# Twitter Thread by KB - Transformation Coach





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 =



Todays 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



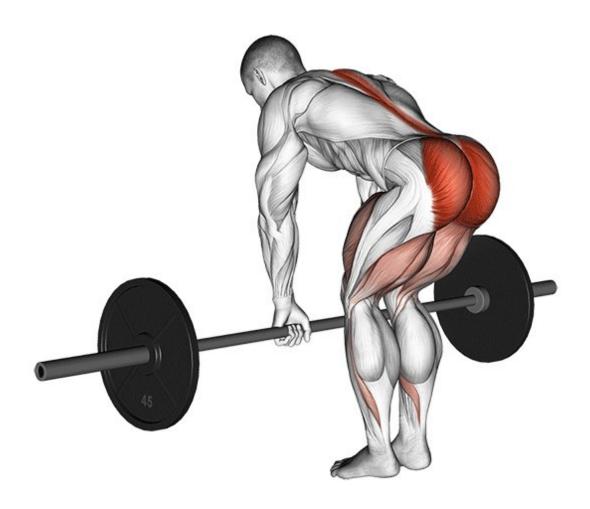
### 3. Romanian Deadlift:

## 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 co	ontrolled reps at hig	th 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:  $\underline{\text{https://t.co/7oyFn8NBQH}}$ 



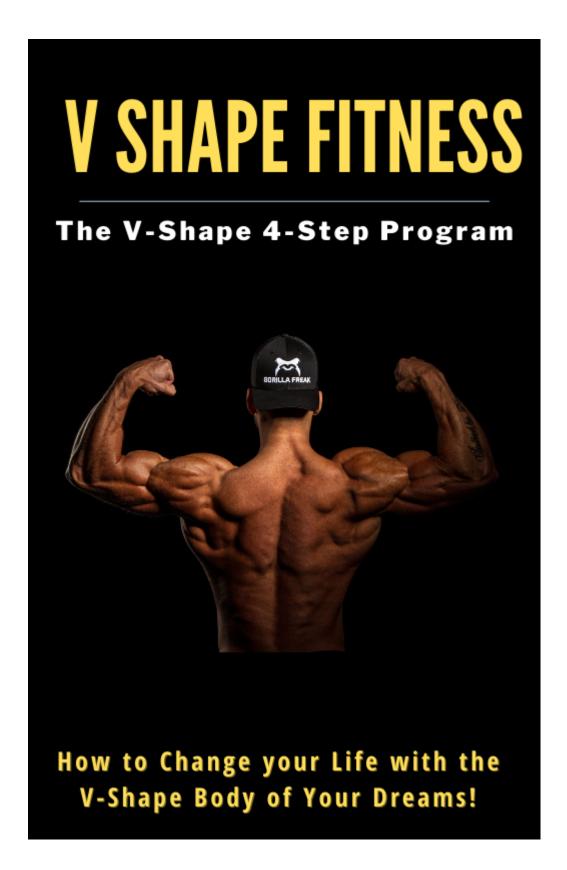
PS.

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



If you enjoyed this thread, follow me <u>@V\_ShapeFitness</u> 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