Twitter Thread by Alpha Club



Alpha Club
@AlphaBuilder_

1 minute sex sucks. Men, here's how you last longer in bed:

1. V hold

Make sure when you get to the top

Squeeze the abs

3 sets x 15 reps

2. Heel touches

Do 3 sets of 30 seconds

3. Reverse crunch

Do 3 sets x 10 reps daily

Increase 10 reps every week

4. Single leg raises

Make sure when you do these

You're squeezing your abs

You'll feel them more

Do 4 sets x 10 reps each leg

5. Mountain climbers

Do 3 sets x 15 seconds

Do these:

Monday
Rest
Wednesday
Rest
Thursday
Rest
Saturday

For 30 days, you'll turn into a Chad!

Thanks for reading!

Get back to me tomorrow and you'll learn on:

■Fitness
■ Health
■Mindset
■Masculinity
■Overcoming porn

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