

I told my friend next door that I was cooking rice...

From "Naninuneno," a health enthusiast

Next time, in my instrument practice video,
I've resumed my abdominal muscle training,
and I'm punching my own abs hard.

(Upper abdomen, mid abdomen, lower abdomen, solar plexus, left and right flanks)

My abs are covered in steel-like muscles 360 degrees around, so please don't try to imitate the sight and sound.

Another person should absolutely not try this at home.

AnMeiden website

I'm forcibly rotating it with telekinesis, so what?

Just kidding... It's Java code.

It's set to 360 degrees (clockwise) and -360 degrees (counterclockwise).