Twitter Thread by ■■■ ■■ ■■■■■■Q■■



■■■ ■■ ■■■■■■Q■■
@Artofphysique_



Exercises You Can Do While Watching Netflix in Bed To Build;

- Abs
- Muscles
- Increase Your Stamina In Bed.

1. Jackknives

2. Ab crunches

3. Scissors Kicks