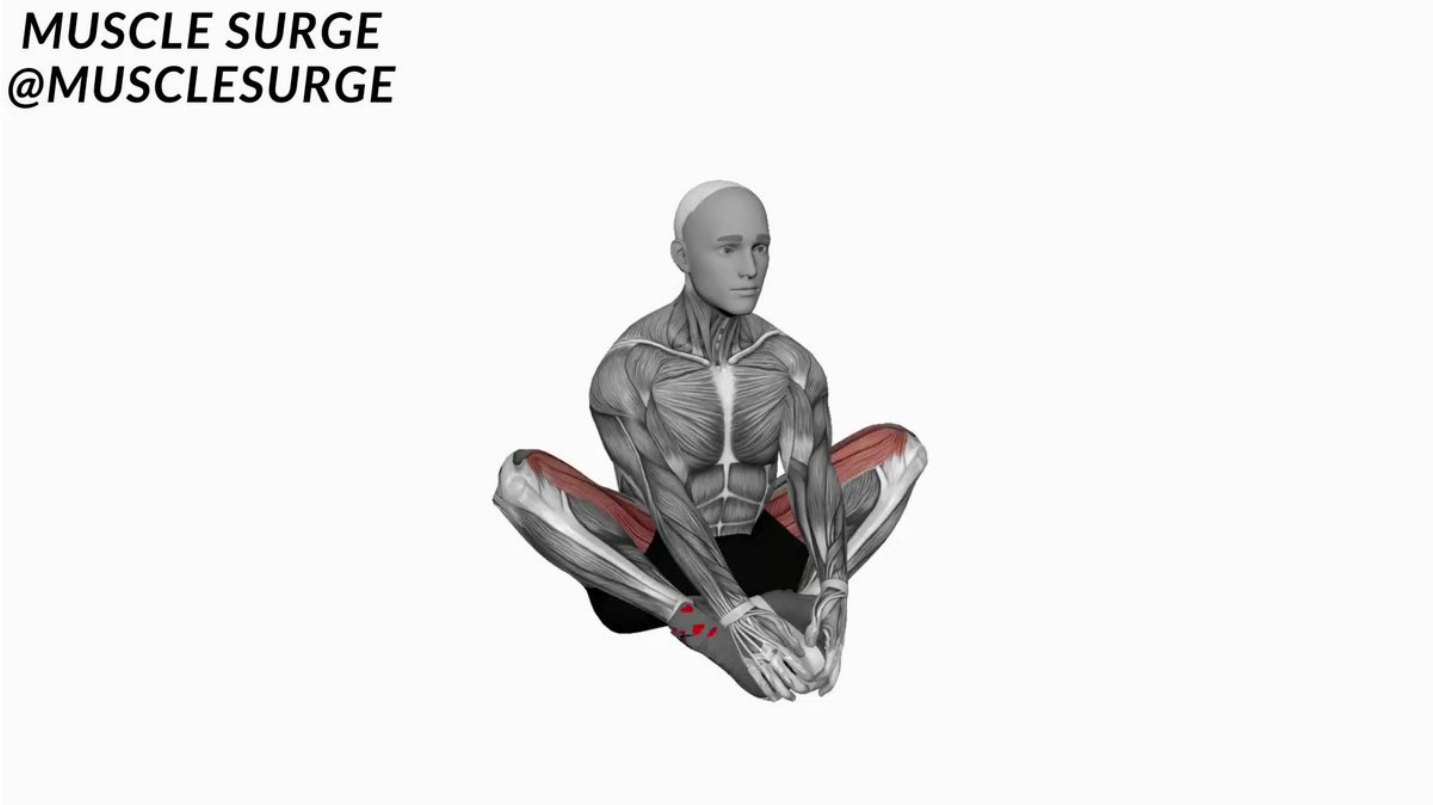
Twitter Thread by Muscle Surge



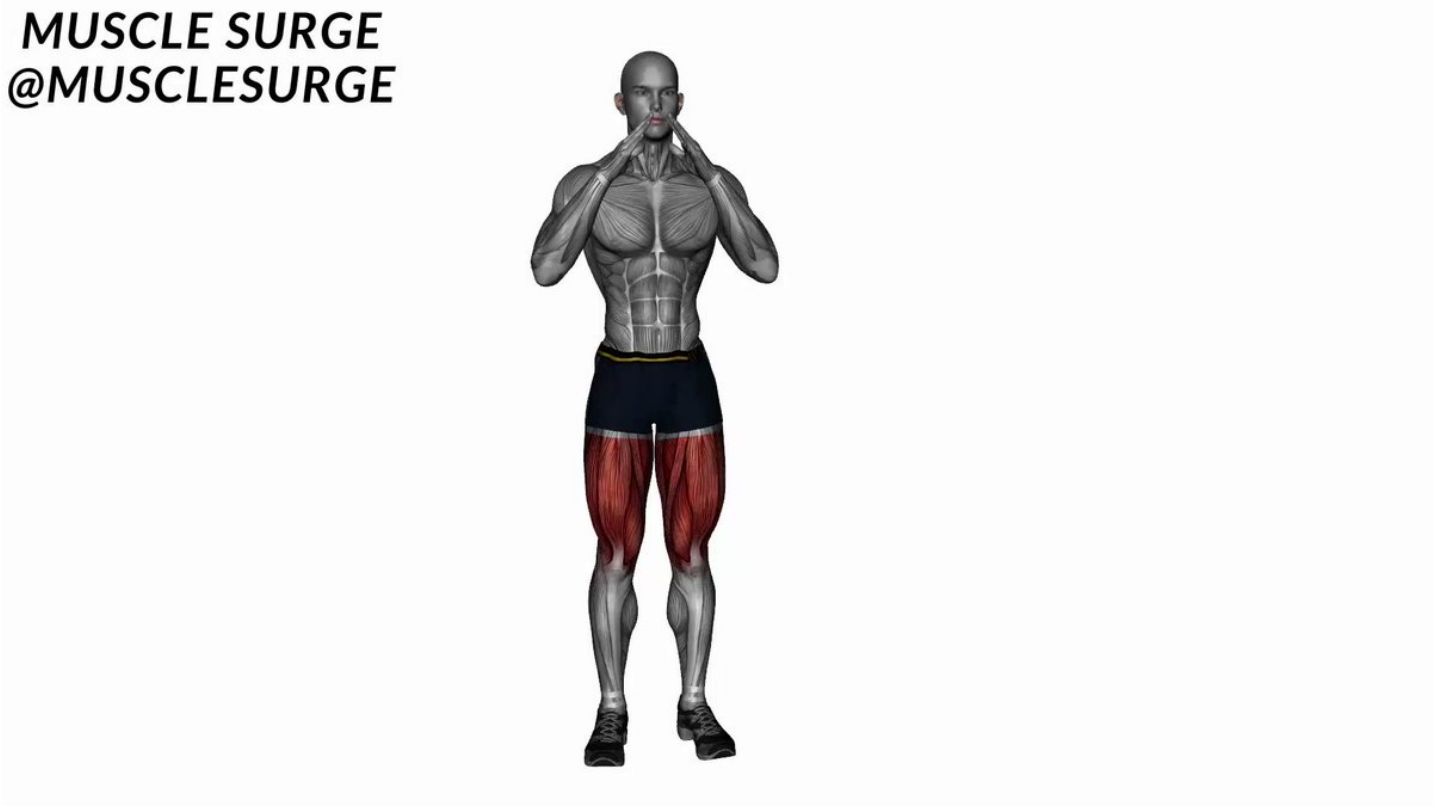
