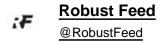
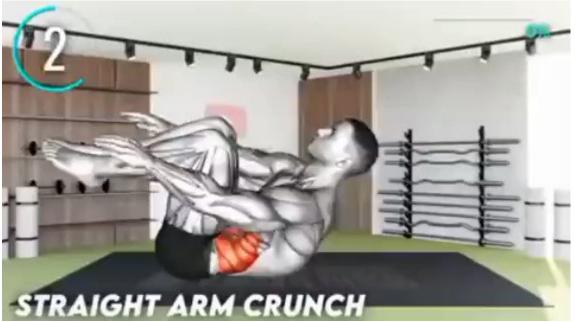
## **Twitter Thread by Robust Feed**





Men, here's how to get a 6 pack & develop stamina in bed. ■ ■

## 1. Straight Arm Crunch



2. Reverse Crunch



## 3. Single Leg Raises



4. V Holds



Tell me how much you want yours to improve at DM and GROW.

Get in shape, ghostwriting, and managing your brand - DM

Remember to spread some love by retweeting the initial tweet and clicking "like" to help the algorithm, to see the best way to level up next.