

## Twitter Thread by Robust Feed



**Robust Feed**

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

**100% Rapid Results**

**1. Air squat**

1. AIR SQUAT  
4x20



2. Lunge hops

**2. LUNGE HOPS**  
**3x12 (ea. leg)**



**3. High heels**



4. Jump lunge

**4. JUMPING LUNGE**  
**3x30s**

