

## Twitter Thread by Goal Loaded



**Goal Loaded**

@GoalLoaded

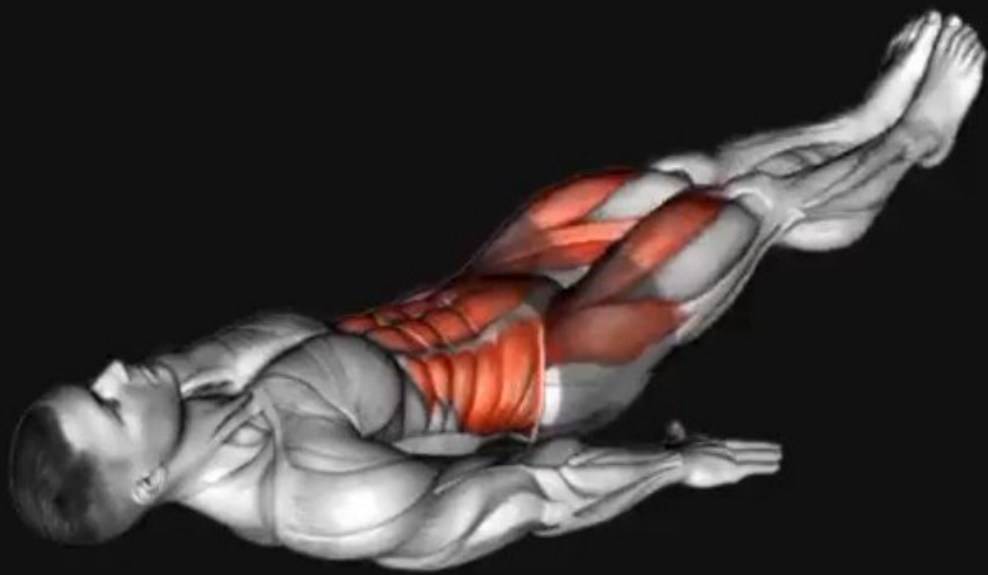


**Men, do this 5-minute exercise daily & see what happens after 30 days...**

- **Increase size ■**
- **have strong endurance**
- **Last long in bed.**

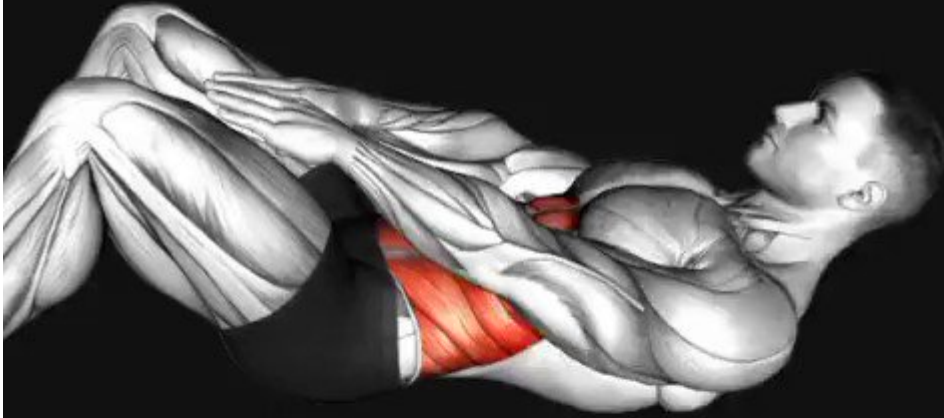
**1. Leg Raise**

# 1. Leg Raise



2. Crunch

## 2. Crunch



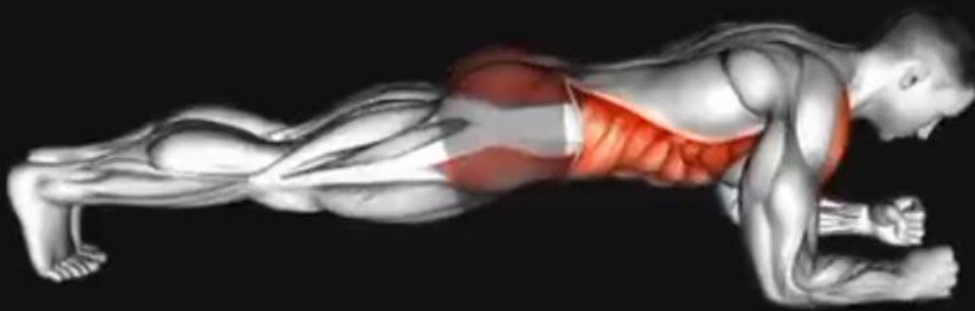
