

Twitter Thread by [Goal Loaded](#)

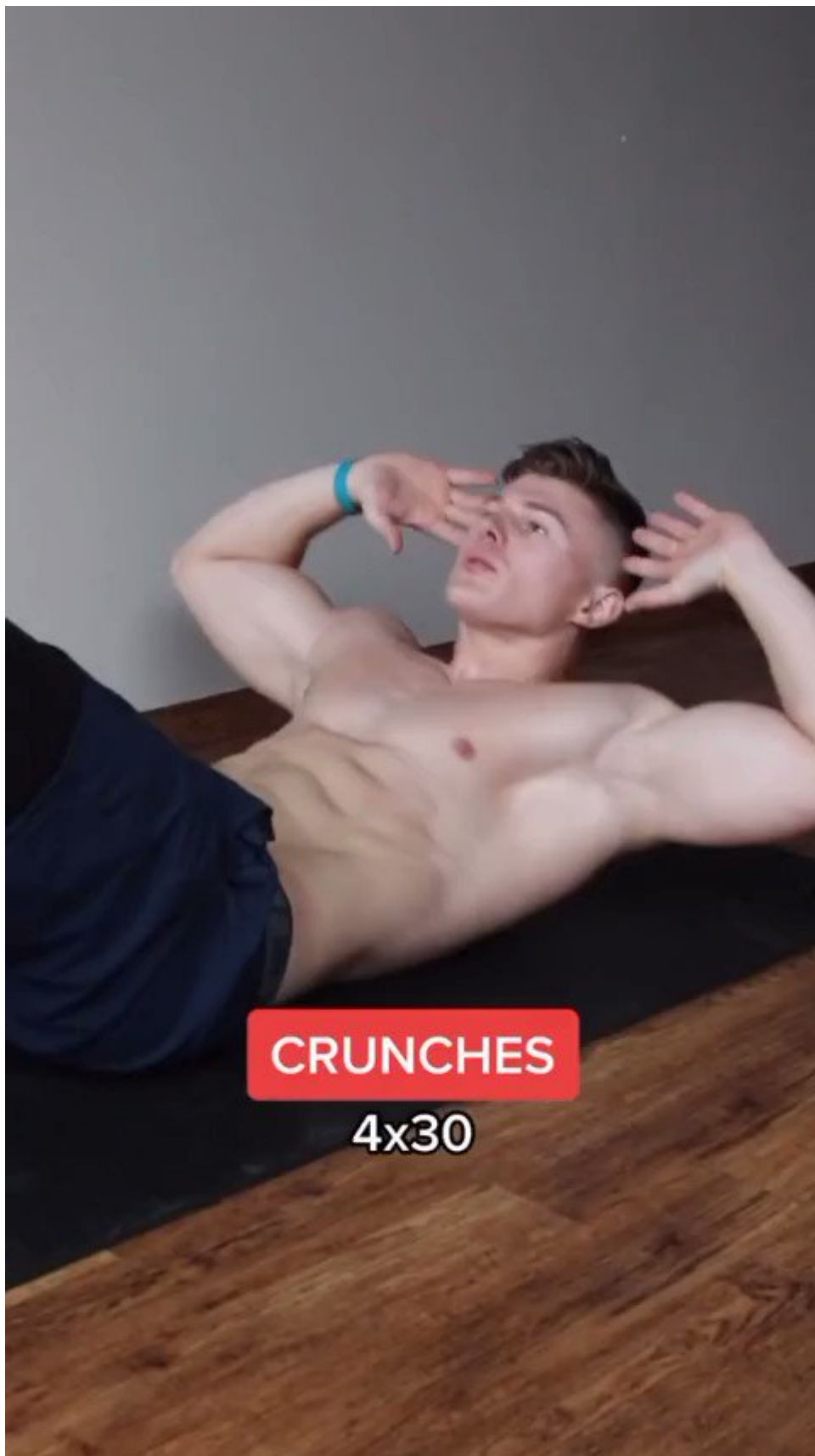
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Men do this every day and improve your stamina in bed ■ ■

1. Crunches



2. Sit ups



3. Scissor kicks



4. Heel touches

HEEL TOUCHES

4x30



5. Cross-body crunch

CROSS BODY CRUNCH

4x20



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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