

Twitter Thread by Life Pad



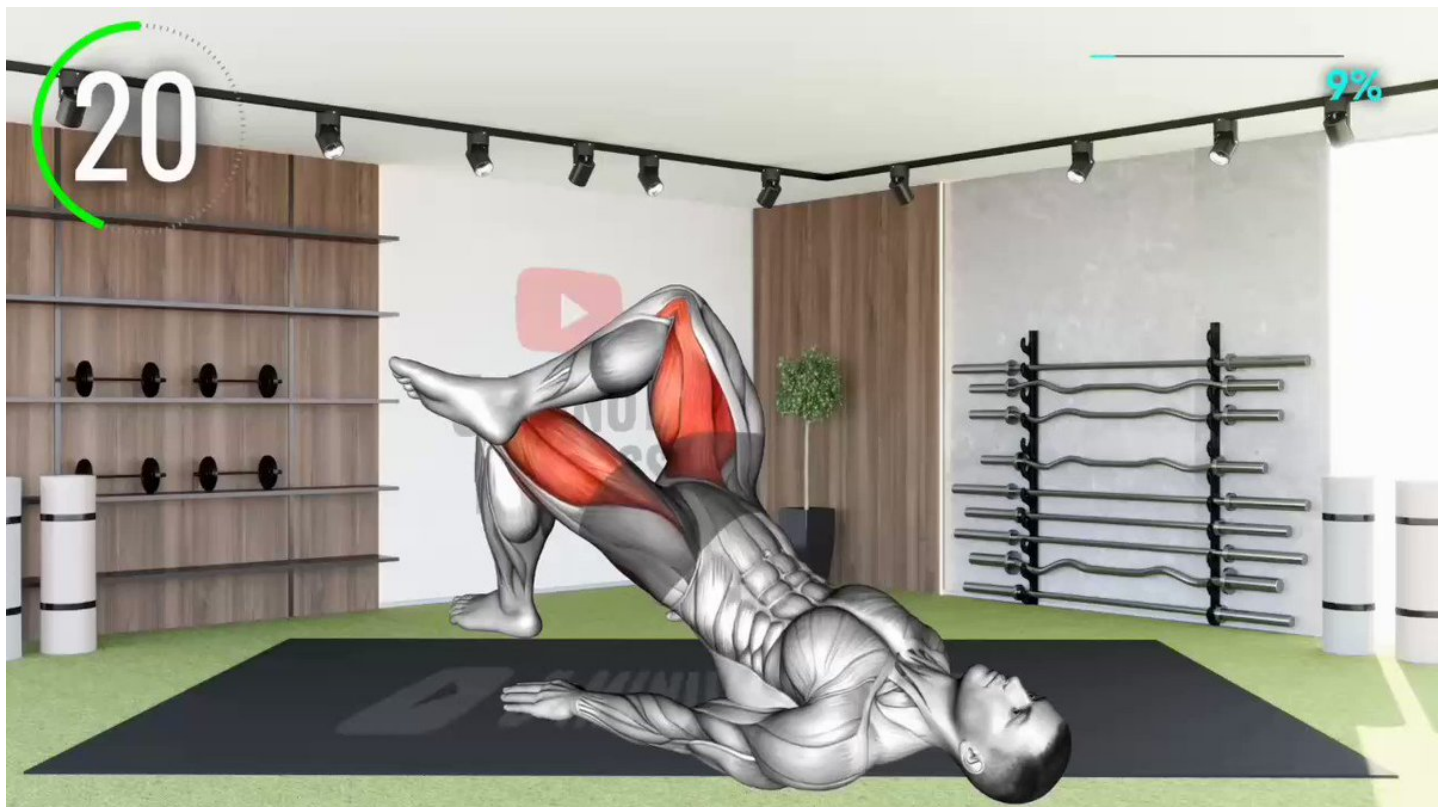
Life Pad
[@The_Life_Pad](#)



