Twitter Thread by Alpha Club



Alpha Club
@AlphaBuilder_

Top 6 Exercises that'll get you abs and increase sex stamina in 30 days

1. Futter kicks

3 reps x 20 seconds

Do as much as you can

2. Russian twist

3 reps x 25 seconds

Add more seconds as you progress

4. Side crunch

3 reps x 30 seconds

5. L toe crunches

3 reps x 20 seconds

Plank knee in

3 sets x 20 seconds

My friend, thanks for watching

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- Mindset
- Masculinity