Twitter Thread by Goal Loaded

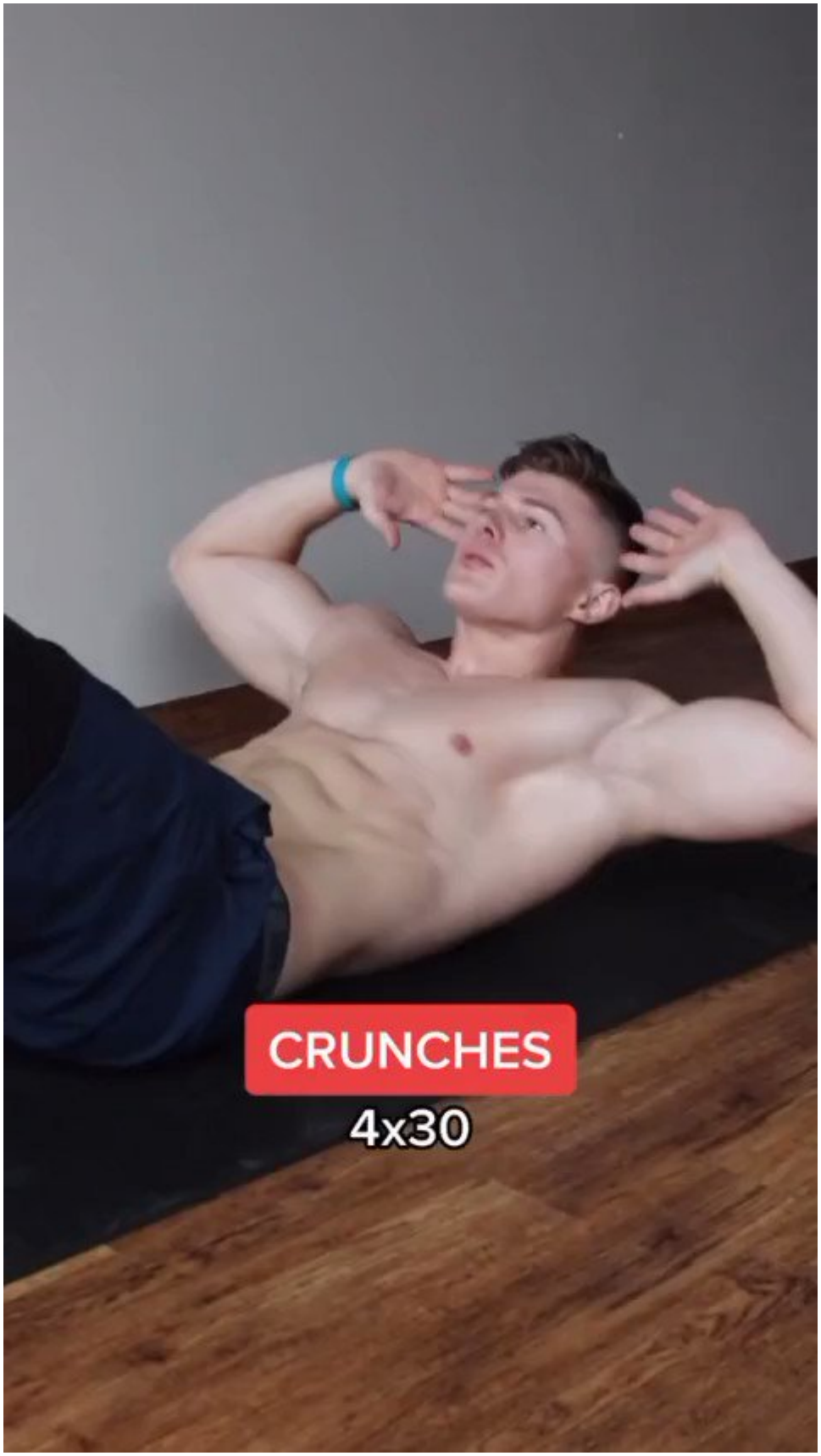


Goal Loaded
@GoalLoaded



Men do this every day and improve your stamina in bed ■ ■

