Twitter Thread by Unik Hub

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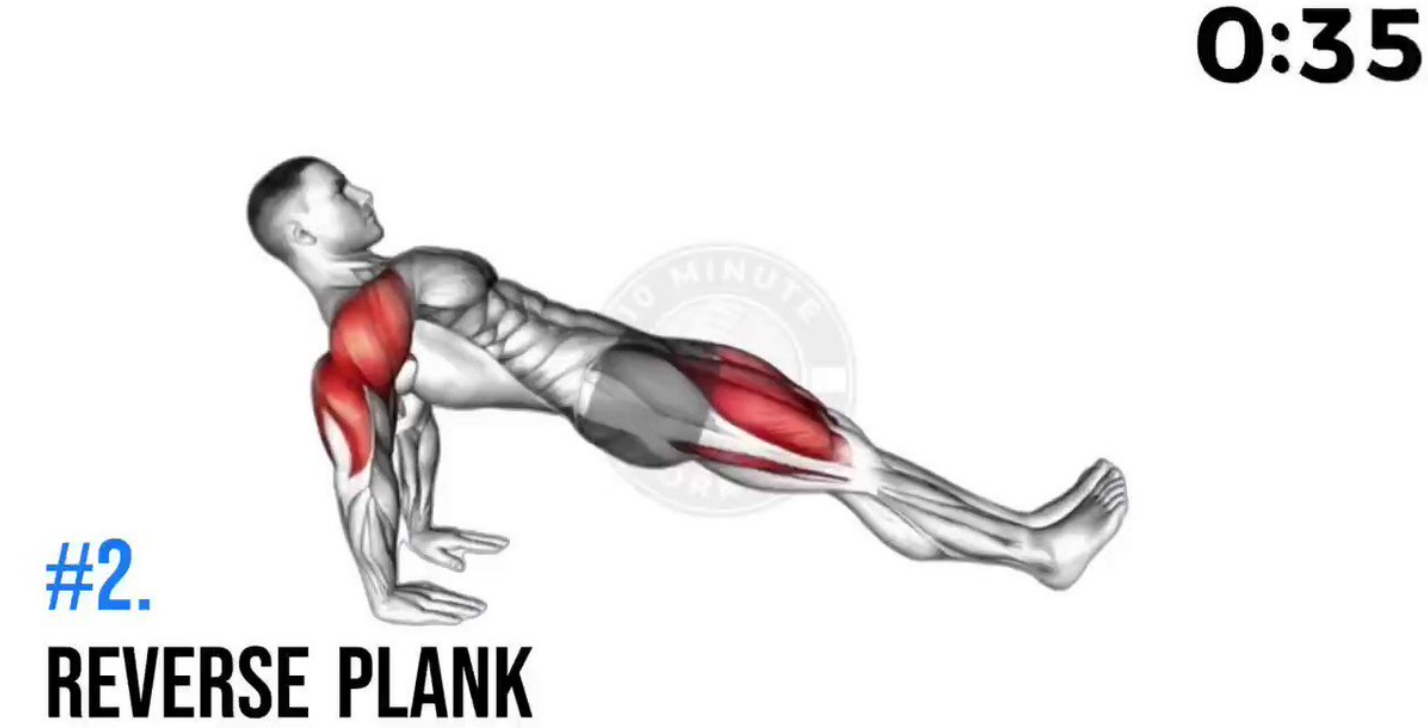
10 Minute Exercises And Kegels To Strengthen Your Dragon ■

