

## Twitter Thread by [Life Pad](#)

[Life Pad](#)

[@The\\_Life\\_Pad](#)



Your spinal cord needs to be stretched everyday this coming 2023...

- For clarity of the mind
- Improve your intellects
- All around benefit of the body.

### 1. Basic



### 2. Prisoner



3. Sumo

4. Narrow



5. ATG



**5: ATG**

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