Twitter Thread by ■■■ ■■ ■■■■■■Q■■



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@Artofphysique_

Kegels, Yoga & Pelvic Exercises That Will Strengthen Your Dragon ■

7. Butterfly Yoga Pose

6. Lying Side

5. Lying Pelvic

4. Side Clamps

3. Spiderman Plank

2. Ceiling Look

1. Bridge Pose Setu