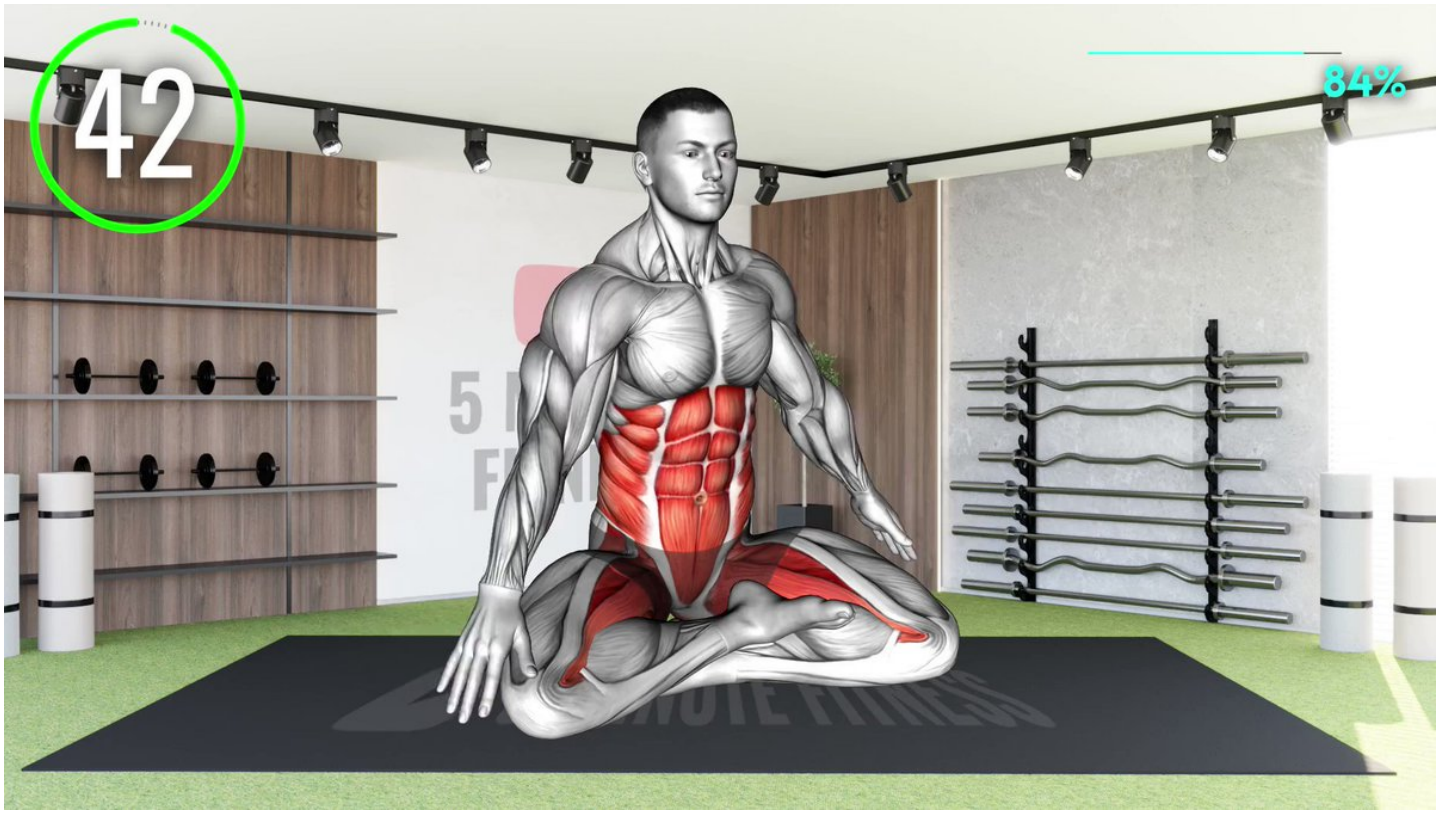
Twitter Thread by Mind Infestation



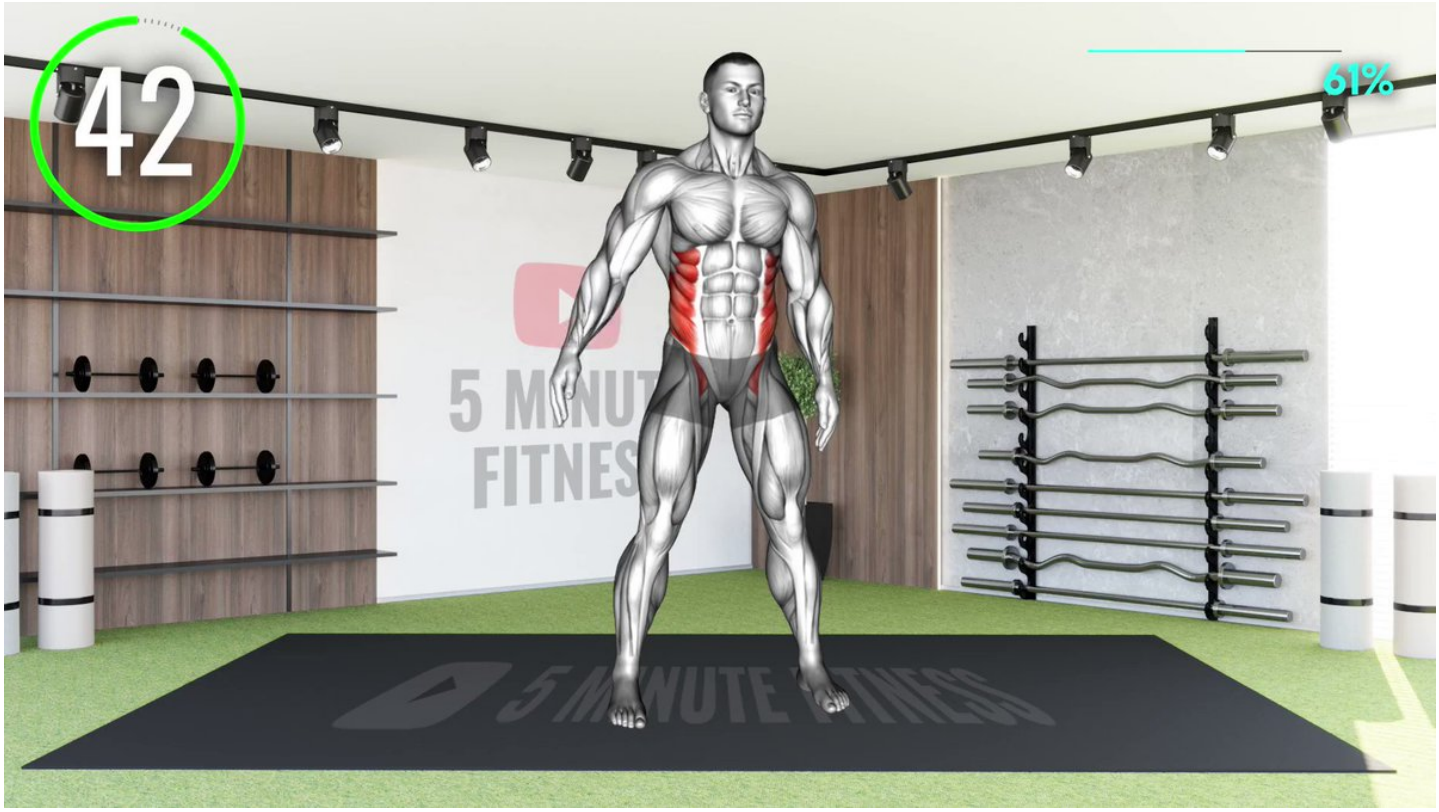
Mind Infestation
@Infesting_Mind

Men, If you do these exercises- it will help you to last longer in bed■■and Burn❤■■■Belly Fat Fast.■

