

## Twitter Thread by Life Pad

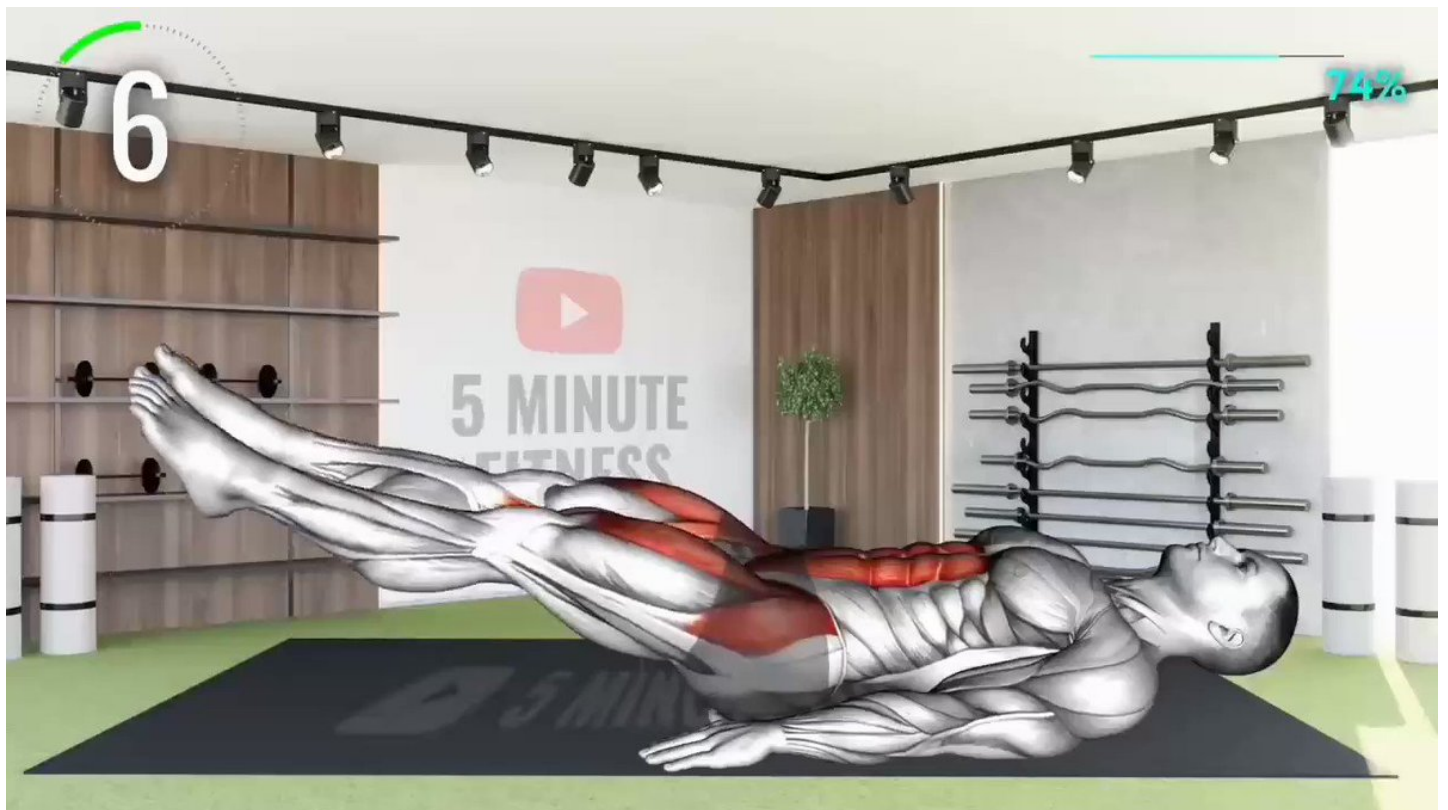


**Life Pad**  
[@The\\_Life\\_Pad](#)



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

