

Twitter Thread by KB - Transformation Coach



KB - Transformation Coach

@V_ShapeFitness



Are you sitting for more than 5 hours a day?

It could be taking years off your life.

For a V-Shaped Aesthetic, Bulletproof Back do this:

= Thread =



Today's hustle culture and use of technology means 1000s of people are sitting for hours everyday.

Without the appropriate management, spending hours in a chair can cause all kinds of damage to your body, and even

shorten your lifespan!

A lack of awareness is the biggest issue

There are a number of health concerns when sitting for long periods:

- Cancer
- Obesity
- Excess body fat
- High blood sugar
- Chronic Back Pain
- Sciatica (nerve pain)
- Cardiovascular disease
- Increased blood pressure
- Unhealthy cholesterol levels



1. Pull Ups:

Get a muscular, strong and wide aesthetic back!

Develops your:

- Back
- Traps
- Shoulders
- Biceps
- Core
- Forearms

Use a full range of motion

*jump up and do slow negatives if too hard



2. Chest-Supported T-Bar Row

A stronger back for long day seated

- Better Posture
- Increased Strength
- Stronger Upper Back
- Better Core Stability
- Increased Core Strength
- Improved Muscular Balance
- Better and Thicker Muscle Definition



3. Romanian Deadlift:

Strengthen:

- Hamstrings
- Glutes
- Lower back muscles

Improve your posture and help prevent lower back pain

They also develop a muscular and powerful back for strong V Shape aesthetics!



Save your back!

Put these together in this 40-minute workout to prevent yourself from being put at risk of long-term health issues from sitting!

Do this 1-2x week

Exercise	Sets	Reps	Rest
1. Pull Ups	3	5-8 Reps	3 mins
2. Chest Supported T-Bar Row	3	5-8 Reps	3 mins
3. Romanian Deadlift	3	5-8 Reps	3 mins

***Complete slow and controlled reps at high intensity (quality > quantity)**

Want to improve your back and physique even more?

- Each high protein
- Drink 3-4L of water/day
- Eat nutrient-dense foods
- Sleep 7-8 hours/day

It is not as hard as you think!

Mark did it!

He joined the V-Shape Fitness Program and changed his life!

In just 3 months he:

- Lost 25lbs
- Added quality muscle
- Develop a V-Shape Physique

You can too!

Book your free strategy call: <https://t.co/7oyFn8NBQH>

Before

After



PS.

Are you tired of being out of shape?

Want to build the body of your dreams and change your life?

Grab my free V-Shape 12-Week Program to learn the keys to building your dream V Shape Body and changing your life!

<https://t.co/zlh2dlWQvt>

V SHAPE FITNESS

The V-Shape 4-Step Program



**How to Change your Life with the
V-Shape Body of Your Dreams!**

If you enjoyed this thread, follow me [@V_ShapeFitness](#)
and retweet the first tweet

I'm here to help you:

- Shred Fat
- Pile on Muscle
- Change your life

Have an awesome day!

<https://t.co/1GxMfTGHuO>

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= Thread = pic.twitter.com/w98xWlilU3

— KB - Transformation Coach (@V_ShapeFitness) [February 27, 2023](#)

P.S.

I'm looking for TWO MEN who want to:

- Shred Fat
- Build Muscle
- Boost Confidence

And get that V Shape Body guaranteed!

Just 2 hours/week

Not cheap but will change your life!

or DM 'V' for info

<https://t.co/y5EnIN5ZtA>