

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

