

Twitter Thread by Life Pad

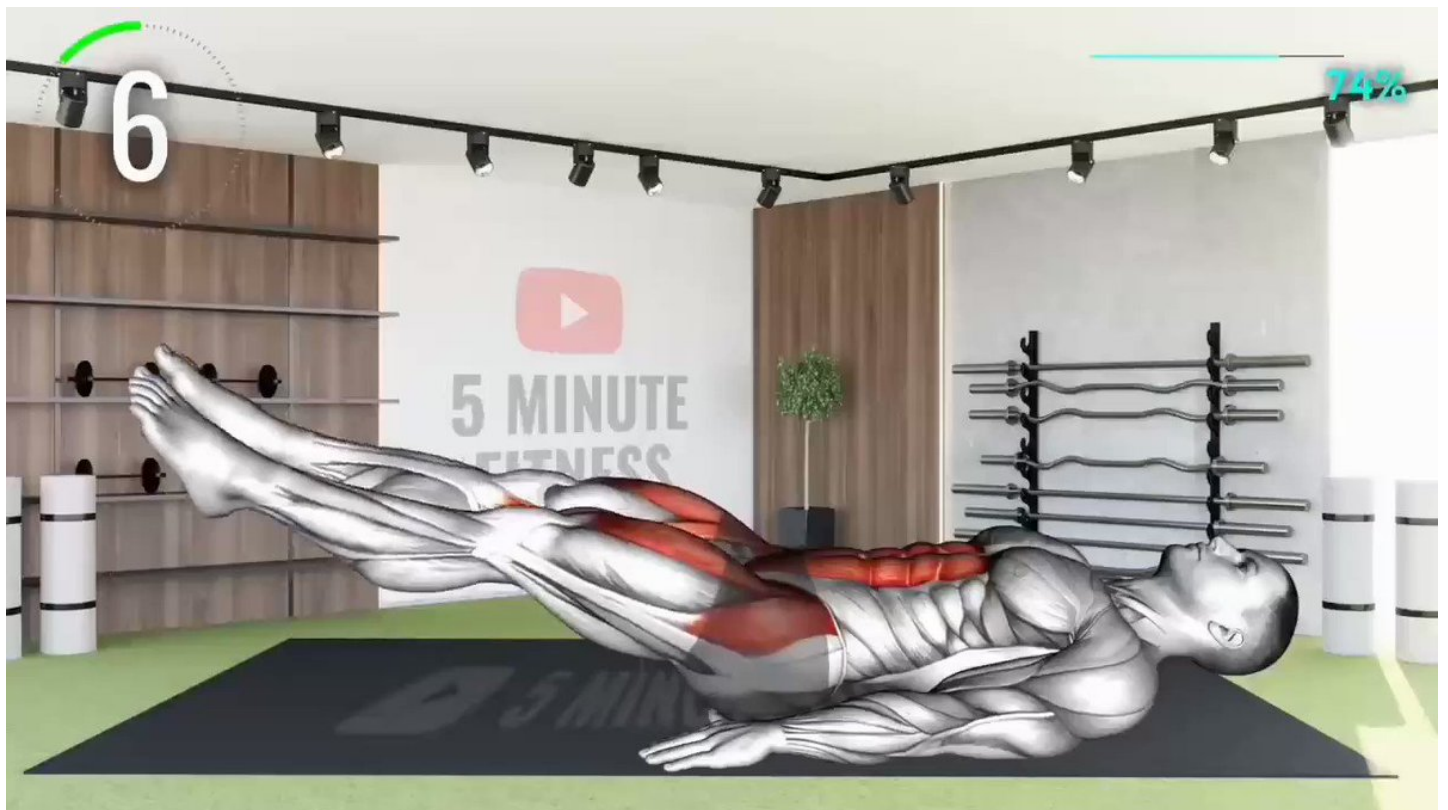


Life Pad
[@The_Life_Pad](#)

