

Twitter Thread by [Muscle Surge](#)



Muscle Surge
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Men Do These Exercises 3 times a Week to increase Testosterone and Decrease the injury chances

Total workout length 25-30 mins

1. Squats

2. Glute Bridges

3. Adductor stretch

4. fire hydrant bodyweight

5. Bodyweight Single Leg Deadlift

6. Bridge Pose Setu Bandhasana

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<https://t.co/xi6FS2HUwn>

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1. Squats pic.twitter.com/DiN5wDZAUP

— Muscle Surge (@MUSCLESURGE) [January 8, 2023](#)