

## Twitter Thread by Goal Loaded



**Goal Loaded**

@GoalLoaded



**Do This Daily For 5 Min...**

**Go from Fat - fit**

**Lazy - improve stamina**

**Low testosterone - high testosterone**

**Exercise 1. 75 seconds**



Exercise 2. 75 seconds



Exercise 3. 75 seconds



Exercise 4. 75 seconds





Remember to spread the love by retweeting the first tweet and clicking "like" for the algorithm to see the best method to level up next.

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