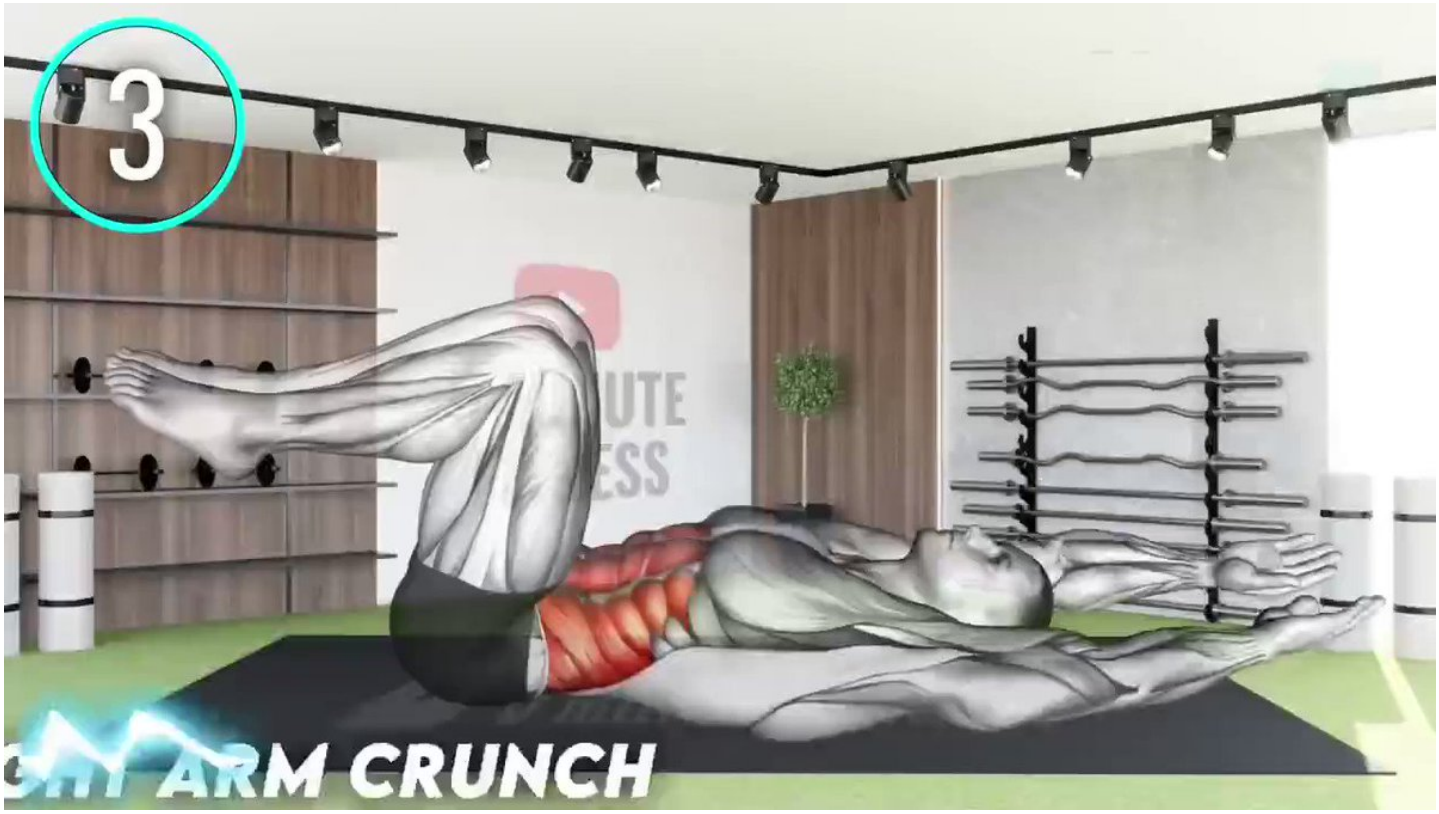
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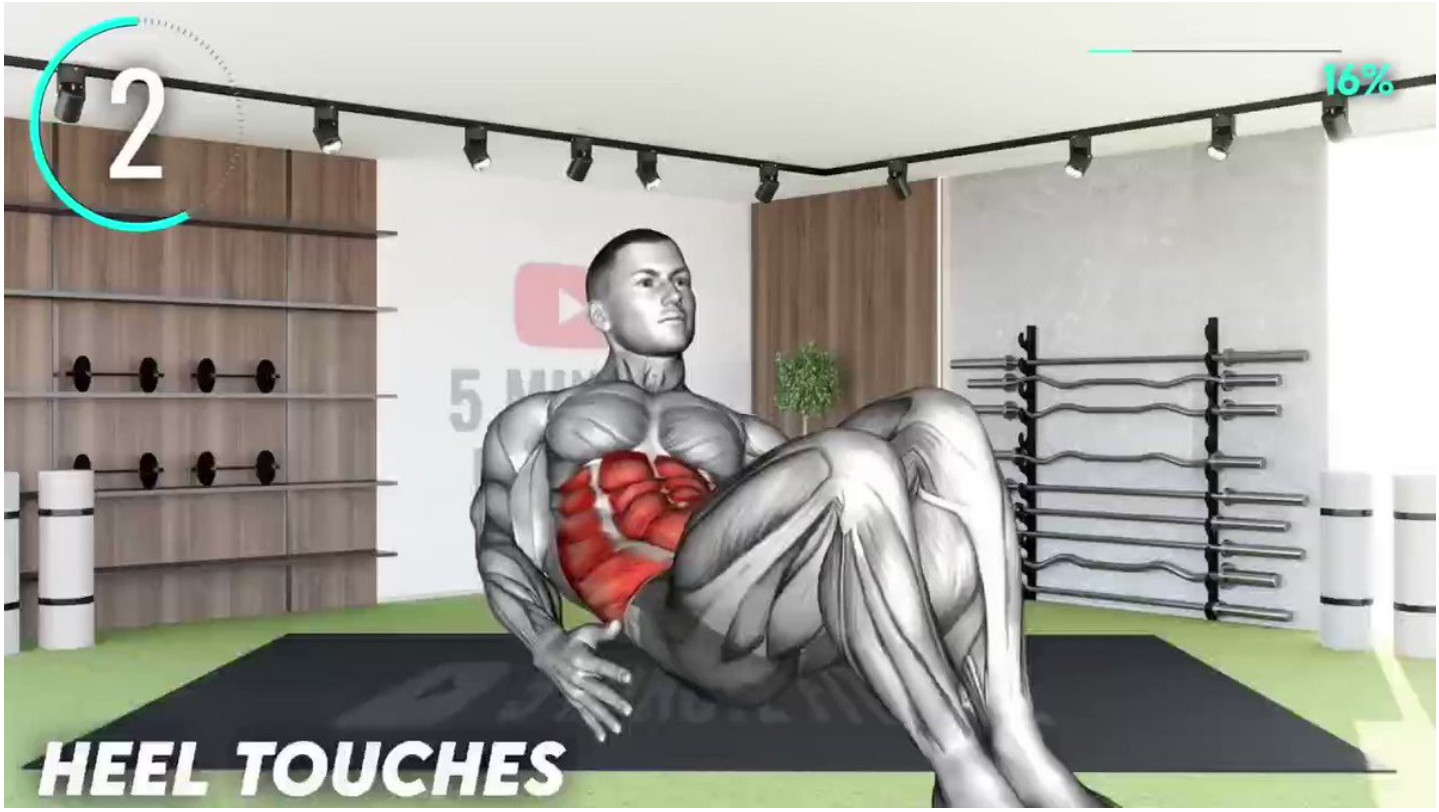
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Increase your dragon size ■ ■ with no equipment, pelvic floor muscle exercises for men

1. Straight Arm Crunch



2. Heel Touches


2
16%
HEEL TOUCHES