## Twitter Thread by **Unik Hub**





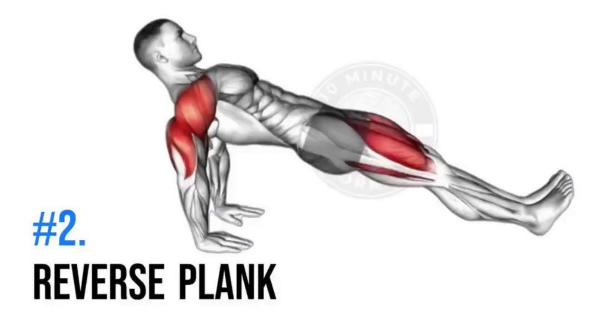
10 Minute Exercises And Kegels To Strengthen Your Dragon ■

1. Butterfly Yoga Flaps



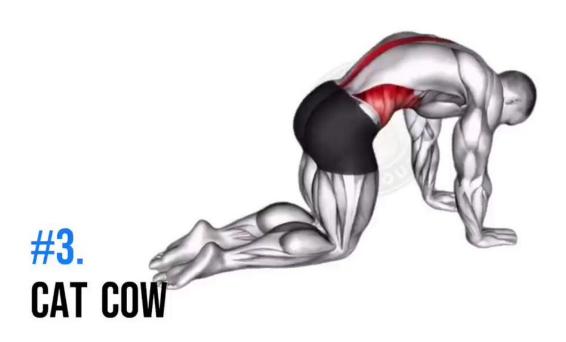
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2. Reverse Plank

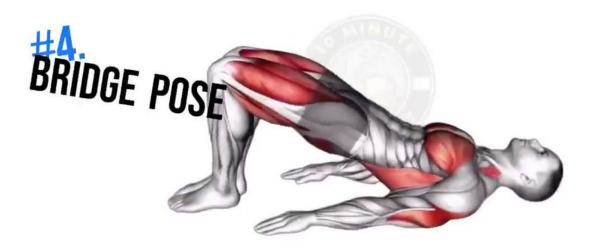


3. Cat Cow

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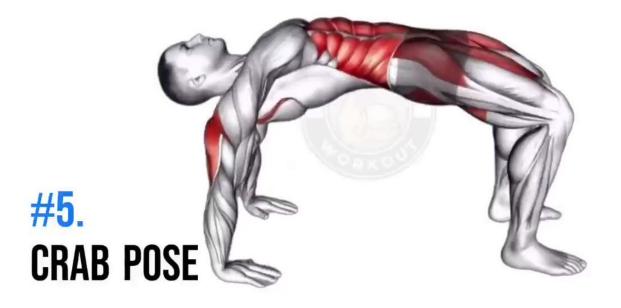


4. Bridge Pose



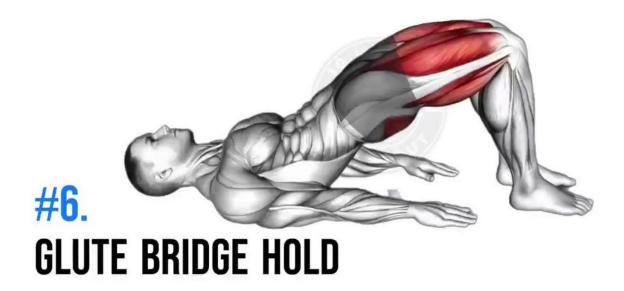
5. Crab Pose

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6. Glute Bridge Hold

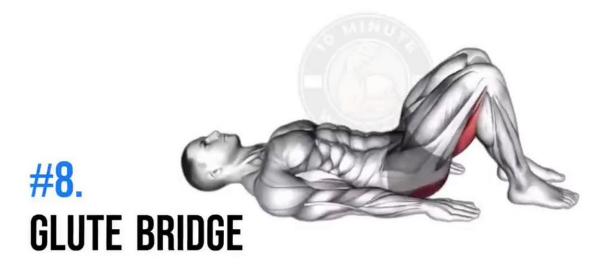
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7. Lying Leg Raises



8. Glute Bridge



9. Frog Stretch

0:38

