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


SUMO

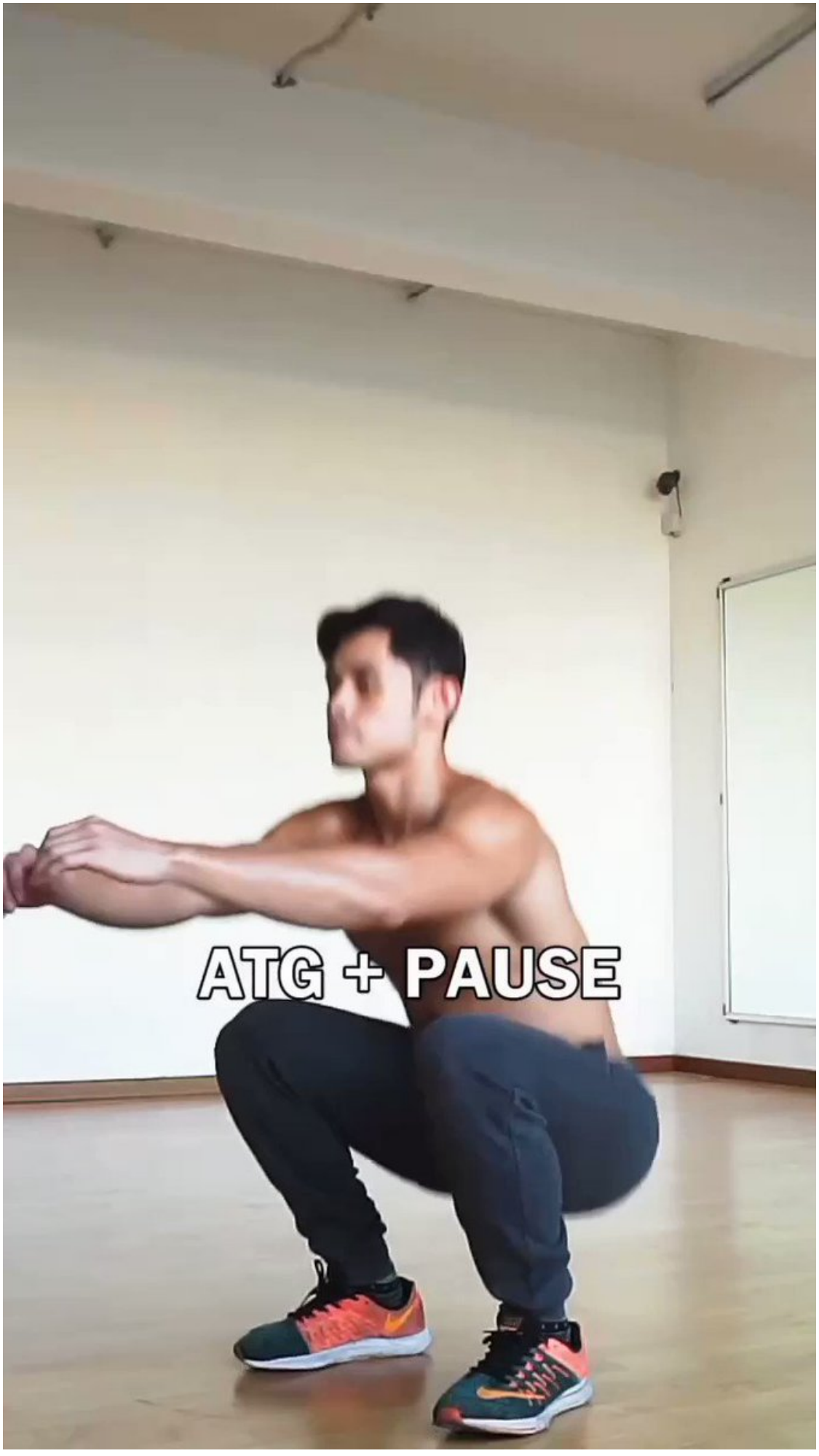
3. Prisoner


PRISONER

4. Narrow


NARROW
(intermediate level)

5. ATG + PAUSE


ATG + PAUSE

6. Front and back


FRONT & BACK