1. Butterfly Yoga Flaps



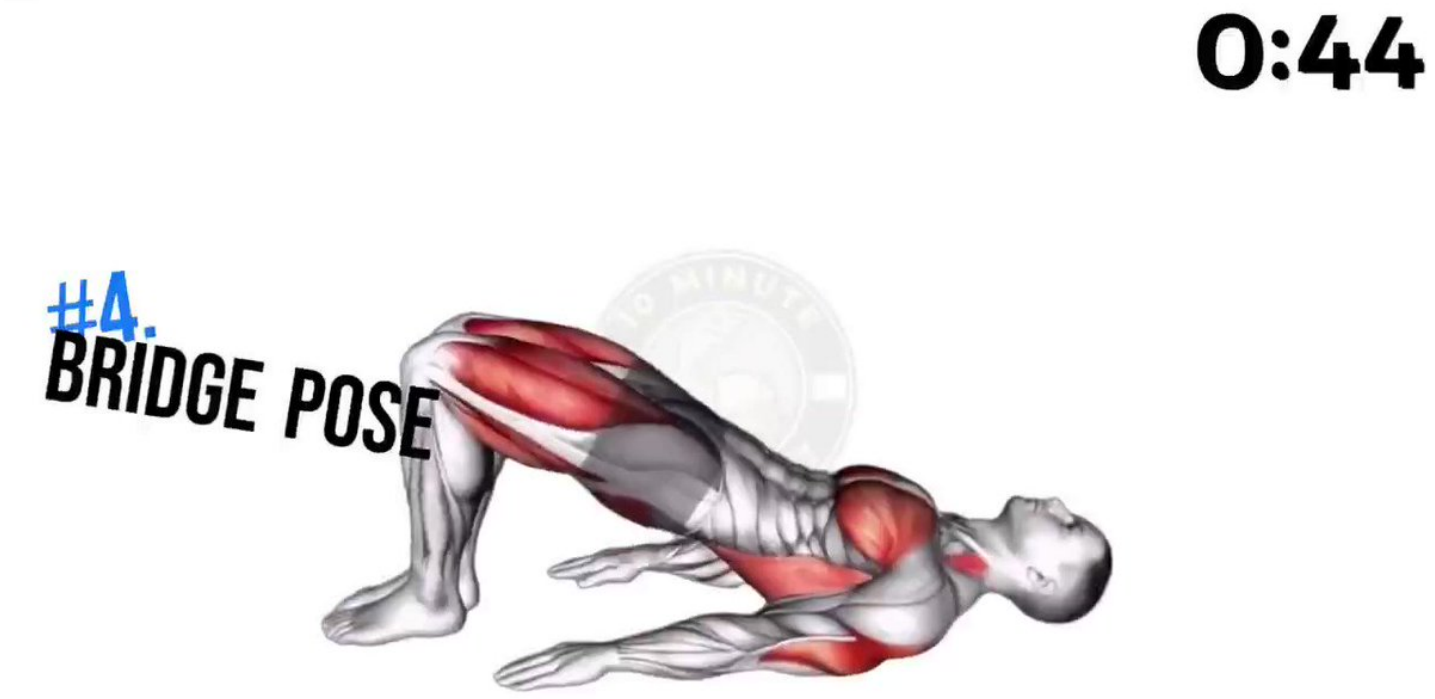
2. Reverse Plank



