Twitter Thread by **Daniel Raz | Fat Loss Trainer**





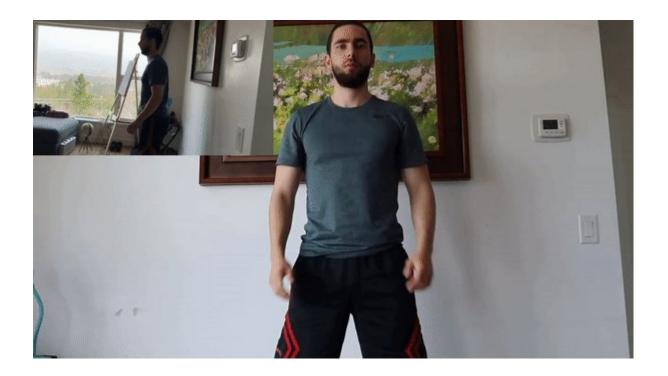
Get bigger legs and increase your sex stamina by doing this every morning for a week.

100% Rapid Results

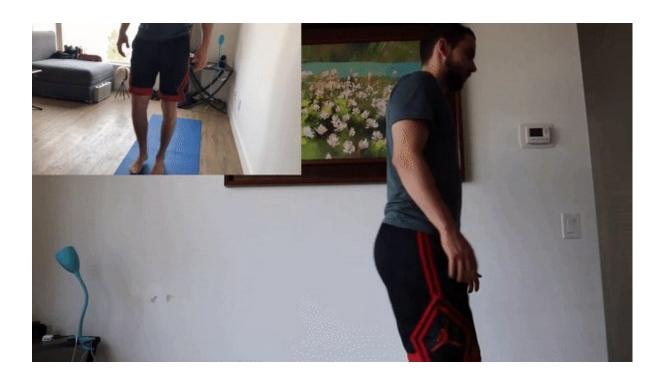
- 1. Elevated hip thrust
- 4 sets of 20 reps



2. Squats4 sets of 20 reps



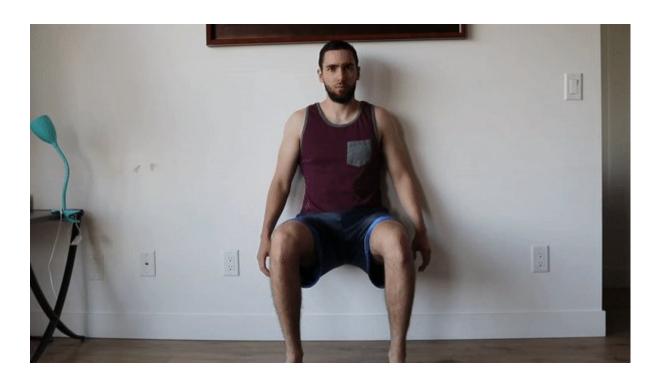
3. Lunges4 sets of 15 reps each leg



4. Single leg glute bridge4 sets of 15 reps each leg



5. Wall sits4 sets of 60 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.

https://t.co/BizxqBiQA1

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1. Elevated hip thrust

4 sets of 20 reps pic.twitter.com/afCzfBaO5A

— Daniel Raz | Fat Loss Trainer (@DanielRaz_Fit) December 30, 2022