# 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