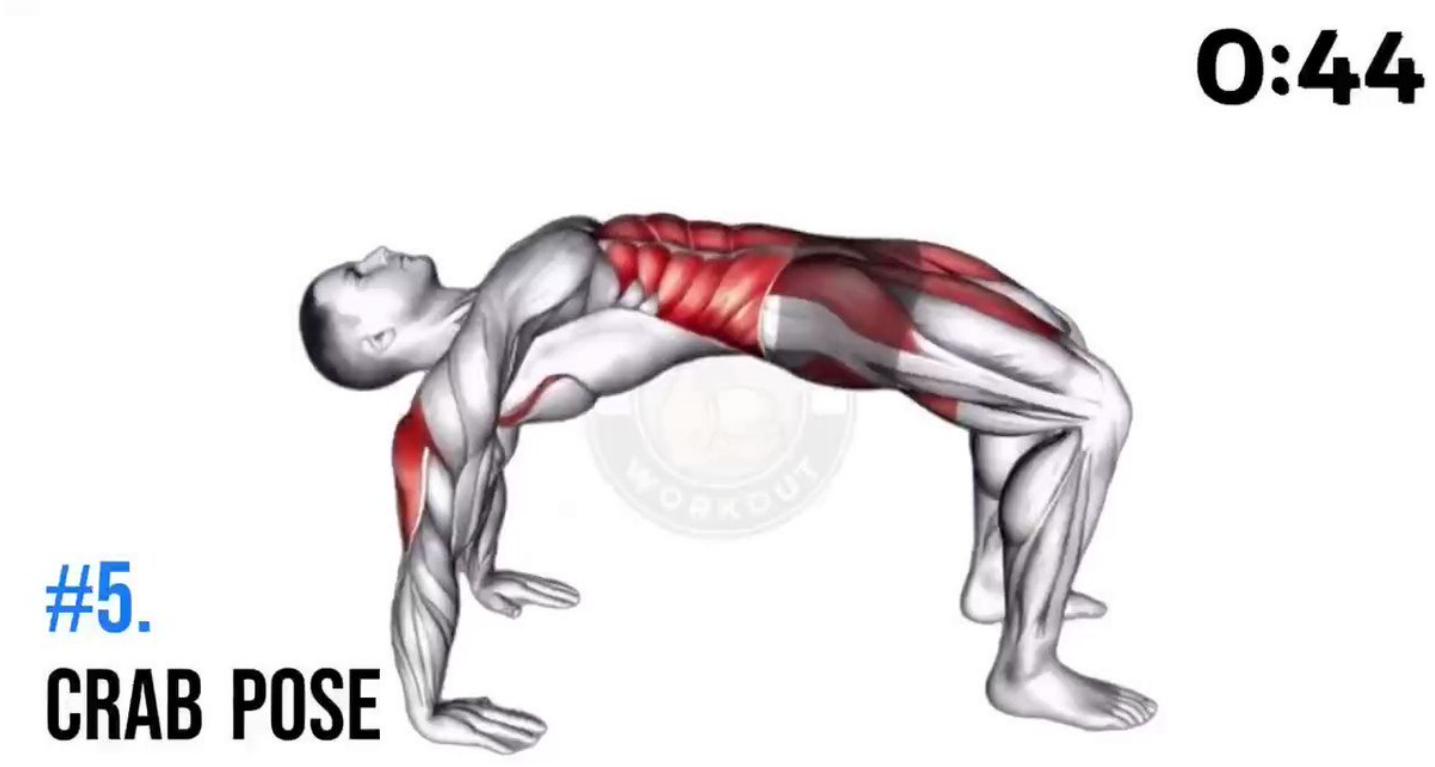
3. Cat Cow



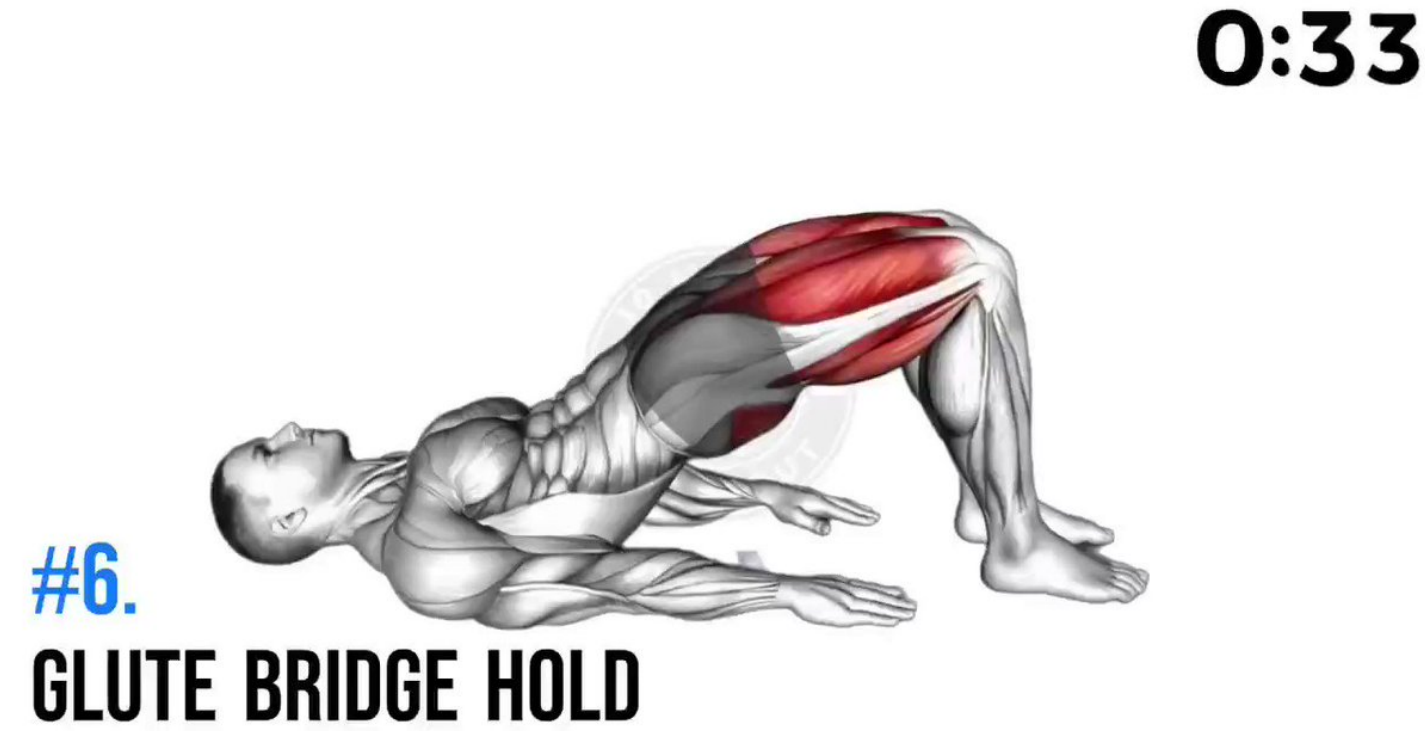
