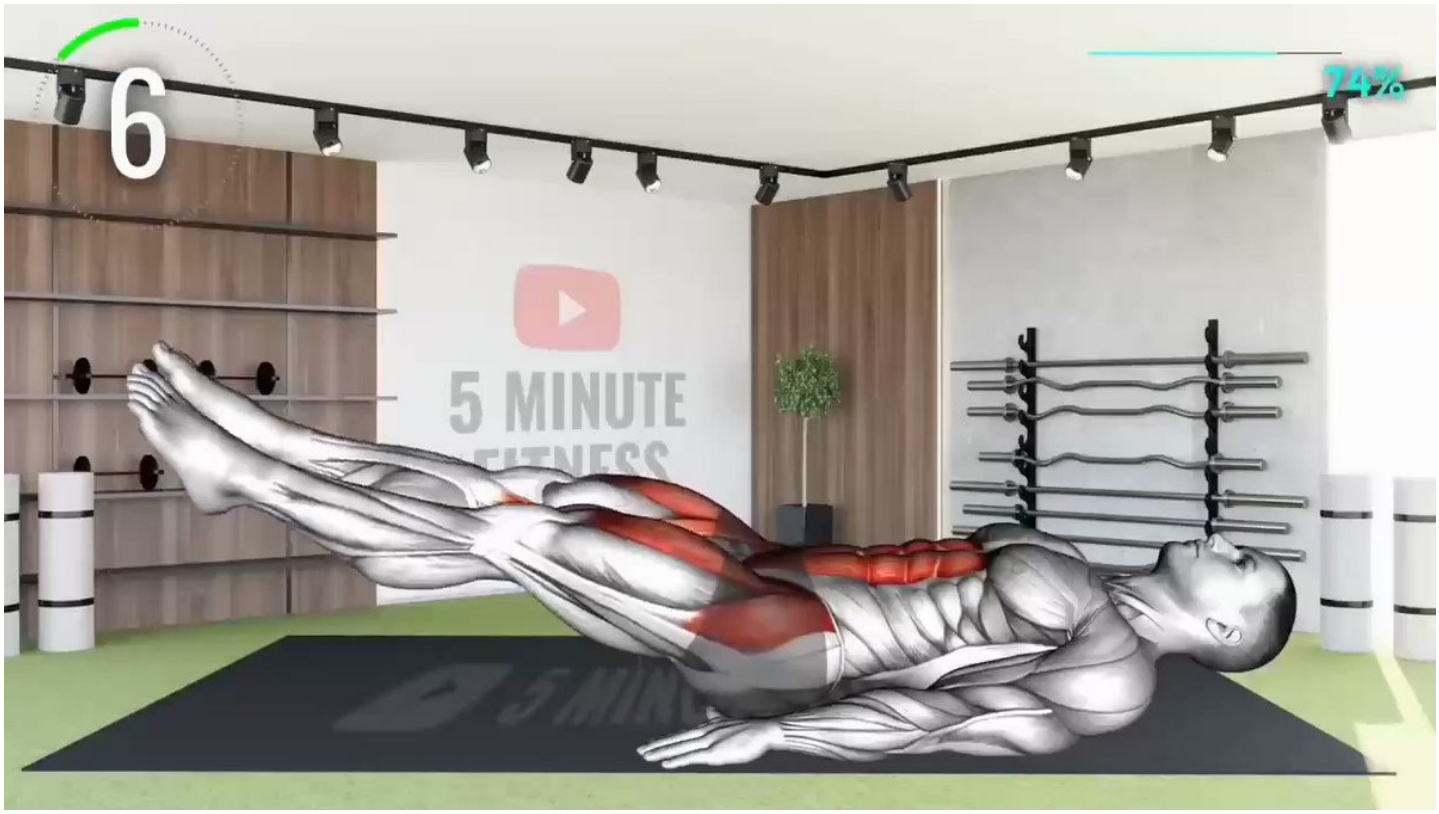
Twitter Thread by Life Pad

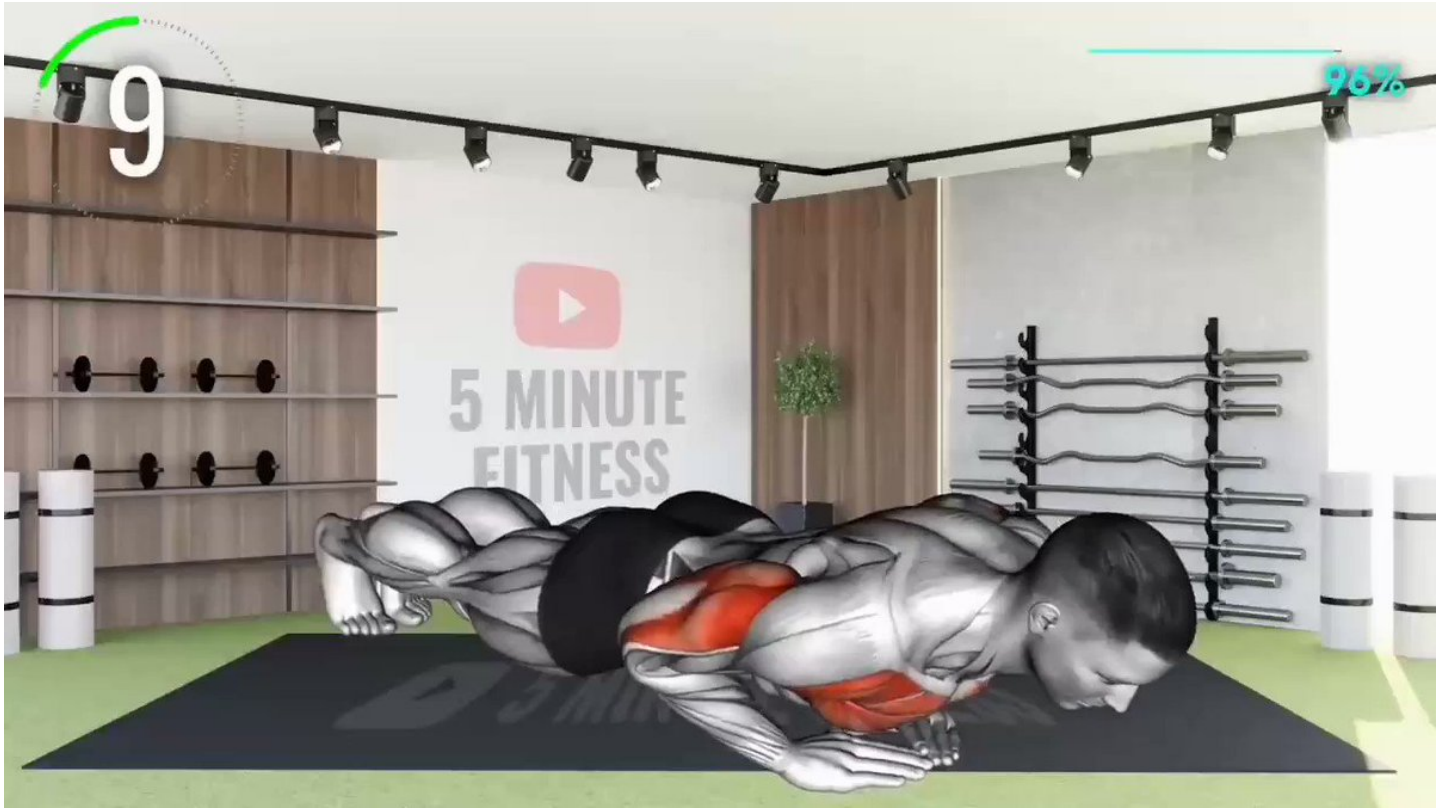