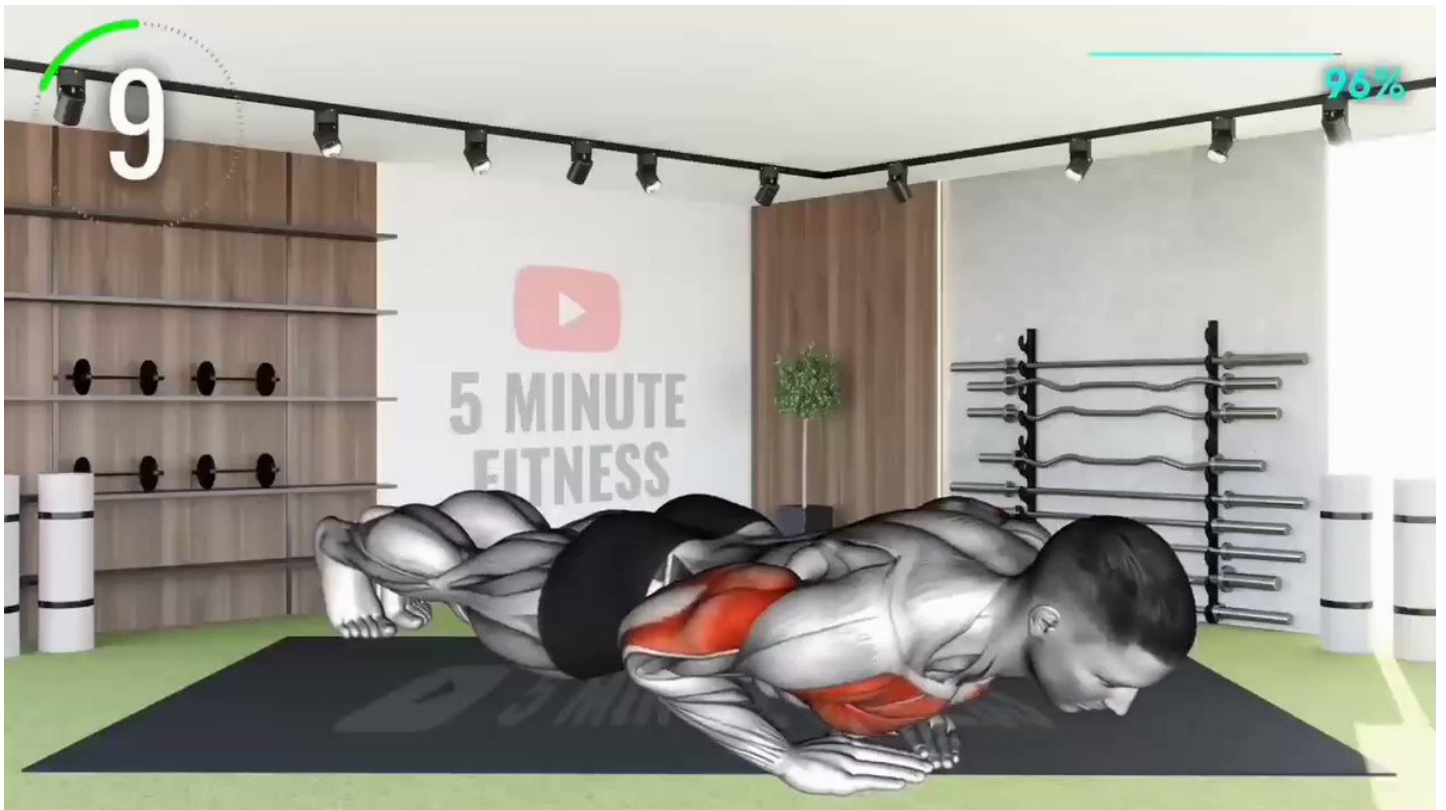


5 Upper Exercises ALL Men MUST Do to have Aesthetic Body, like Cristiano Ronaldo (cr7)...