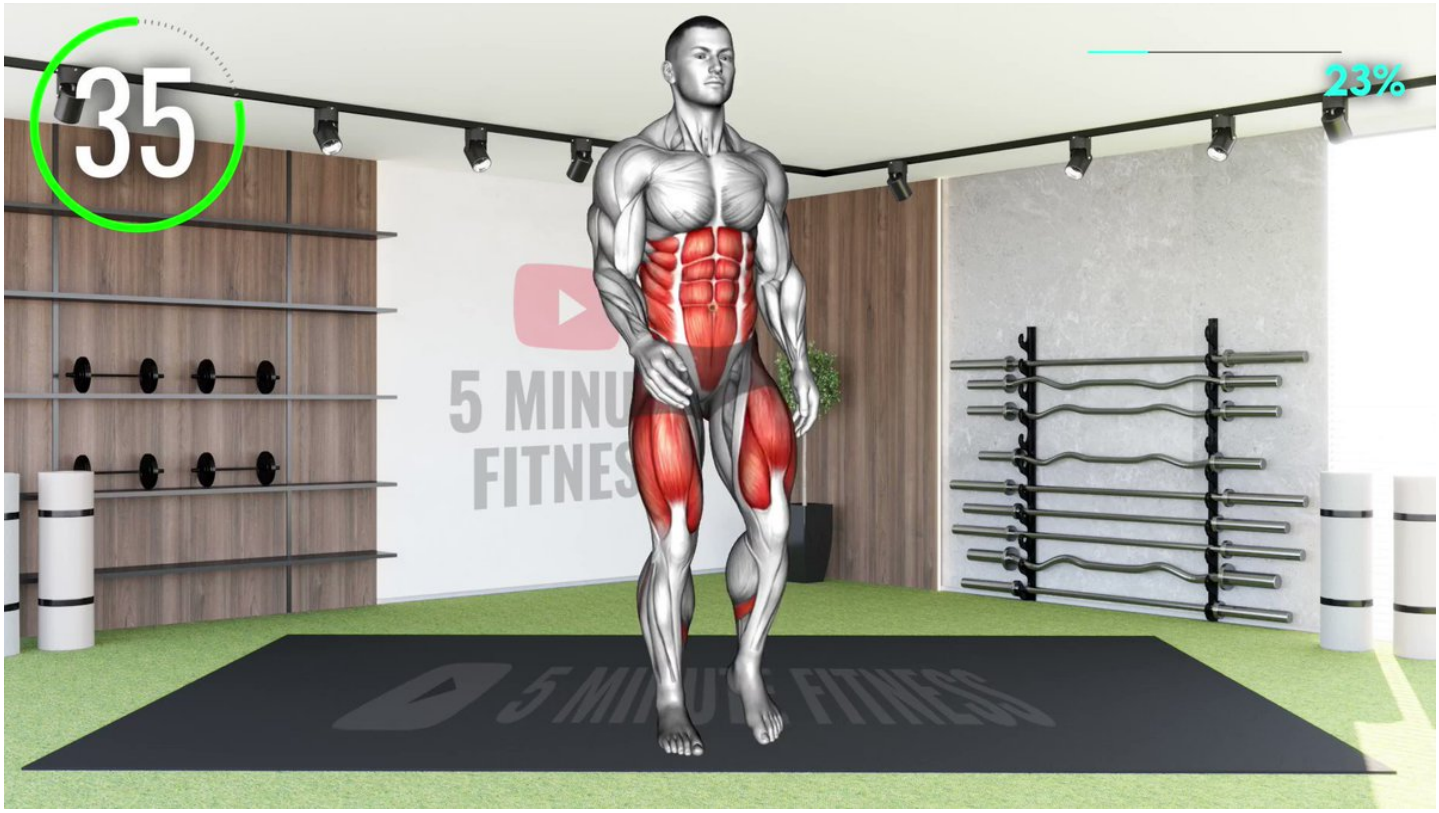
1. Twisting Taps -60 Sec



2. Side Bends-60 sec



3. Standing Air Bike- 75 sec



Remember you can also add weight for an intense workout.
That's a wrap, Guys.
Make sure to keep hydrated it will also help in More muscle growth ■

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