Twitter Thread by ■■■ ■■ ■■■■■Q■■



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@Artofphysique_



4 Best Chest Exercises and Workouts to;

- Build Abs
- Increase Stamina ■
- Ease Stress
- Breath better
- Eliminate Blood Pressure
- Satisfy Your Woman in Bed

1. Push Ups

2. Knee Crunches

3. Half Kneeling

4. Mountain Climbers

Special thanks to FitMedia Channels for these exclusive exercises.