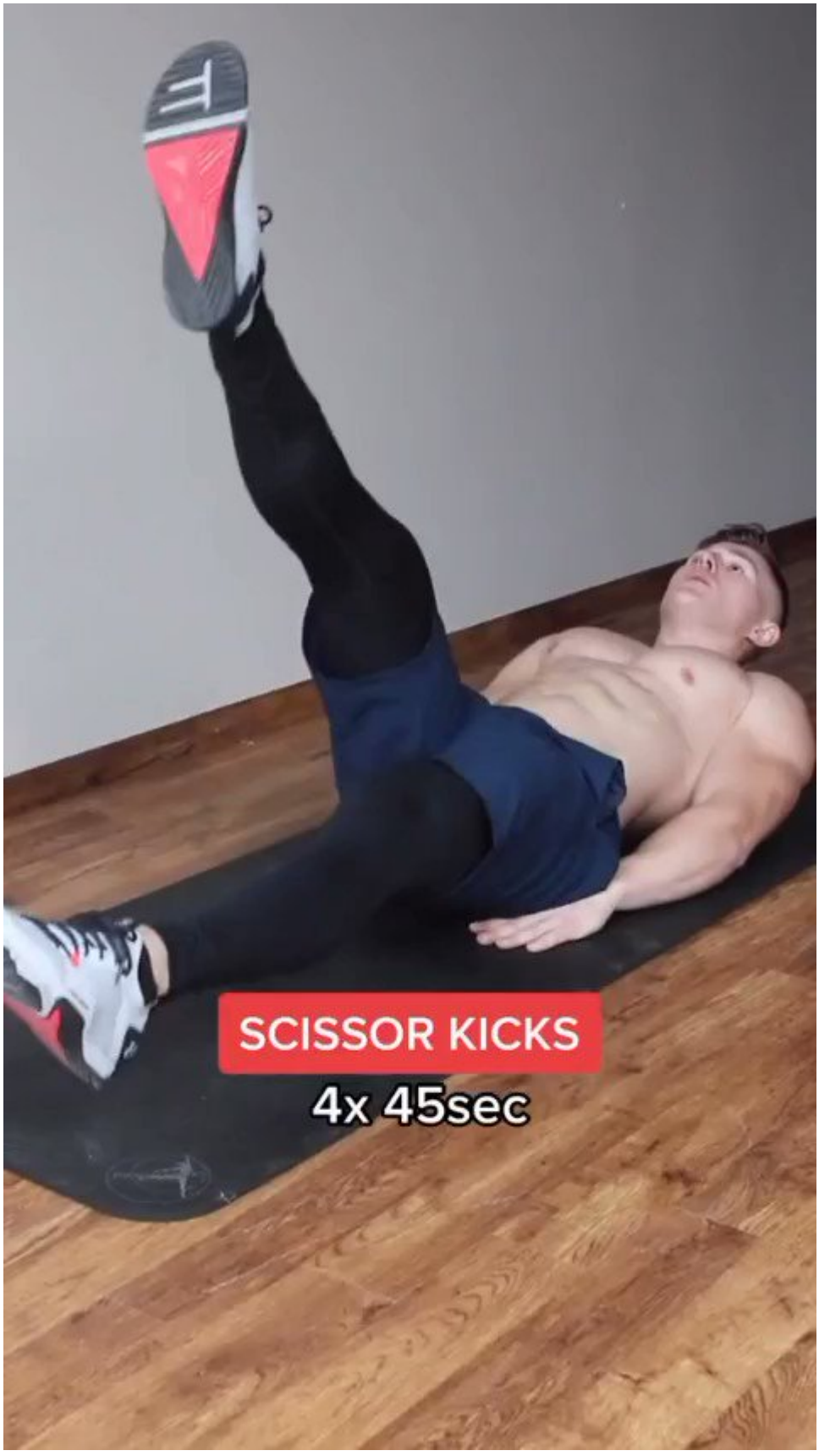
1. Crunches



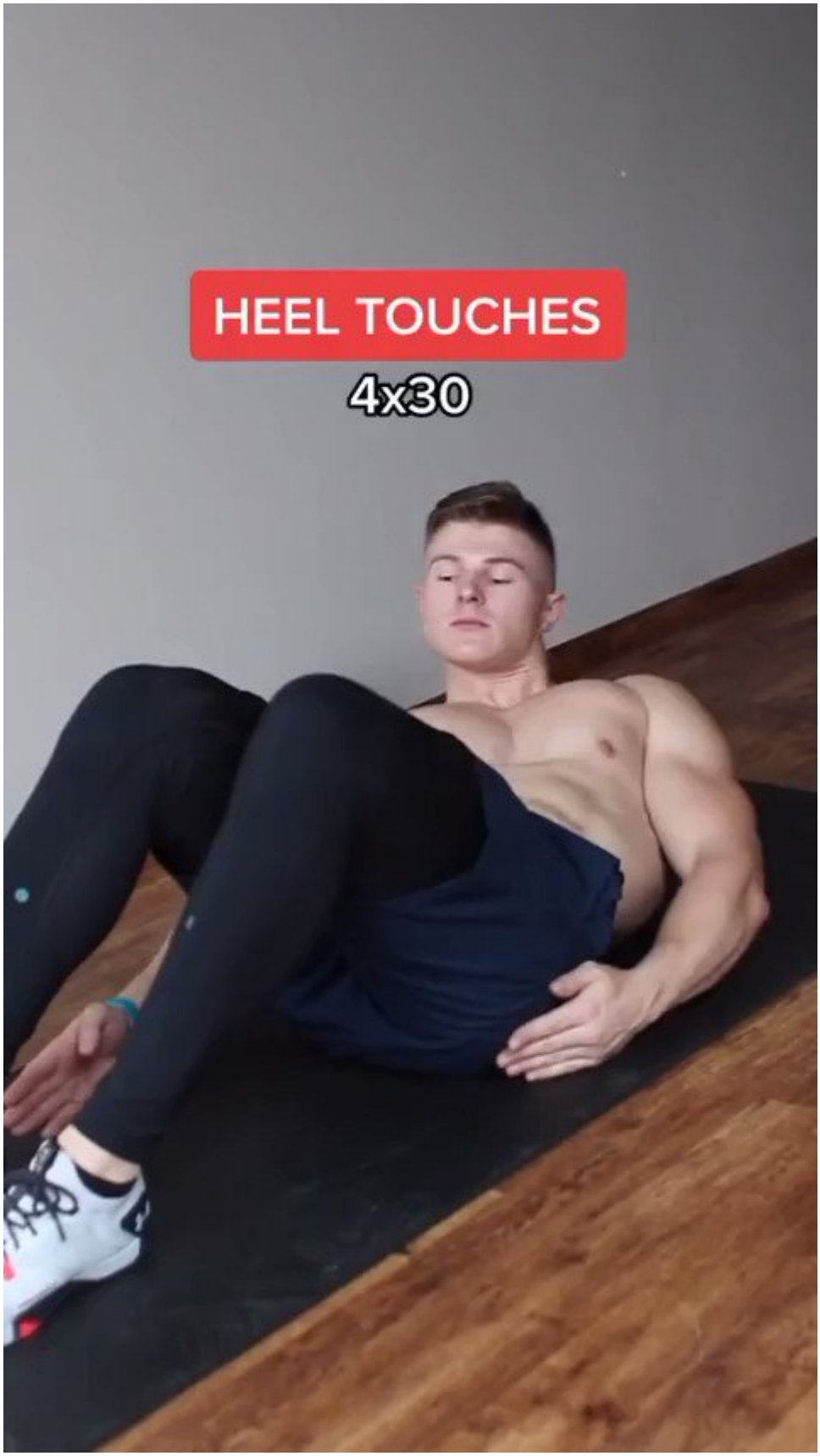
2. Sit ups