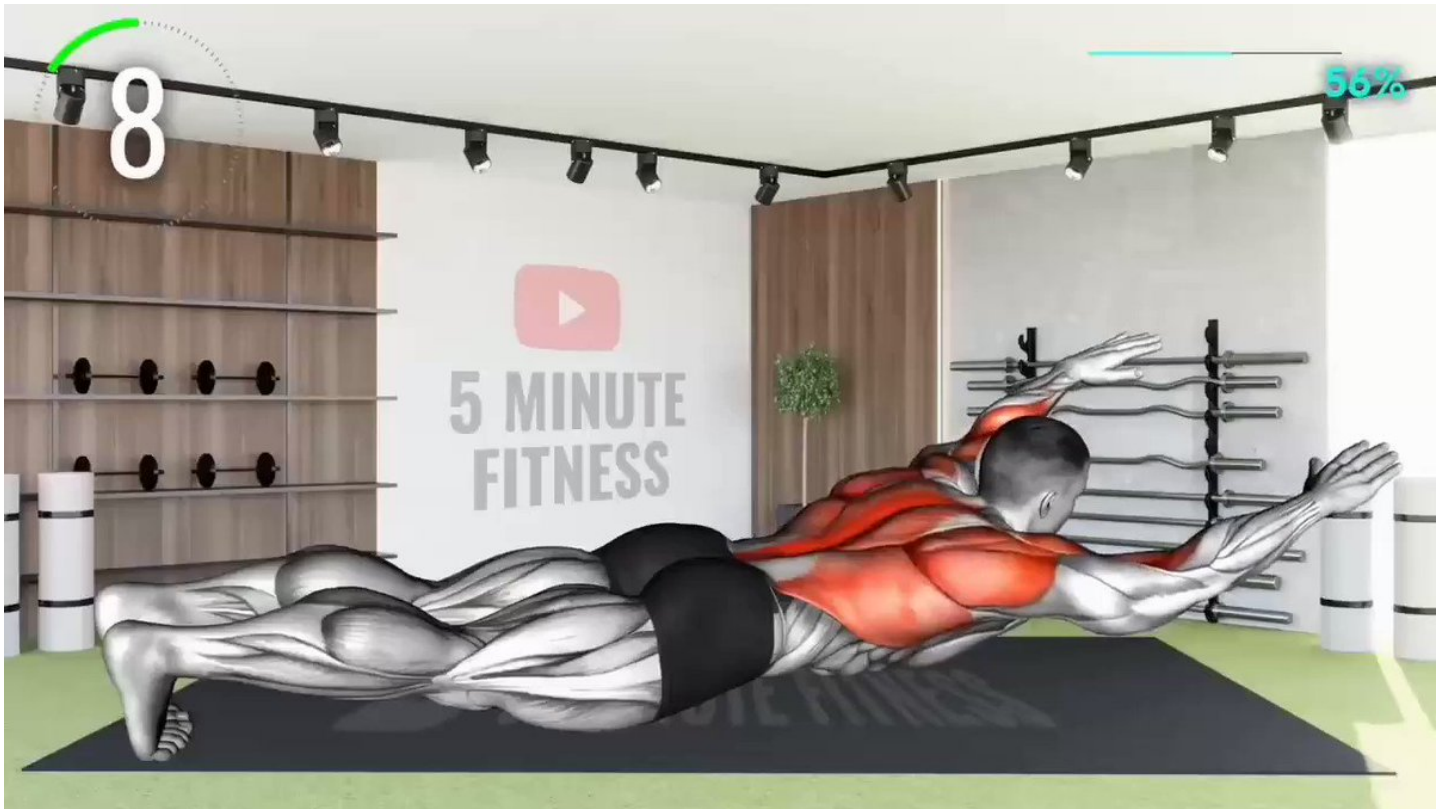
**1. Flutter kicks**



**2. Diamond Push-ups**



3. Superman cat pull downs



4. Decline push ups