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8 Exercises Scientifically Proven to Boost Libido and Sex Stamina

1. Butterfly Yoga Flaps



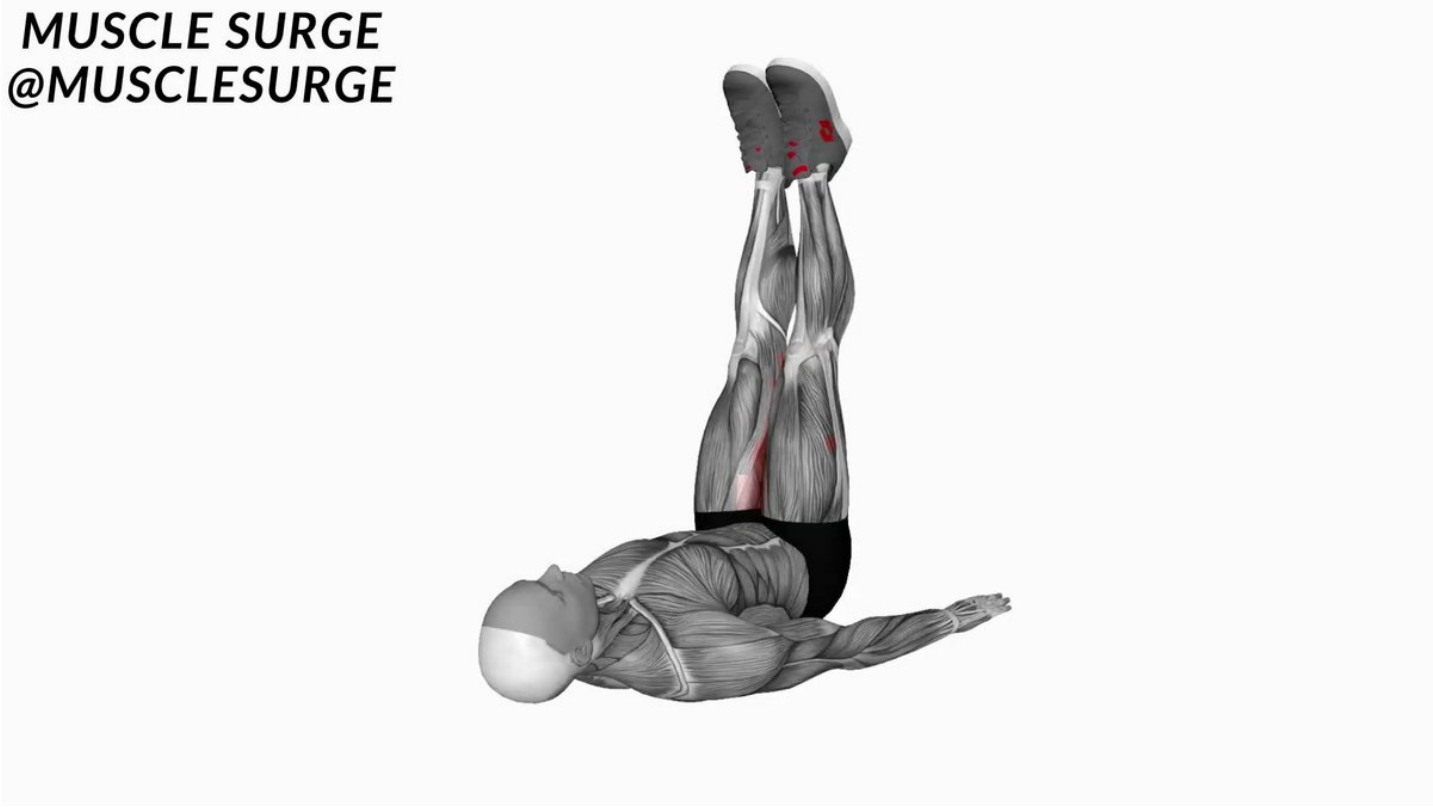
2. Adductor stretch side standing



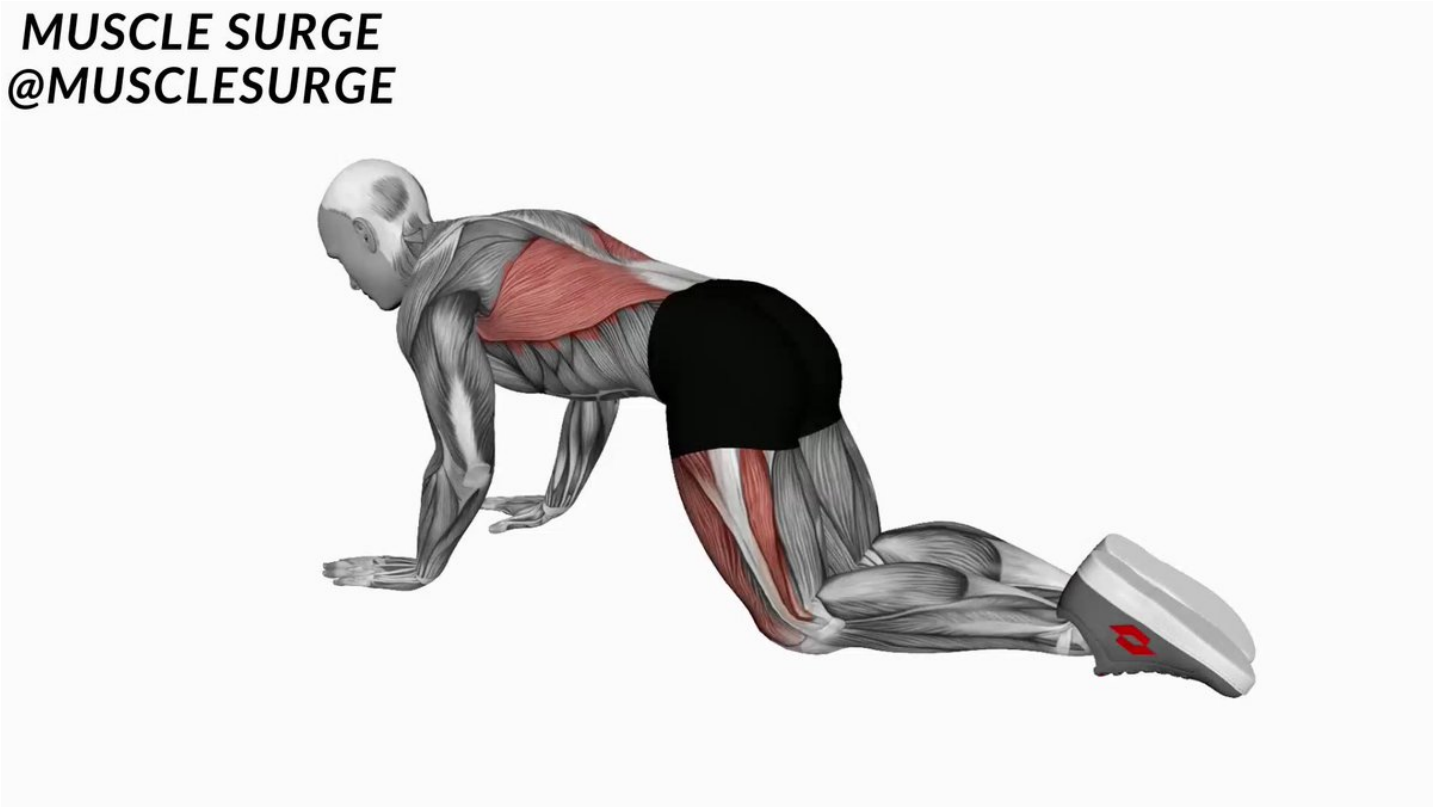
