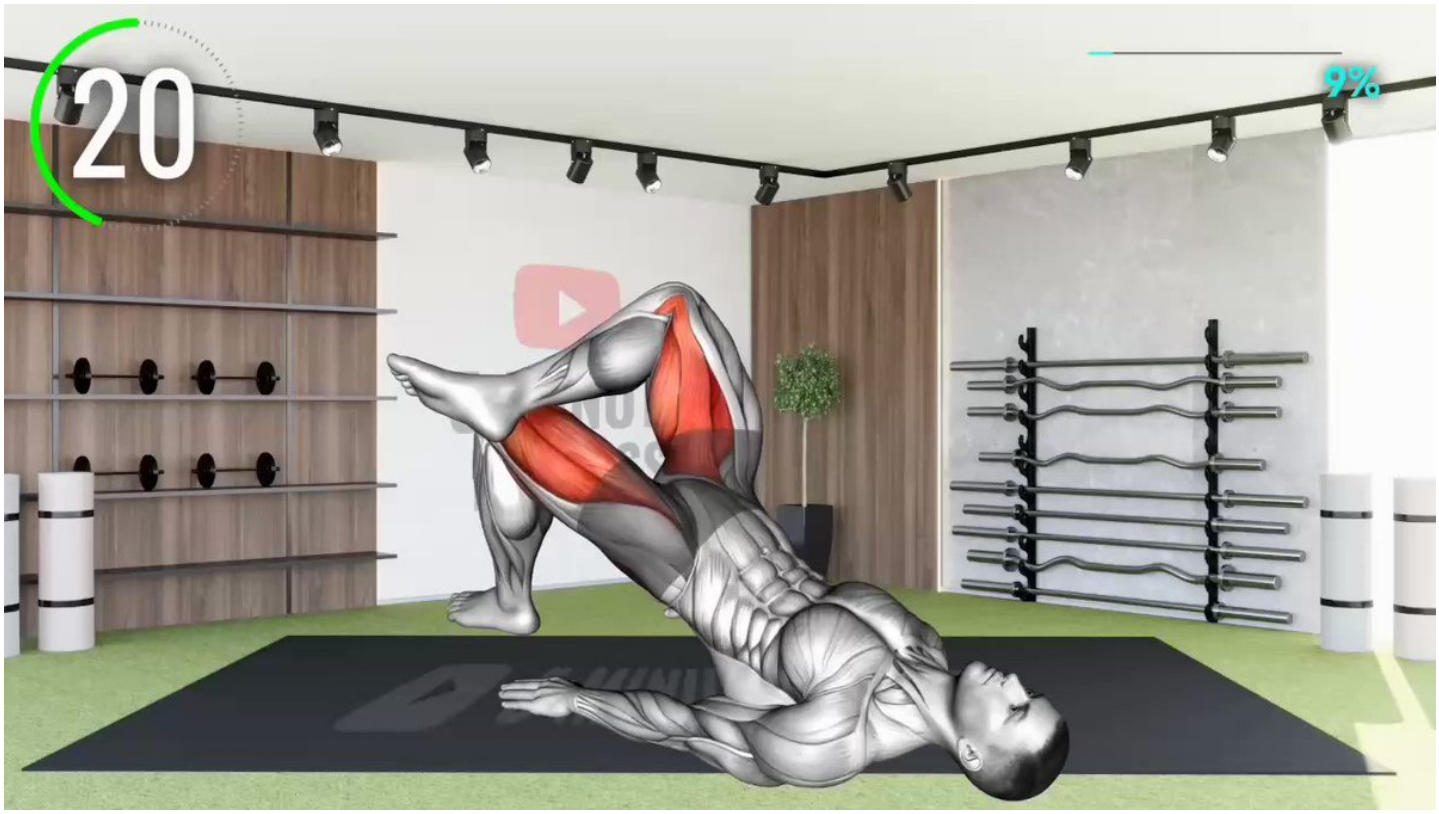
Twitter Thread by Life Pad

Life Pad
@The_Life_Pad

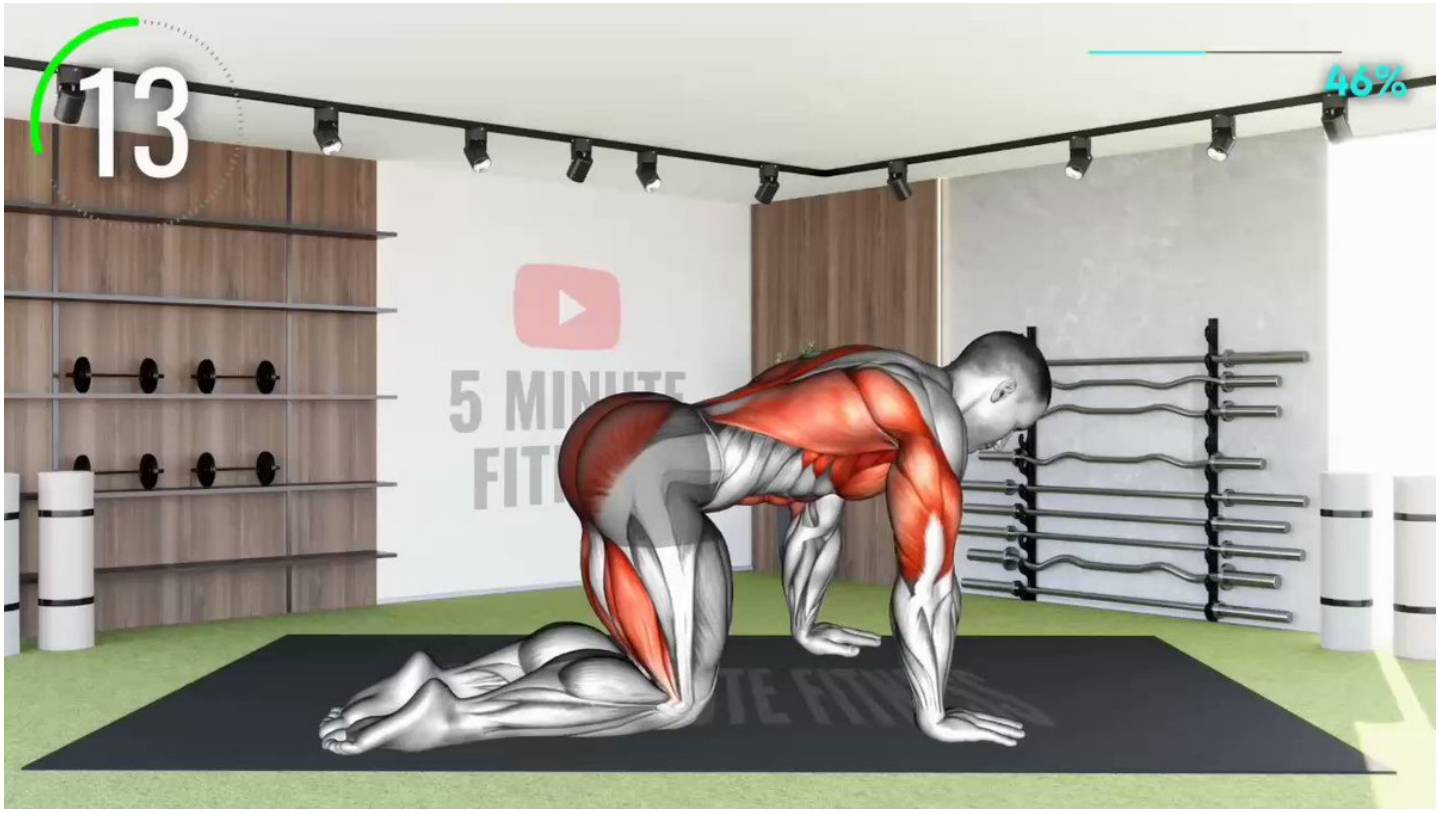
5 Min Daily Exercise ALL Men Should Do For:
• Improve Testosterone level ■
• Healthier blood vessels■
• Better stamina in bed ■
• lower risk of H.B.P ■
1. Left Glute Bridge



2. Right Glute Bridge



3. Bird Dog



Rotate and knee tucks



If you have a busy schedule but want to become or stay fit, follow @The_Life_Pad

DISCLAIMER: While the title might be controversial, they have absolutely no malicious intent to lie or mislead anyone.