

## Twitter Thread by [Unik Hub](#)



**[Unik Hub](#)**

[@UnikHub](#)



### The Workout You Should Do When You Only Have 10 Minutes

- to grow strength
- get abs
- renew your mind
- get fit and stamina
- live longer and healthy
- satisfy her in bed

#### 1. Jumping Jack

#### 1. Jumping Jack



## 2. Standing Squat



## 3. Push Up



## 4. Plank



5. Mountain Climbers

