Twitter Thread by Goal Loaded



Goal Loaded
@GoalLoaded



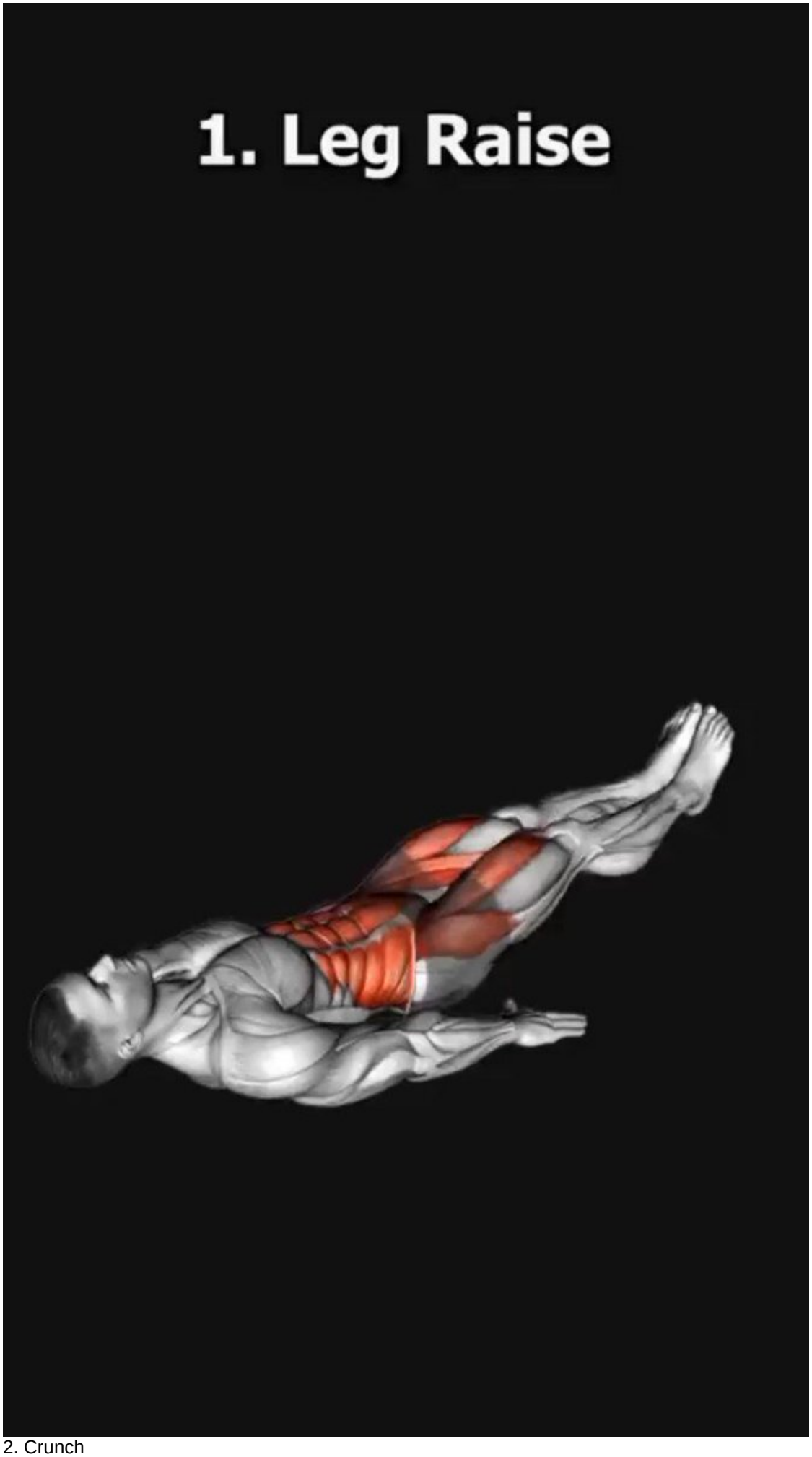
Men, do this 5-minute exercise daily & see what happens after 30 days...

