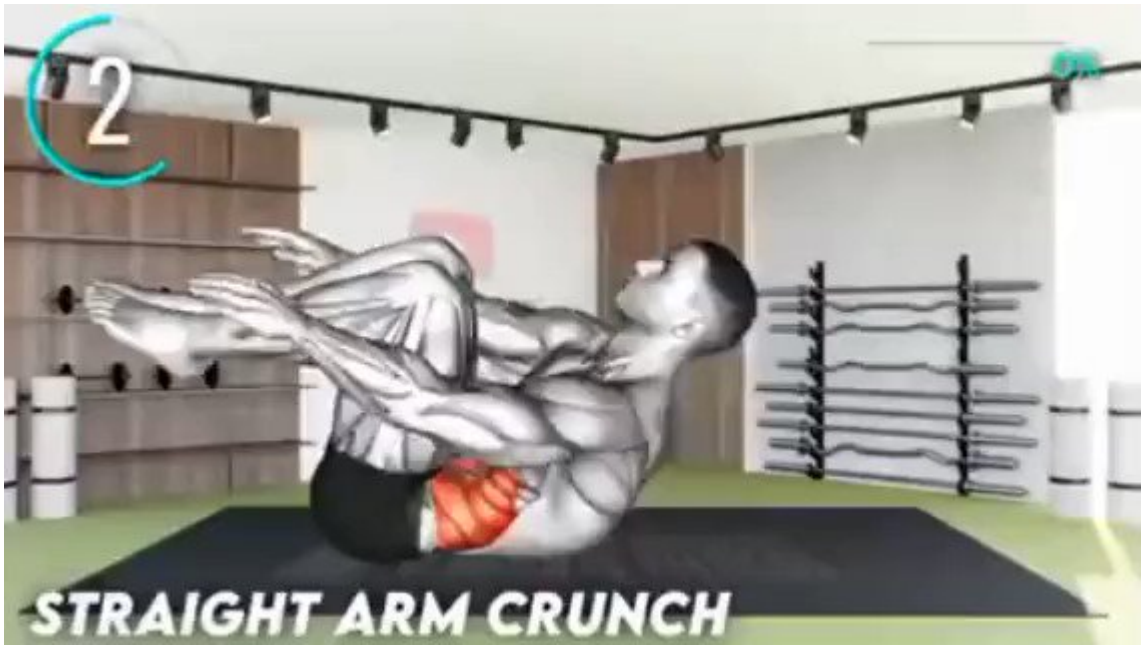
Twitter Thread by Robust Feed

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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.