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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