

## 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

