Twitter Thread by Daniel Raz | Fat Loss Trainer

Daniel Raz | Fat Loss Trainer
@DanielRaz_Fit

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

100% Rapid Results

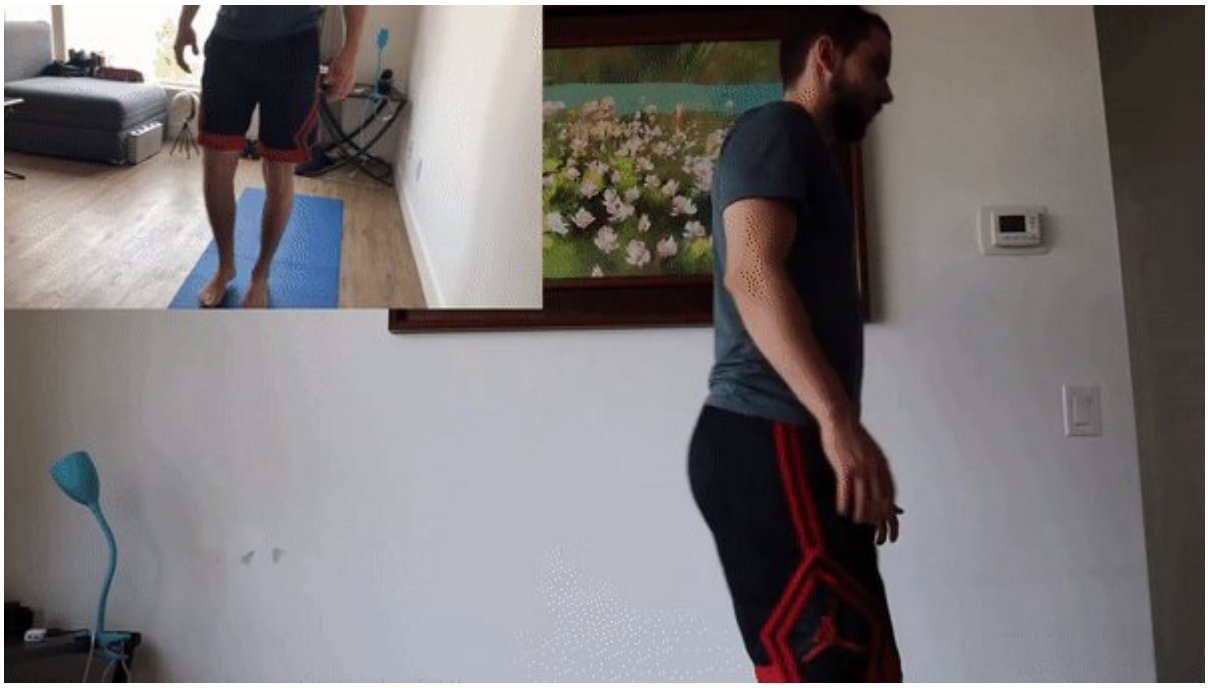
1. Elevated hip thrust
4 sets of 20 reps



2. Squats
4 sets of 20 reps



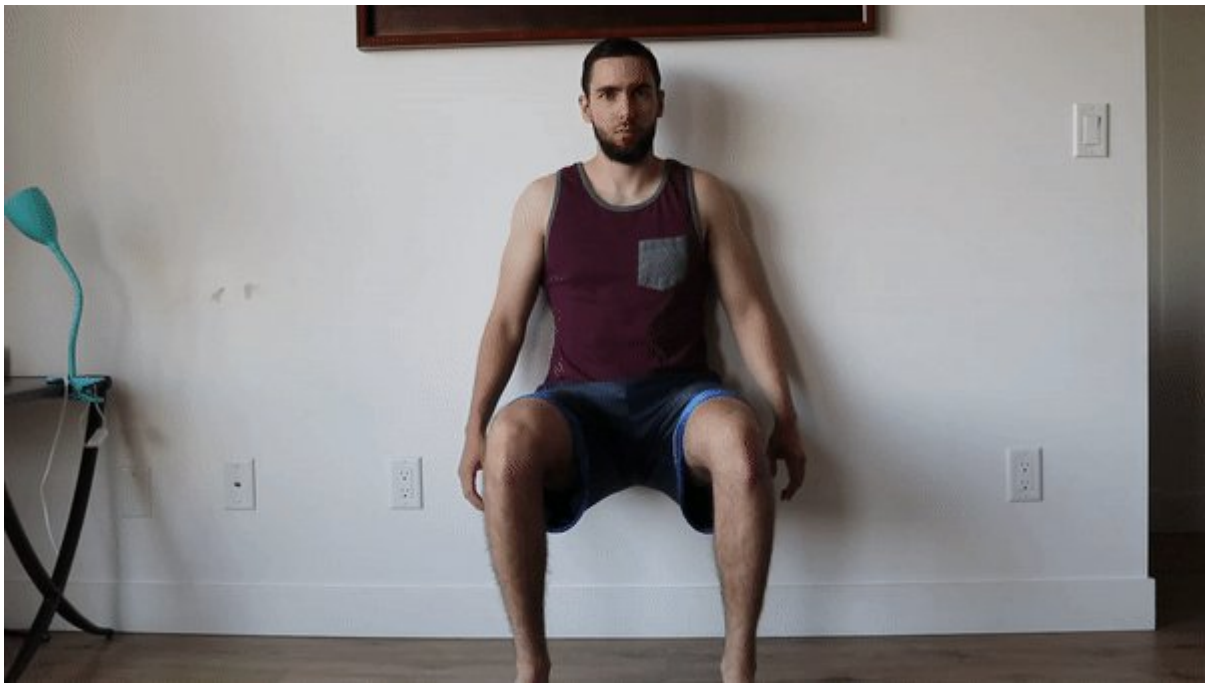
3. Lunges
4 sets of 15 reps each leg



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



5. Wall sits
4 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