•Increase size ■

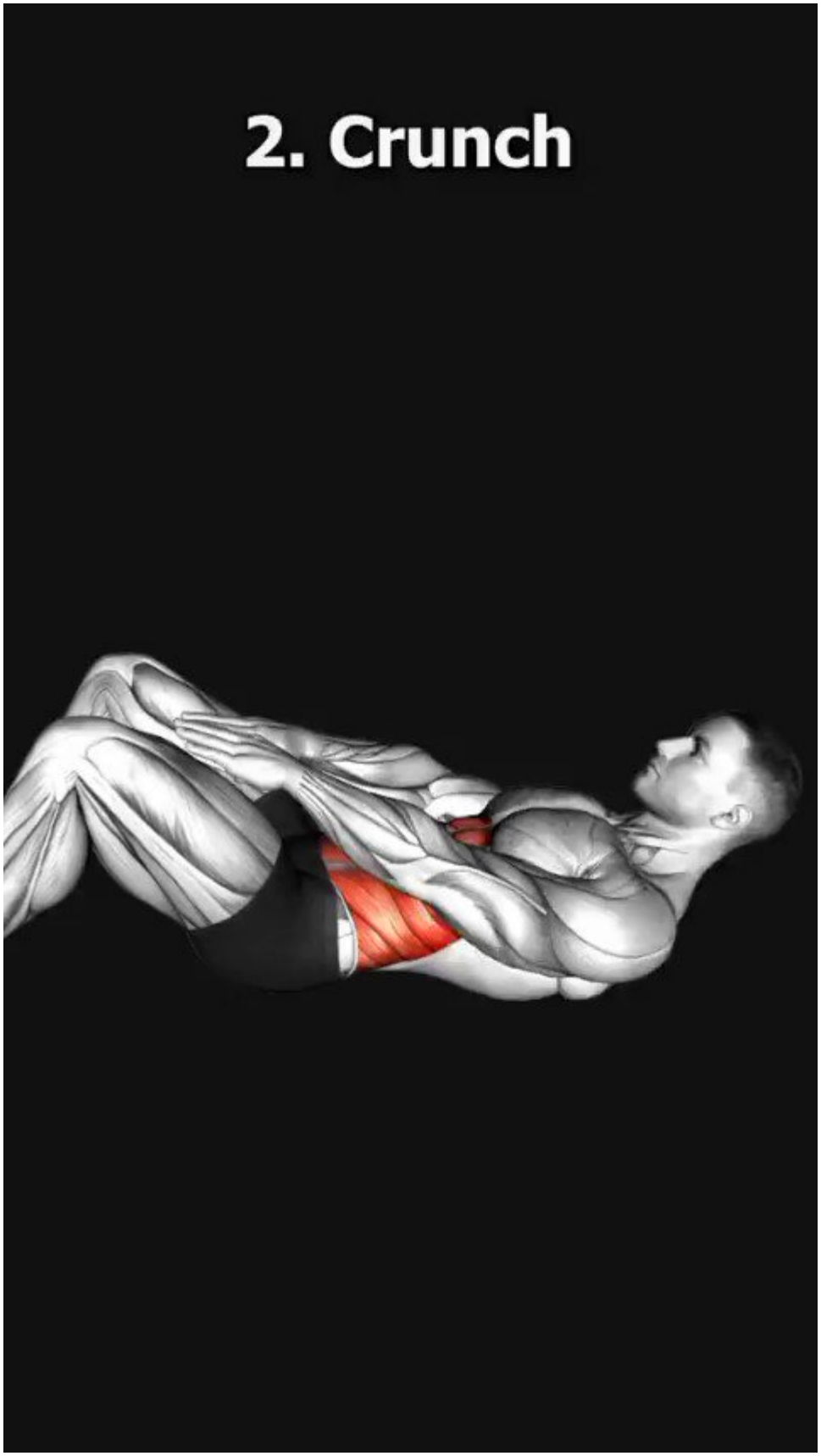
•have strong endurance

•Last long in bed.

