

Twitter Thread by Life Pad



Life Pad

@The_Life_Pad



Do this basic exercise every morning, use your body or lose it..

- For Lower back pain
- Make the spinal cord stronger
- Sharpens your intellect,& activate • The lumber region of your spine...

1. Standard



2. Sumo

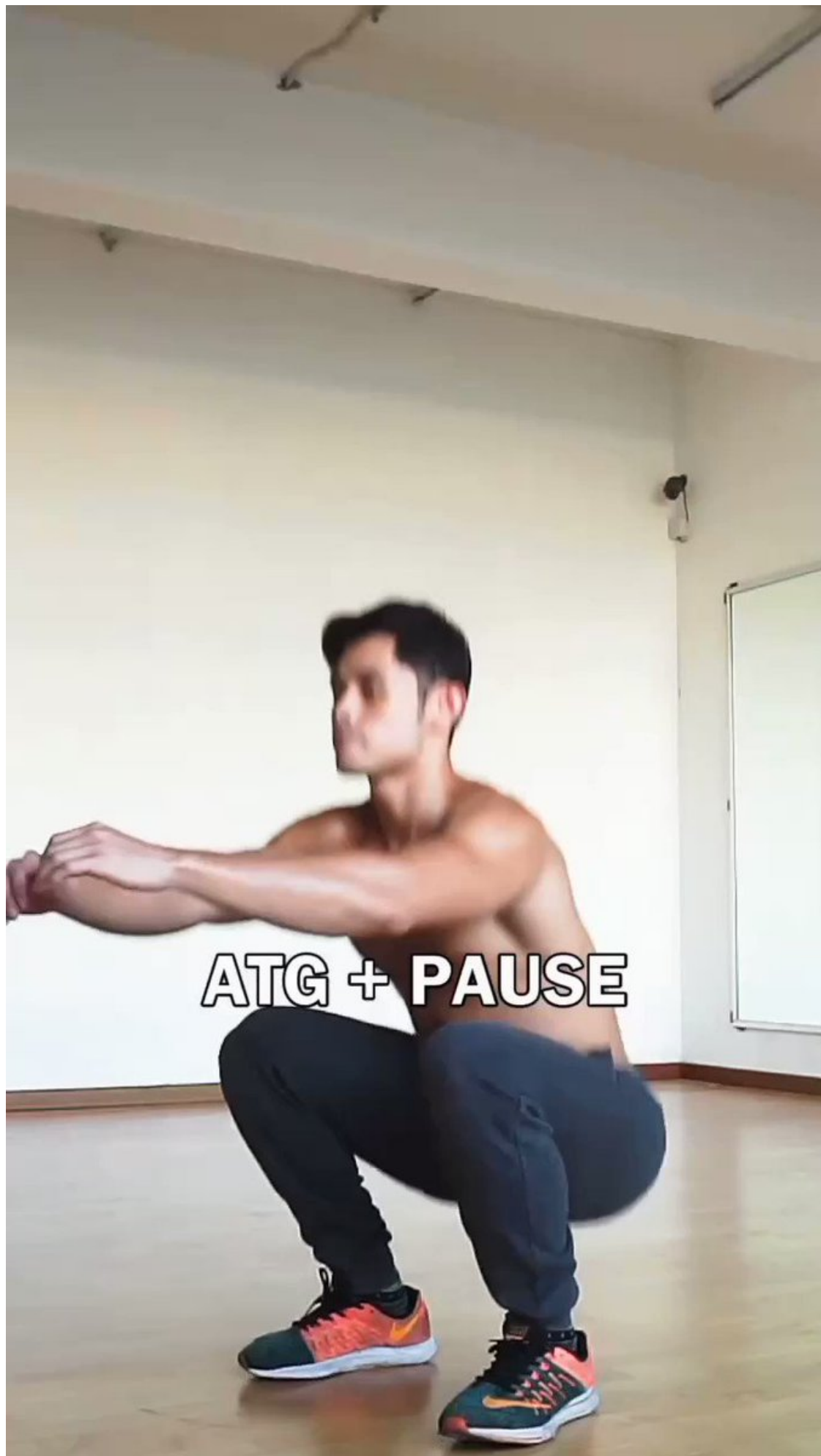




PRISONER



NARROW
(intermediate level)



ATG + PAUSE



FRONT & BACK