

## Twitter Thread by [Life Pad](#)



**Life Pad**

[@The\\_Life\\_Pad](#)



**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***