1. Leg Raise



2. Crunch



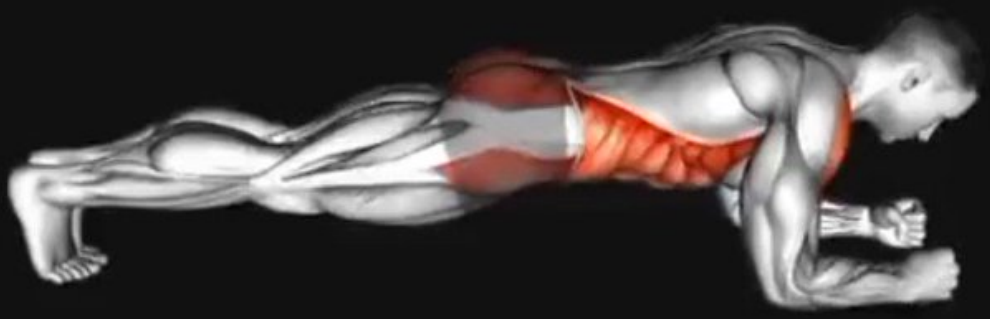
3. Russian twist

3. Russian Twist



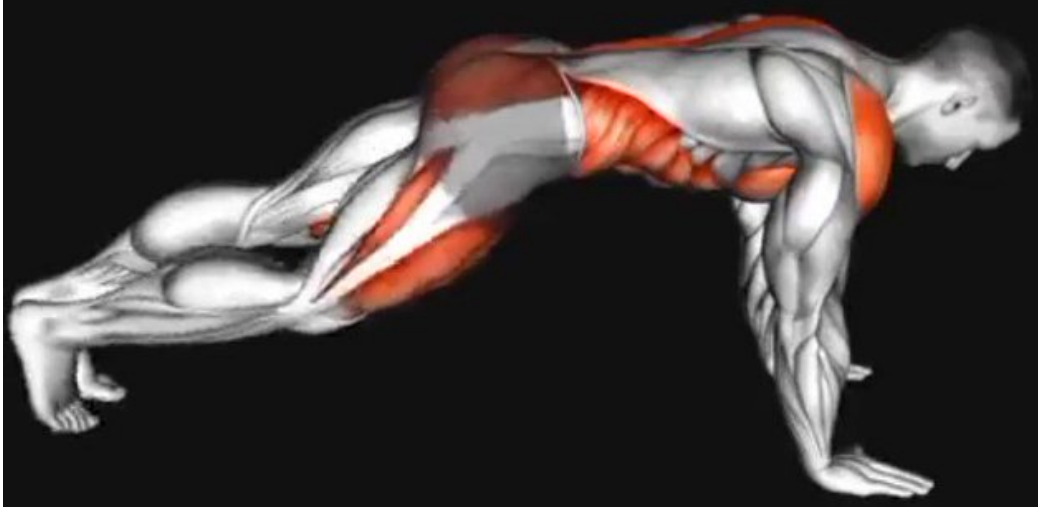
4. Plank twist

4. Plank Twist



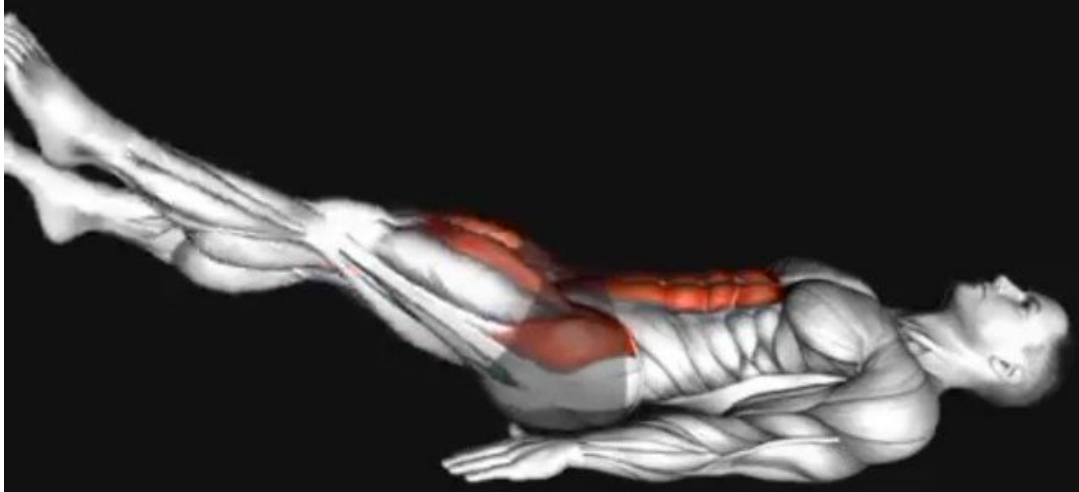
5. Mountain climber

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.

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