Twitter Thread by **Unik Hub**





The Workout You Should Do When You Only Have 10 Minutes

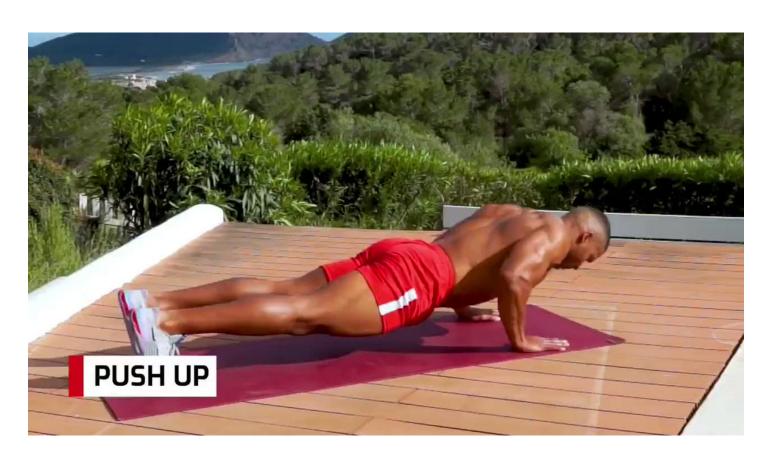
- to grow strength
- get abs
- renew your mind
- get fit and stamina
- live longer and healthy
- satisfy her in bed
- 1. Jumping Jack
- 1. Jumping Jack



2. Standing Squat



3. Push Up



4. Plank



5. Mountain Climbers