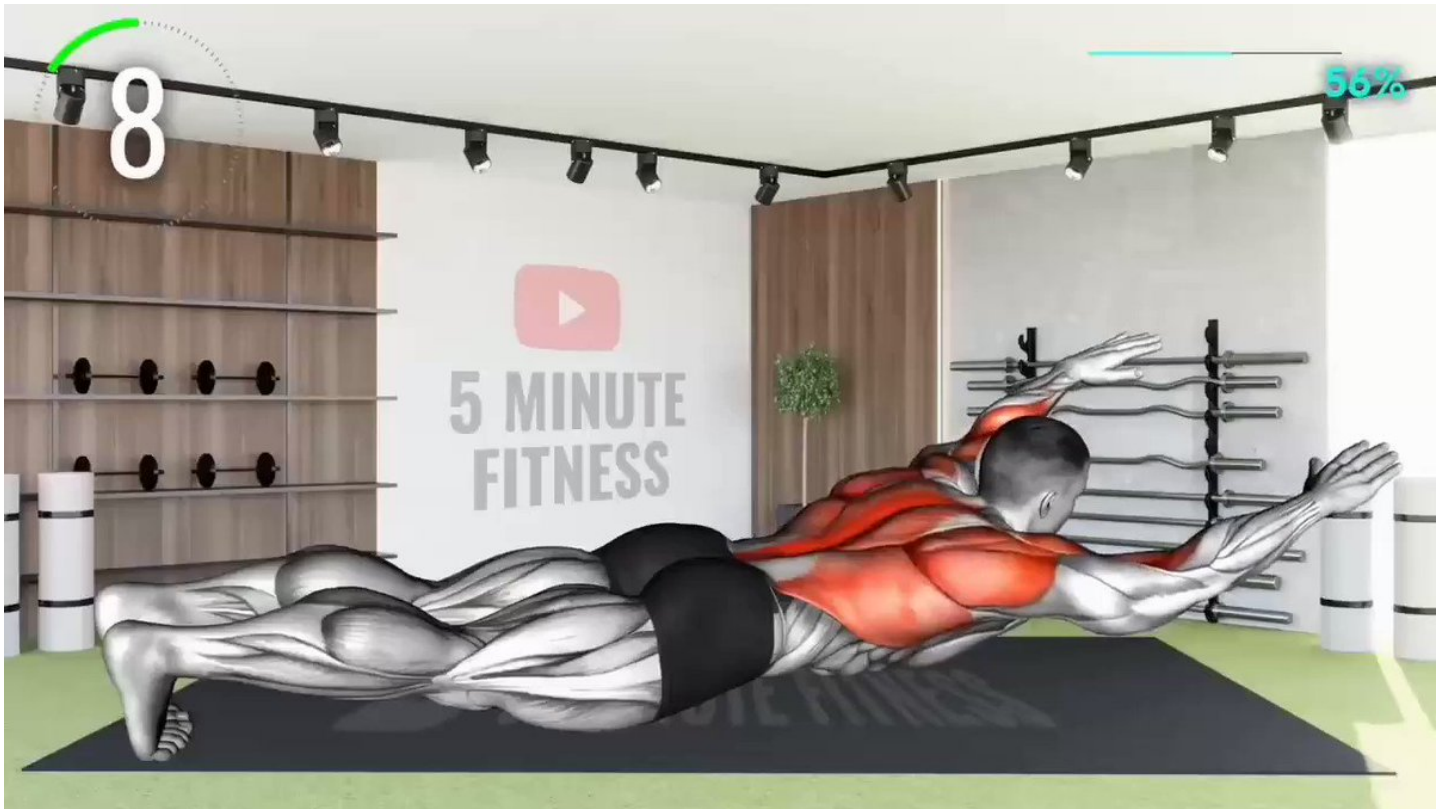
1. Flutter kicks



2. Diamond Push-ups



3. Superman cat pull downs



4. Decline push ups