Life Pad
@The_Life_Pad

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

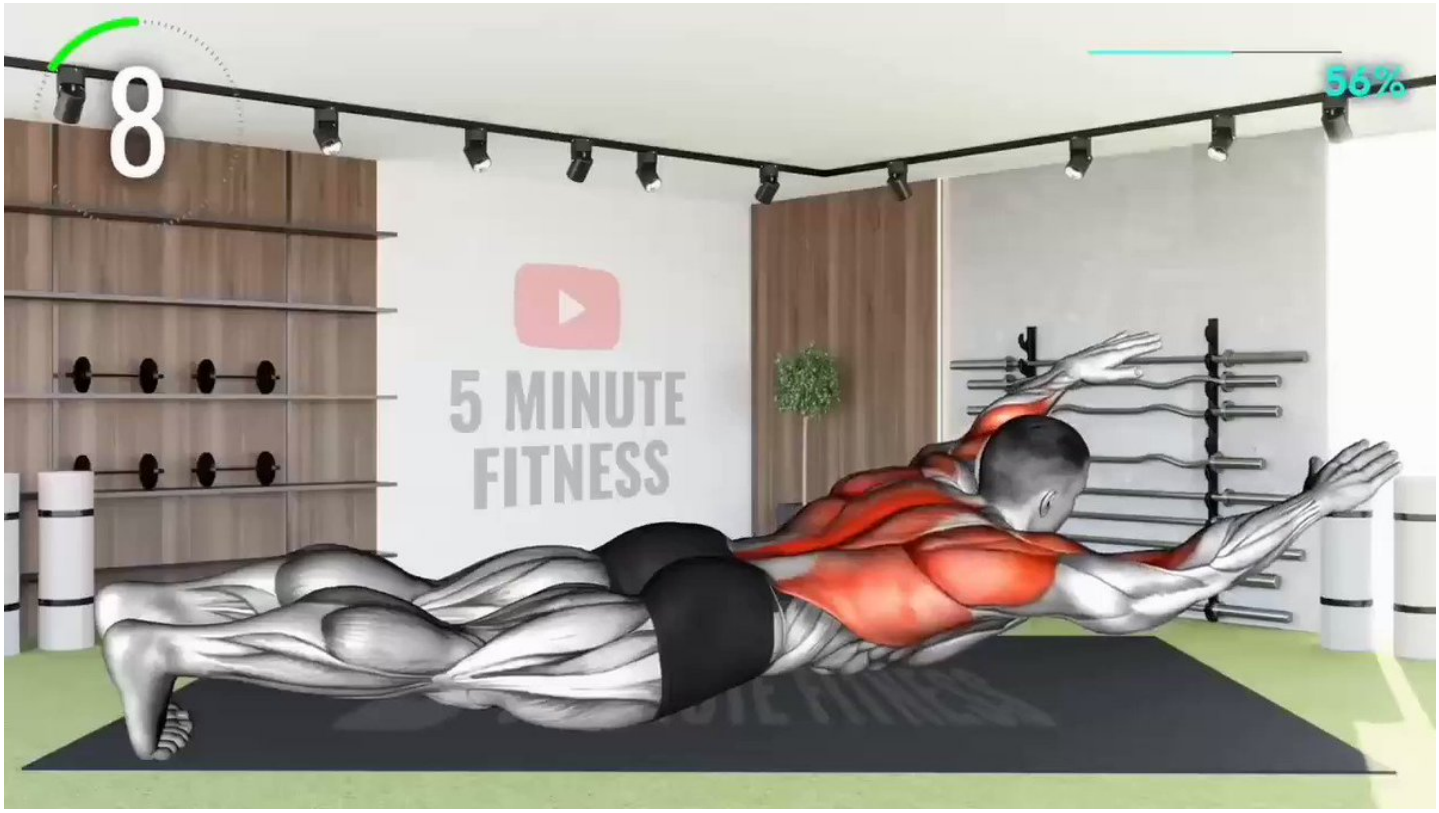
1. Flutter kicks



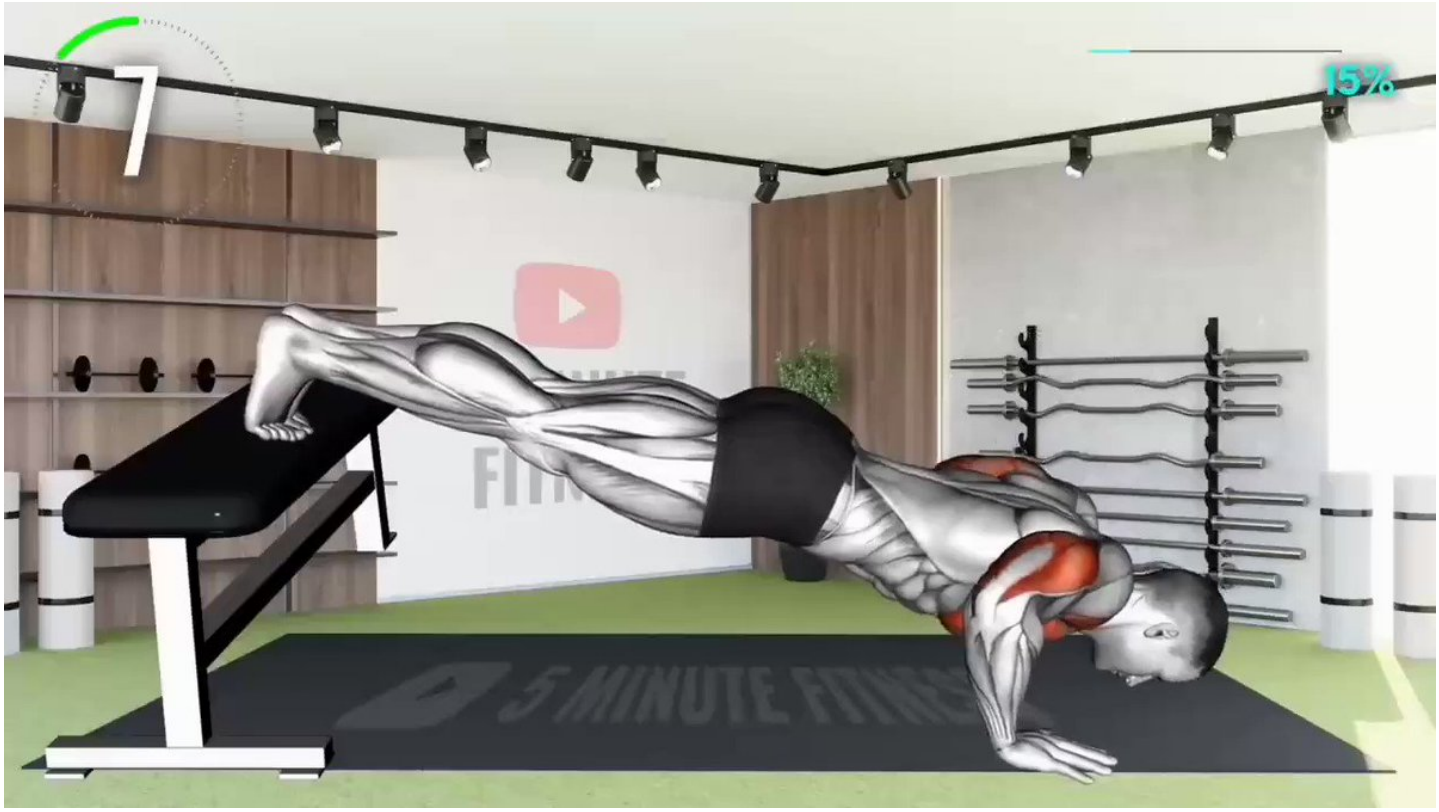
2. Diamond Push-ups



3. Superman cat pull downs



4. Decline push ups


7
15%
5 MINUTE