4. Bridge Pose



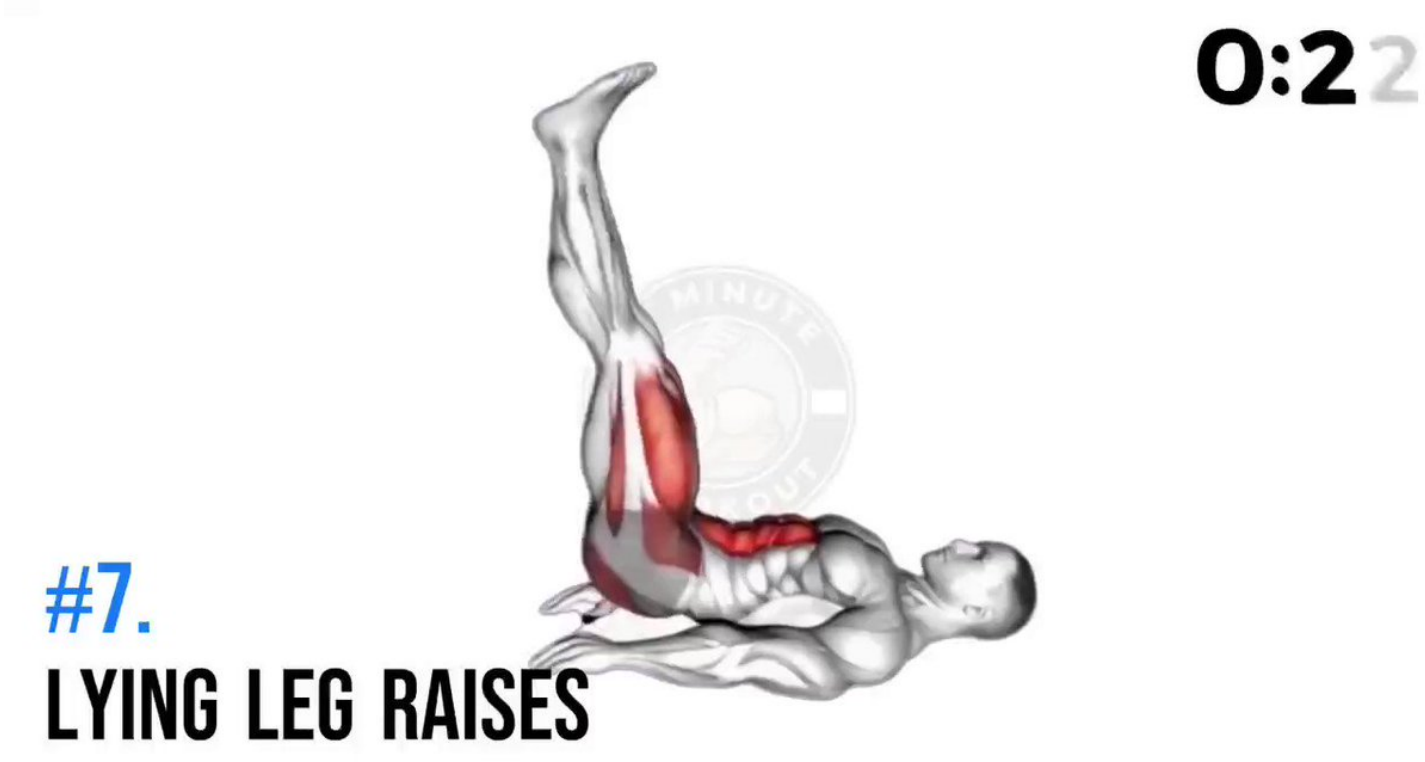
5. Crab Pose



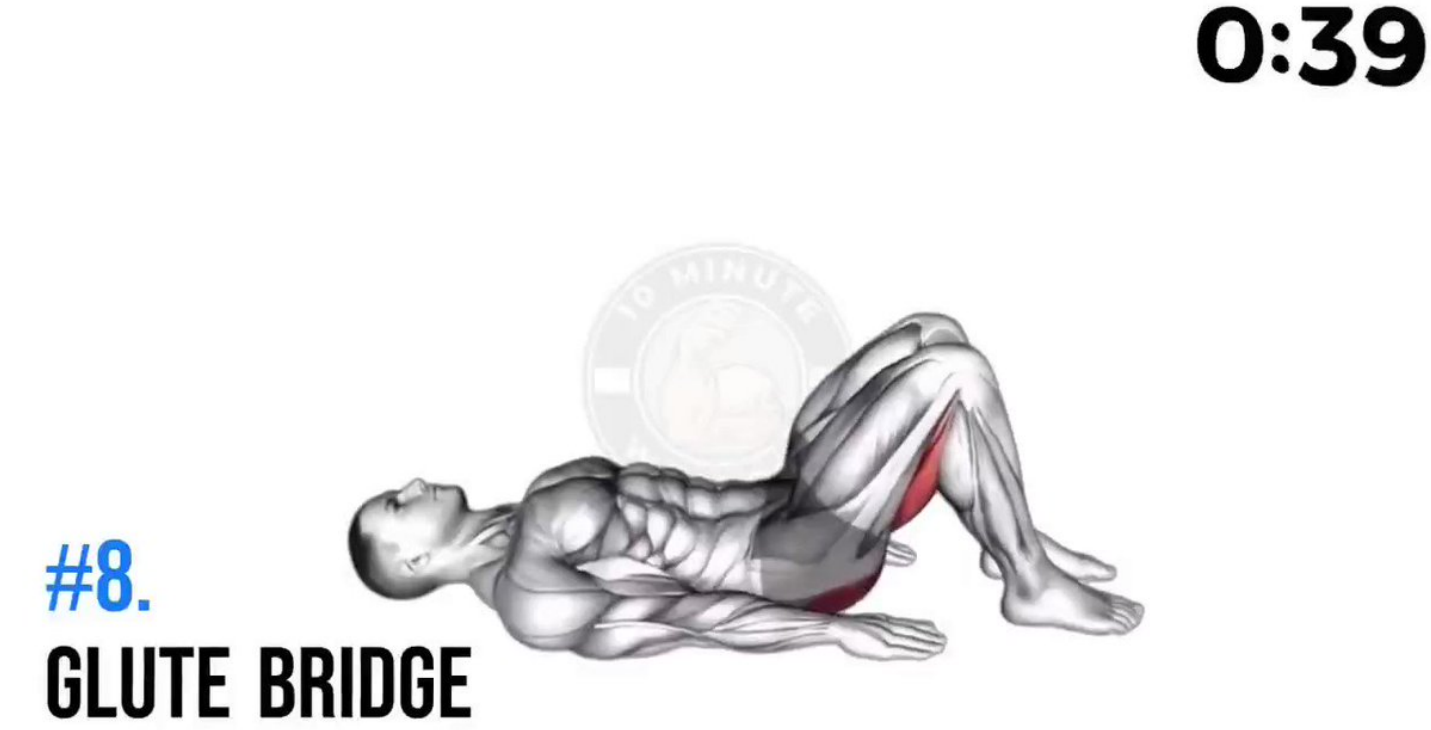
6. Glute Bridge Hold



7. Lying Leg Raises



8. Glute Bridge



9. Frog Stretch

