

## Twitter Thread by [Life Pad](#)

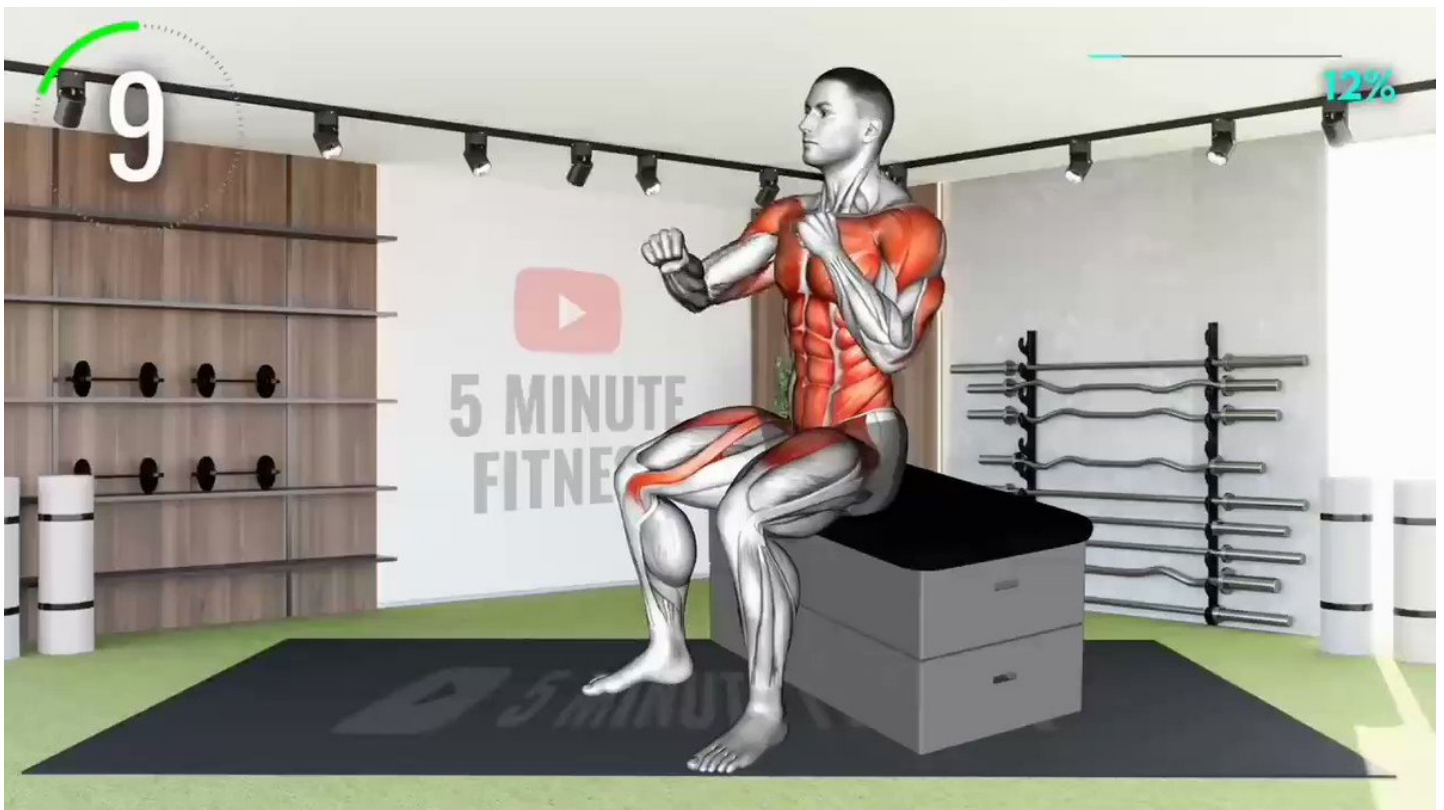


**Life Pad**  
[@The\\_Life\\_Pad](#)



### Chair Cardio To Lose 10 Pounds and gain 6pack abs...

#### 1. Punch and crunch



#### 2. Ankle tap and raise



3. Stepout + knee taps



4. Setting jacks

