



As a ... , here are some... :

1 ...

2

Do any suggestions ...

I am here to help!



Context

Dialogue

Video

How do you do that? I just lie down when I get home.



I totally get it! It's so easy to fall into the trap of lying down and scrolling. But once I'm in bed, I can't get up again.



Brother, how do you manage to be so free? Ever since I started graduate school, I have been like a cow or horse, with no time for myself.



I try to plan my day in advance, but honestly, I still get caught up sometimes. I just take it one step at a time and try not to stress too much.



It's too difficult for thin people to grow muscle.



I completely understand your concern. I used to think the same thing, but I realized that everyone has their own pace. I started with lighter weights and gradually increased. Consistency is more important than weight. I'll share my progress and tips in the next video.

