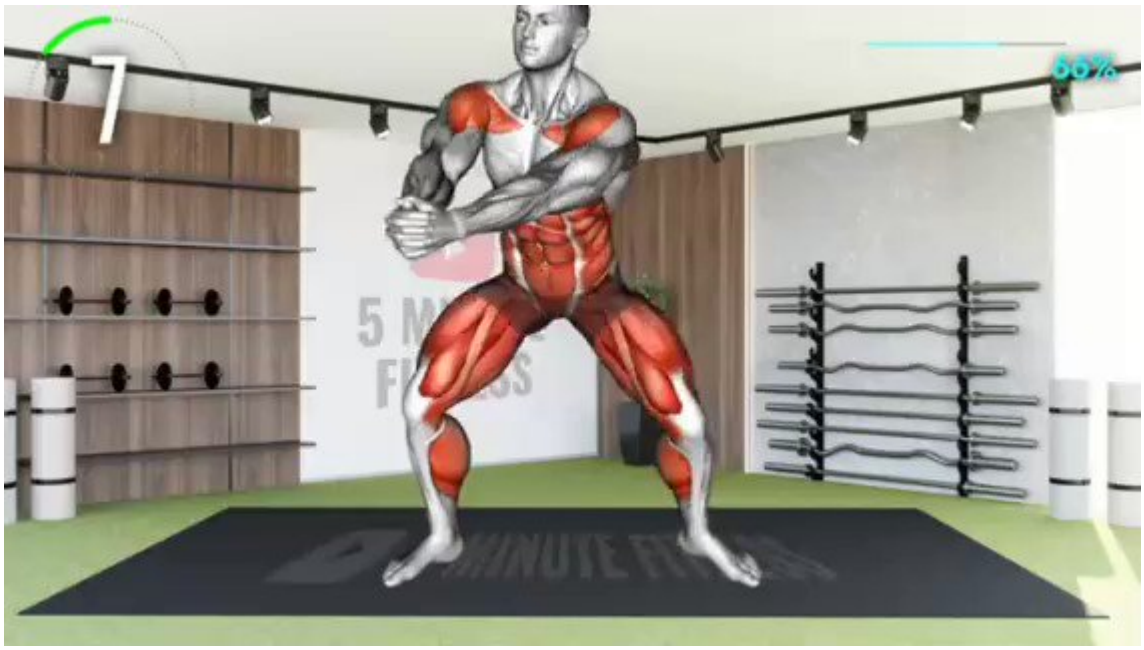
Twitter Thread by Life Pad

Life Pad
@The_Life_Pad

Turn from Fat - fit
Lazy - improve stamina
Low testosterone - high testosterone
Do This Daily For 5 Min...
1. Twist & Squat



2. Downward Dog Sprints



3. Jamping jack



4. Burpees


10
28%
5 MINUTE
FITNESS