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SQUATTING is a natural anthropomorphic posture.

Some musculoskeletal pains eg backache & footache will disappear if you practice tribal squatting.

- Upright shoulders, neutral back

- Feet on the floor

Do this every morning when you wake up for 10 minutes.

#BetterTogether



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Tivitiko - The most beautiful shape of tweets!

Continue to read: <https://tivitiko.herokuapp.com/thread/MJWc7c.html>