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10 Minute Exercises And Kegels To Strengthen Your Dragon ■

1. Butterfly Yoga Flaps

0:16



#1.

BUTTERFLY YOGA FLAPS

2. Reverse Plank

0:35

#2.

REVERSE PLANK



3. Cat Cow

0:28

#3.

CAT COW



4. Bridge Pose

0:44

#4.
BRIDGE POSE



5. Crab Pose

0:44

#5.
CRAB POSE



6. Glute Bridge Hold

0:33

#6.

GLUTE BRIDGE HOLD



7. Lying Leg Raises

0:22

#7.

LYING LEG RAISES



8. Glute Bridge

0:39

#8.

GLUTE BRIDGE



9. Frog Stretch

0:38

#9.

FROG STRETCH

