BUZZ CHRONICLES > WORKOUTS Saved by @AchuthArora See On Twitter

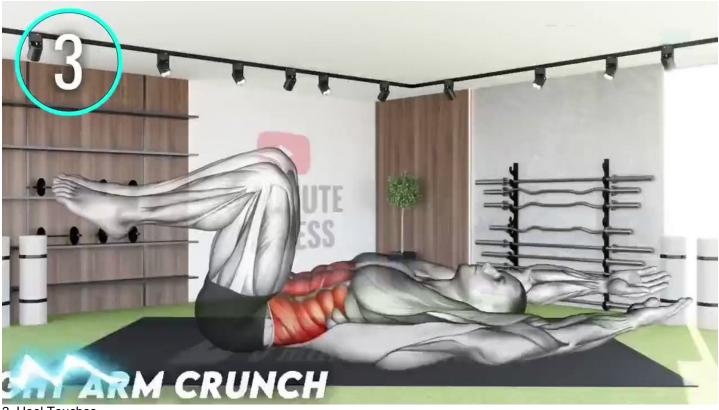
## Twitter Thread by Unik Hub





Increase your dragon size ■ ■ with no equipment, pelvic floor muscle exercises for men

## 1. Straight Arm Crunch



2. Heel Touches

