

Twitter Thread by [Life Pad](#)



Life Pad

[@The Life Pad](#)



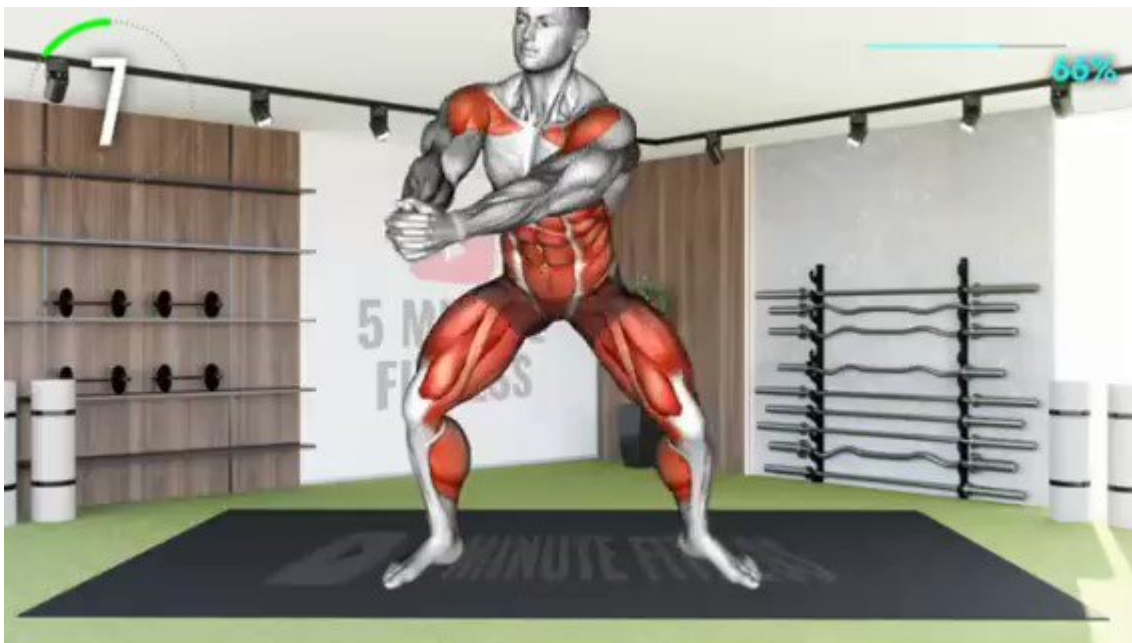
Turn from Fat - fit

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