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 ■

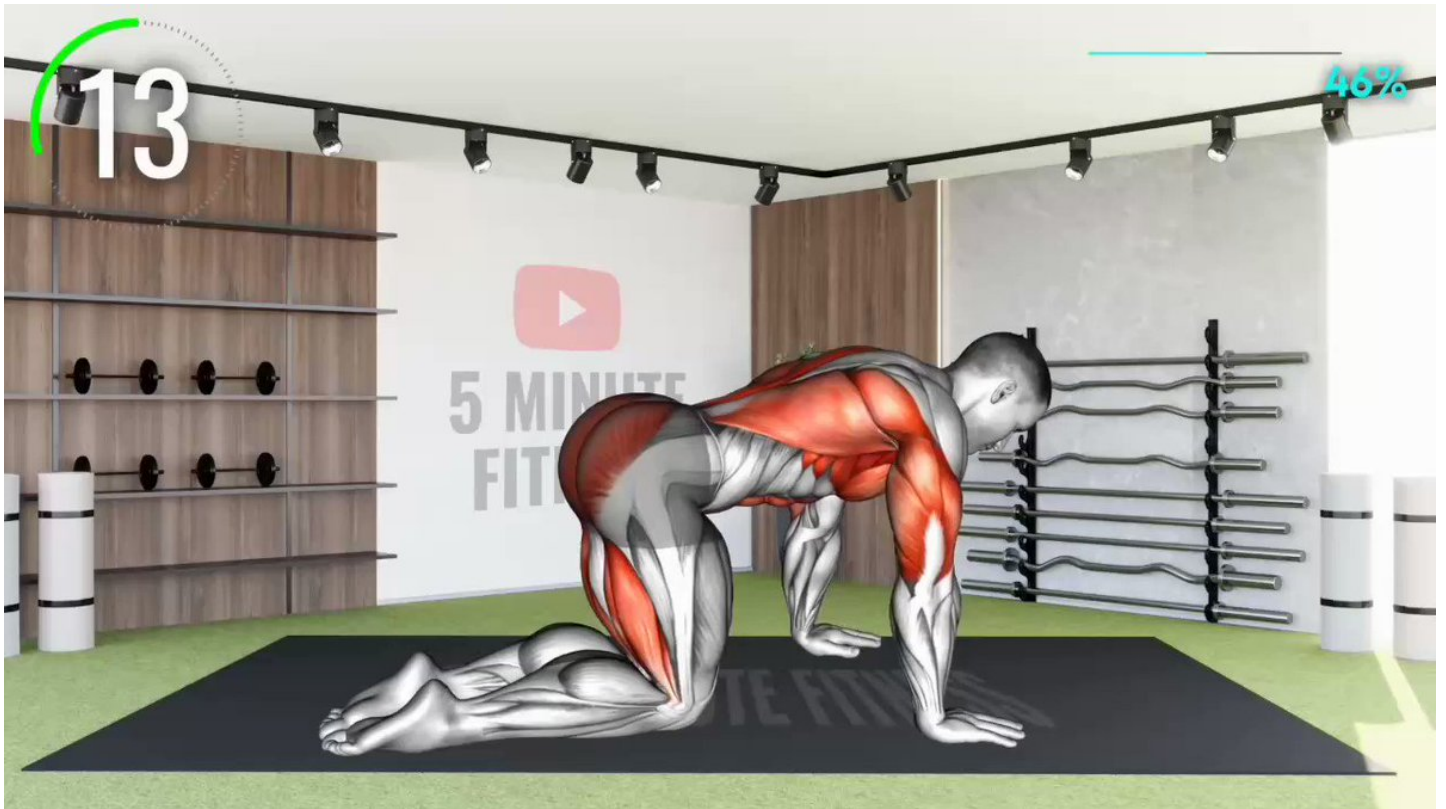
1. Left Glute Bridge



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.