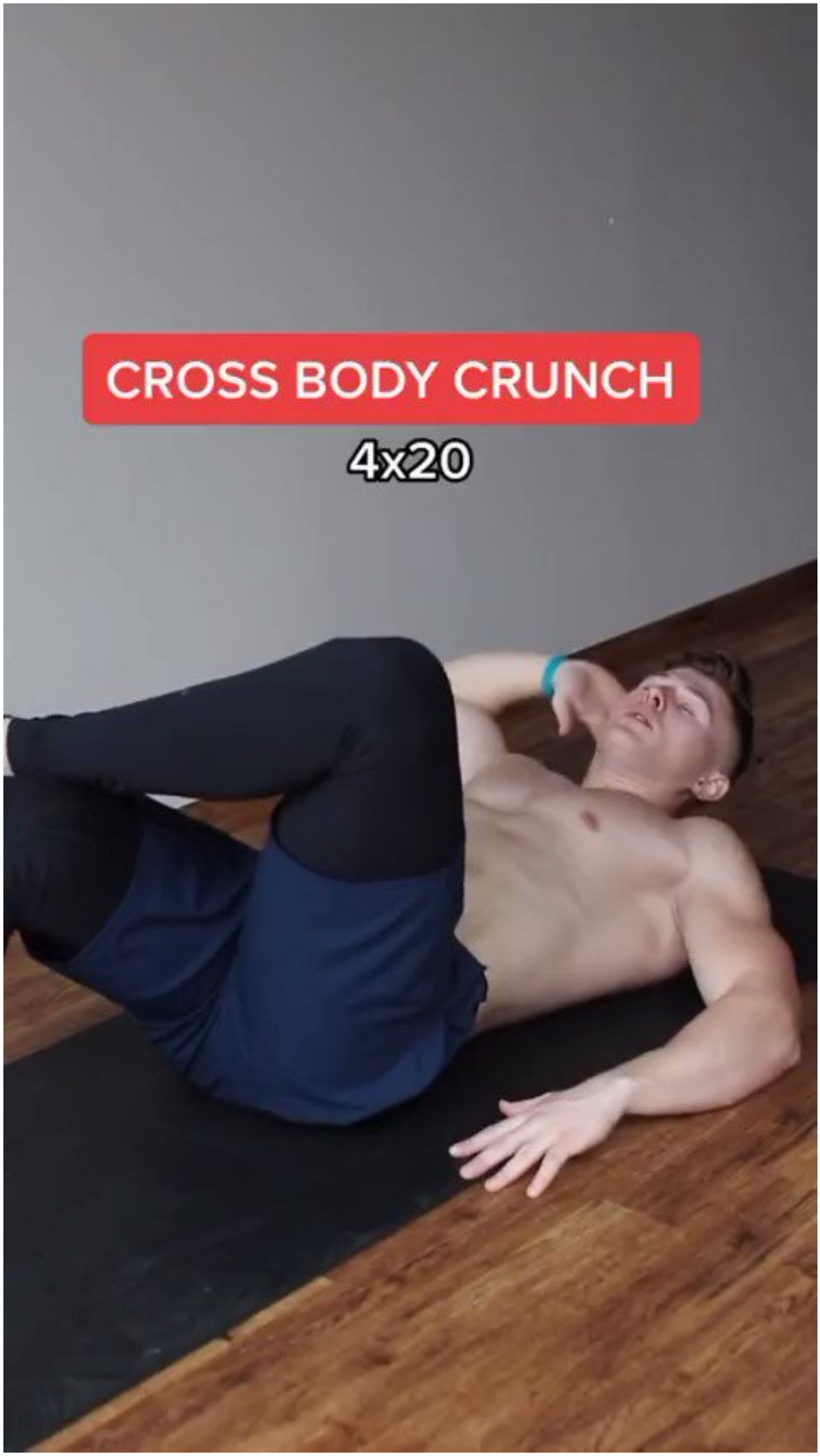
3. Scissor kicks



4. Heel touches



5. Cross-body crunch



Remember to spread the love by retweeting the first tweet and clicking "like" for the algorithm to see the best method to level up next.

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