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


4: NARROW
www.trainwithjordan.com

5. ATG


5: ATG
www.trainwithjordan.com