

No need for a caption; post n-3 is normally just educating the avatar/reader. I made 2 but you can choose whichever you want or even use both.

The script I'll be modeling:

https://www.instagram.com/reel/Cw-RNuEByVV/?utm_source=ig_web_copy_link&igshid=MzRlODBiNWFiZA==

Do you know how to do this pose? Don't worry, let me show you.

Start off by putting your feet in this stance.

Then bend over and blow all your air out.

Suck your stomach in, stand up, and flair your lats. Now flex your biceps and twist your thumbs back to show your peak. Don't forget to flex your legs and there's your pose.

Post I'm making for some G:

Don't know how to breathe properly when throwing a punch? Don't worry, let me show you.

Start off by inhaling slowly and deeply through the nose.

As you exhale through the mouth, throw a punch.

Exhale sharply and completely. And don't forget to repeat these steps for each punch.

And there's your knockout secret, buddy.

Second post for some G:

Don't know how to throw a punch? Don't worry, let me show you.

Start off by standing in a boxing stance with your fists in front of your face.

Then rotate your hips and shoulders.

Extend your arm, rotate your wrist and hit your target with the knuckles of your first two fingers.

Snap your fist back. Don't forget to repeat these steps for each punch.

And there's your knockout secret, buddy.