3. Barbell Hip Thrust



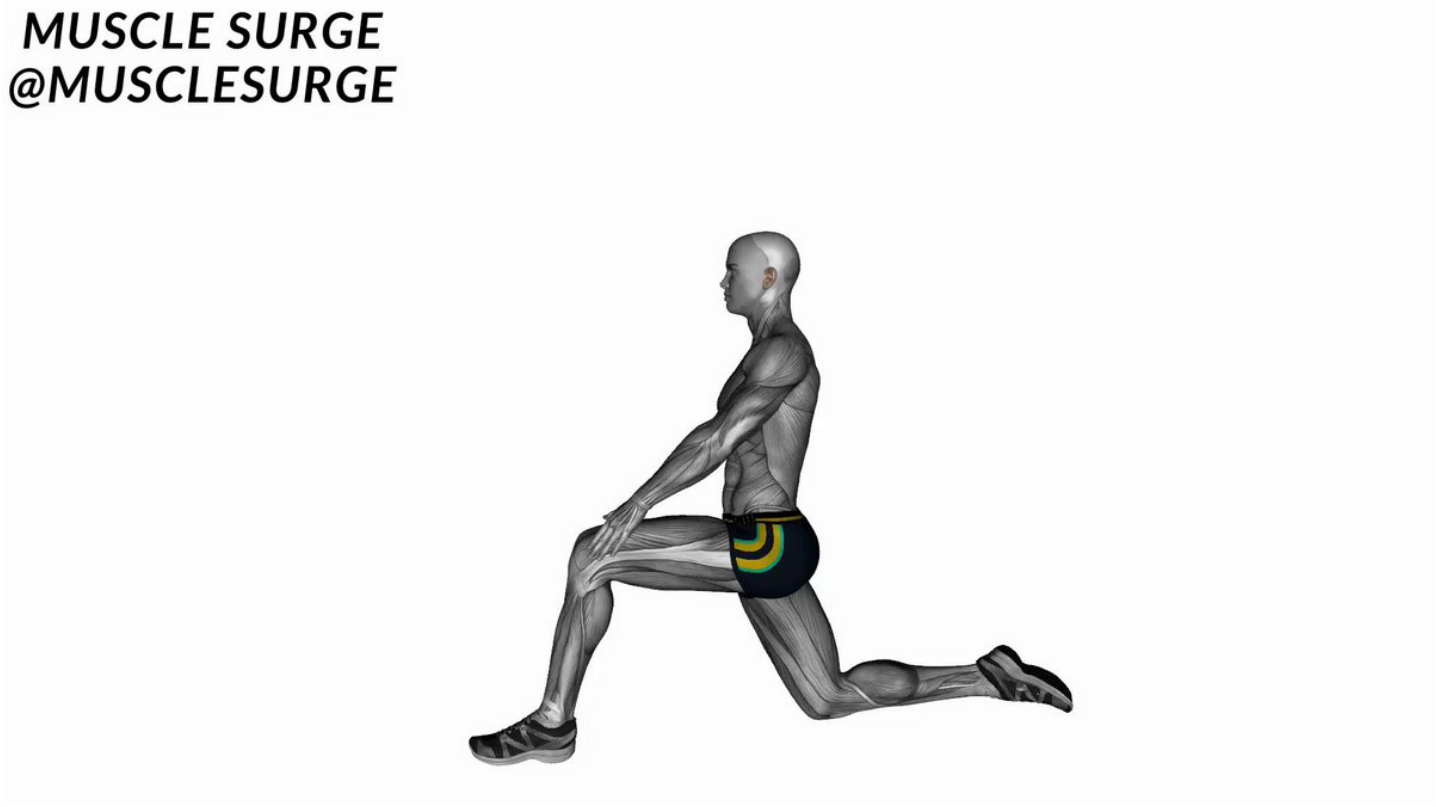
4. Adductor dynamic stretch



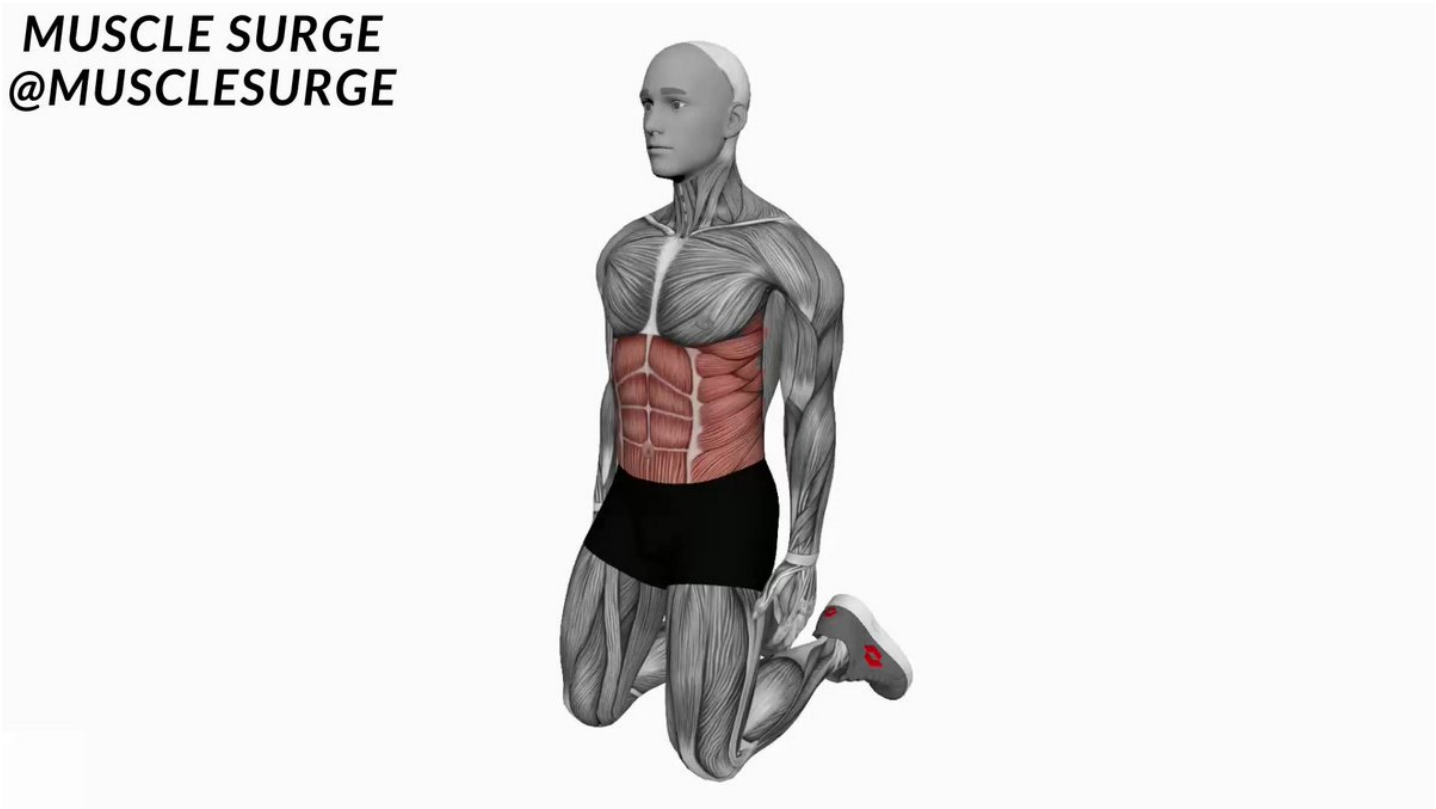
