

Twitter Thread by [Life Pad](#)

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Do this at home for free gain.

No Gym full body Workout.

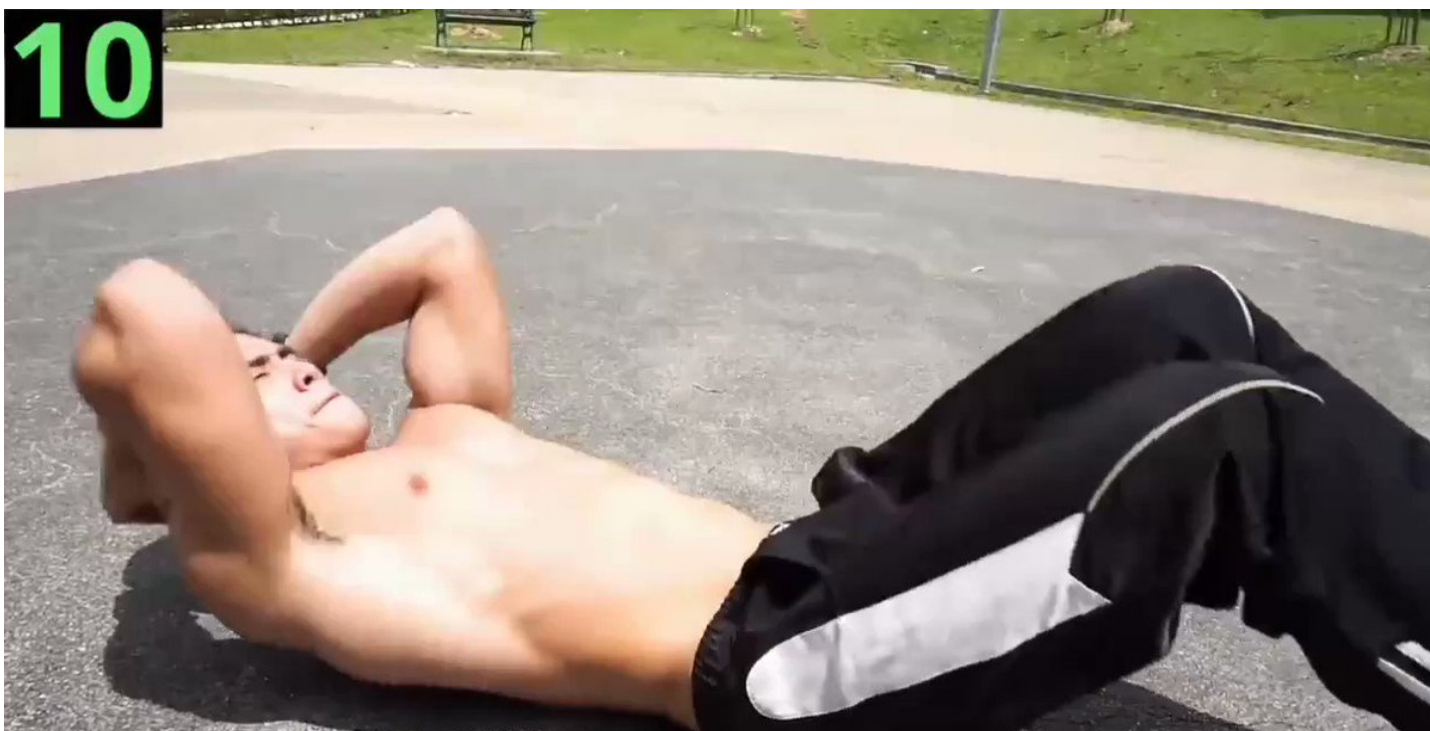
- All round benefit for active body
- For better clarity this 2023
- Sharpens your intellect
- Increase life span.

1. Squat



2. Crunches

10



3. Push up

10



4. Running Plank



5. Burpee



6. Back extension

10



BACK EXTENSION