### 3. Russian twist

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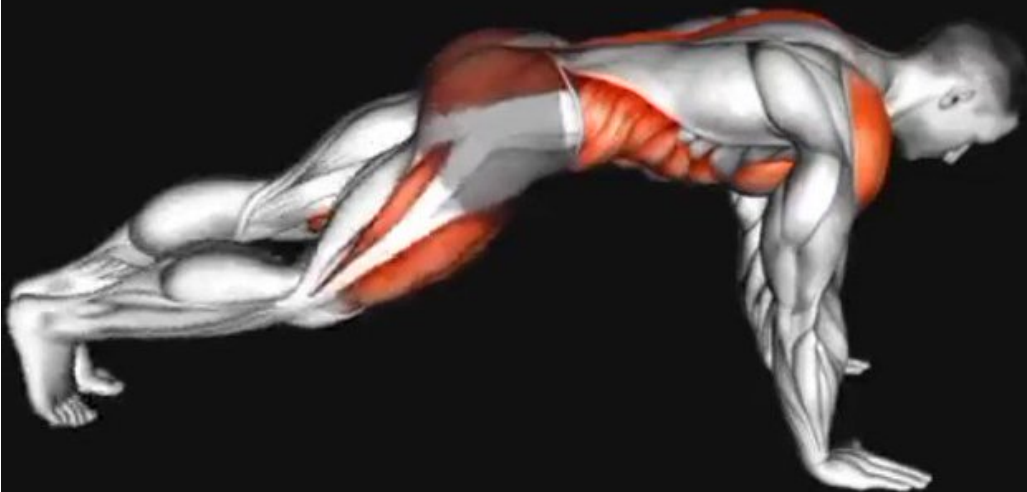
4. Plank twist

## 4. Plank Twist



5. Mountain climber

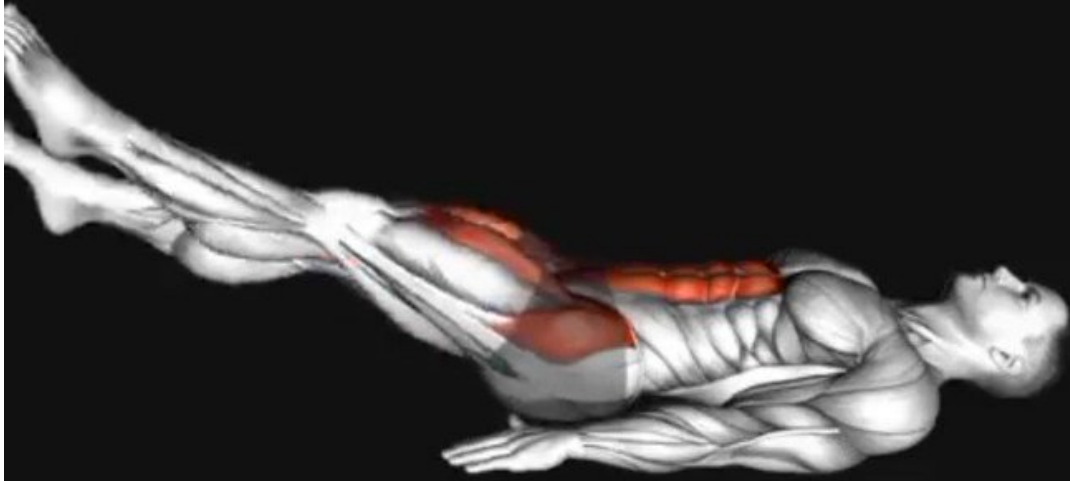
## 5. Mountain Climber





6. Flutter kicks

## 6. Flutter Kicks



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.

Consider joining my free telegram for more exclusive content: <https://t.co/OoHwfodi7G>