5. Child pose



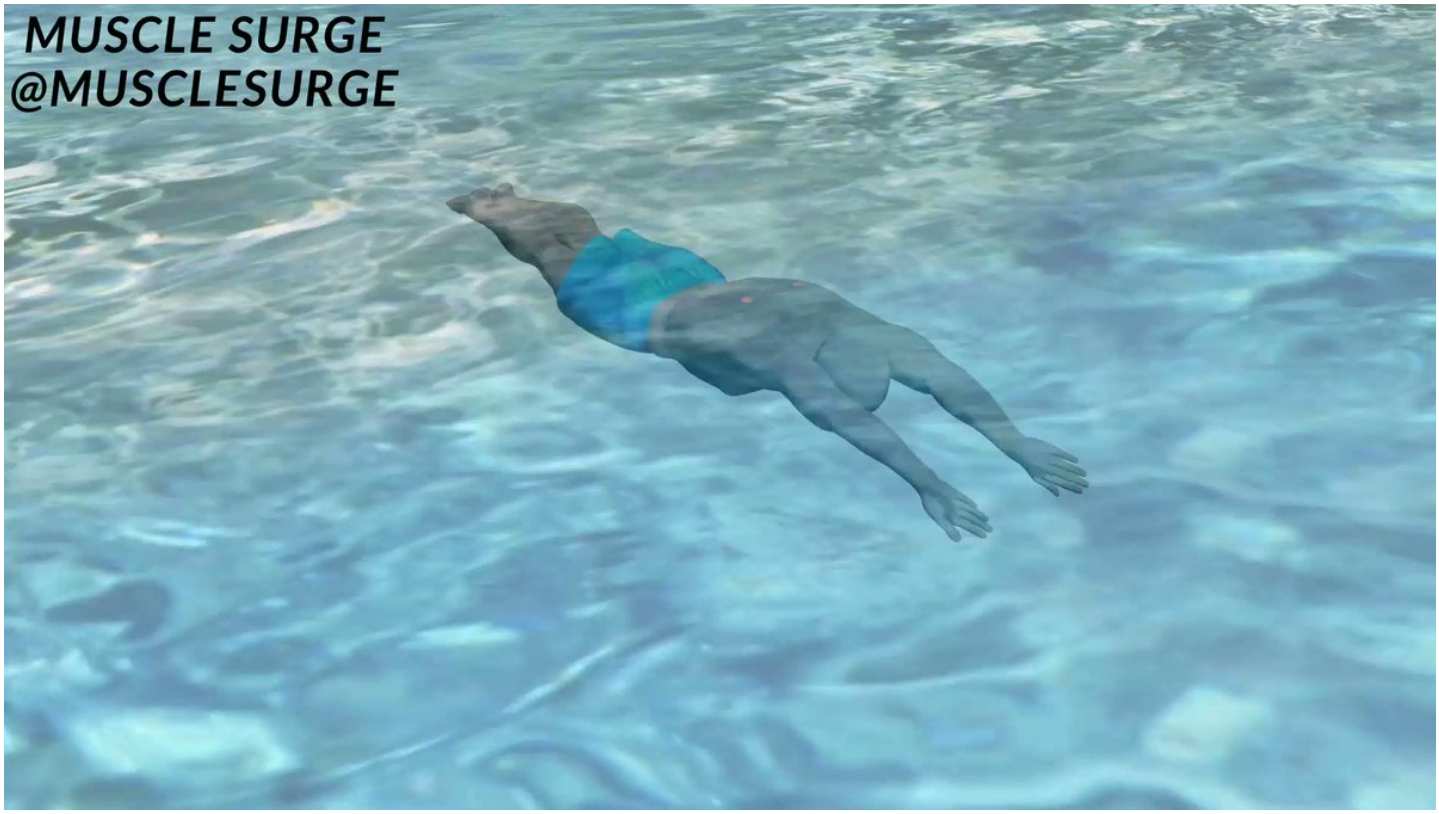
6. kneeling hip flexor stretch



7. Backward abdominal stretch



8. Breaststroke Swimming



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https://t.co/tJbgJ64cLI

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>
> 1. Butterfly Yoga Flaps pic.twitter.com/odBYzMygsp
>
> — Muscle Surge (@MUSCLESURGE) January 22, 2023