

## The secret of having huge breasts

Based on scientific evidence,  
we have arrived at the conclusion that we should not over-explode.  
The cover of "Ai \*\*\*" below,

### Exercise URL

By doing exercises with the backs of your hands facing backwards...  
"You build muscle in your chest with fat on top of it,"  
and it's a different exercise than push-ups.  
The rest of the exercise feels like you're taking a shape...  
It's clearly a very different look from a man's bulging pectoral muscles,  
but in my case, my chest circumference was about 100cm even when I measured it a long time  
ago,  
so if I were to measure it normally now...it's probably closer to 120cm...

By the way...  
If it's a handgun bullet, it's certain that you can prevent it from reaching the inside by  
tightening your chest muscles,  
but if it's a bullet from a Self-Defense Force rifle, I think it's impossible because it spirals.