Twitter Thread by Life Pad

Life Pad
@The_Life_Pad

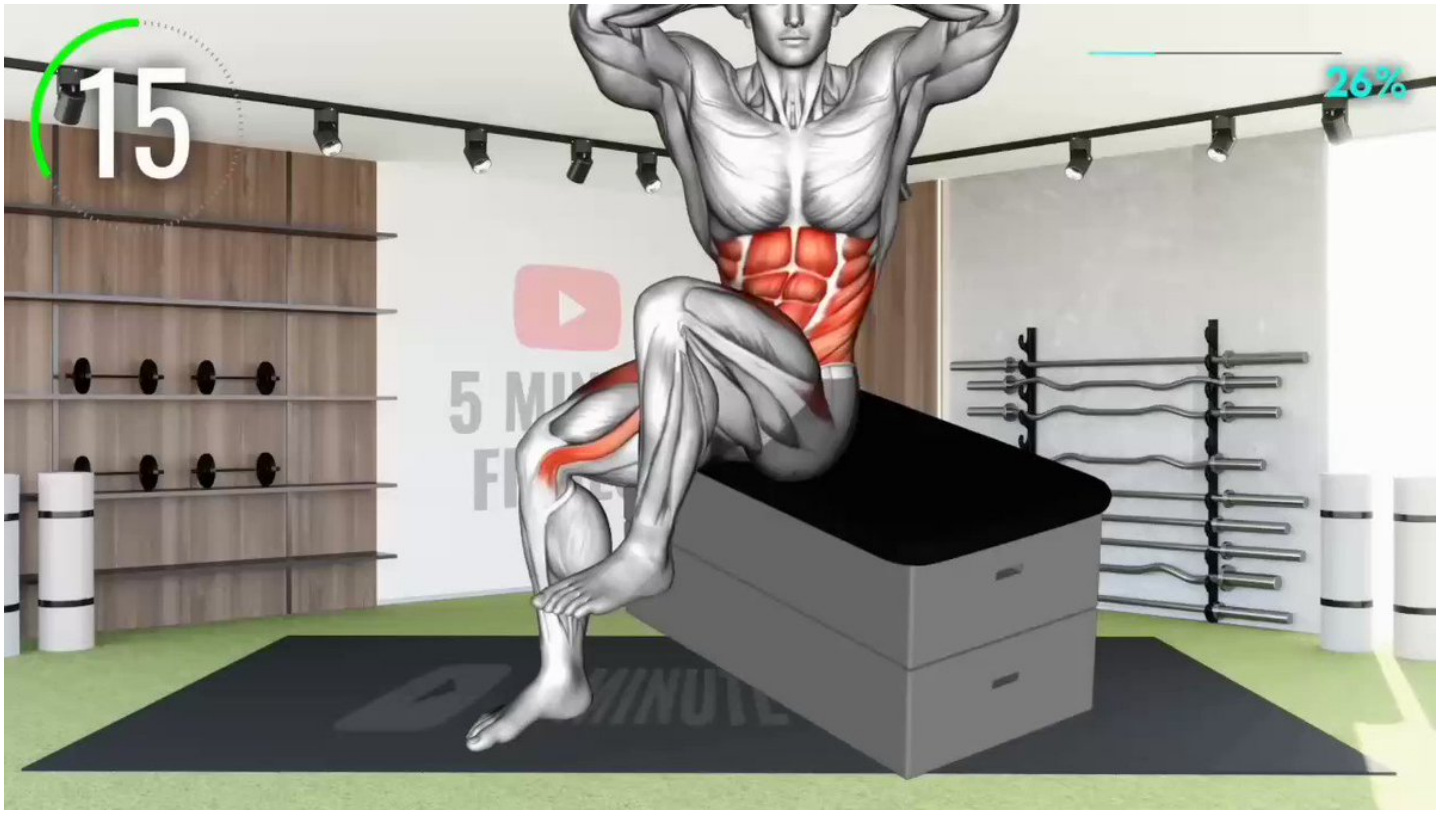
Get a chair and watch your stubborn belly fat burn off (seated only)…

• All round benefit for active body
• For better body this 2023
• Sharpens your intellect.

1. Chair Frog Crunches



2. Chair Twist and Lift



3. Chair knee Tucks



4. Chair side bends



5. Chair air bike



Chair scissors lifts


15
95%