



The Mummy MOT - Core Restore, Level 3

Exercise	Comments
	<p><i>4 Point Hover</i></p>
	<p><i>Dead Lift Prep</i></p>

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Dead Lift

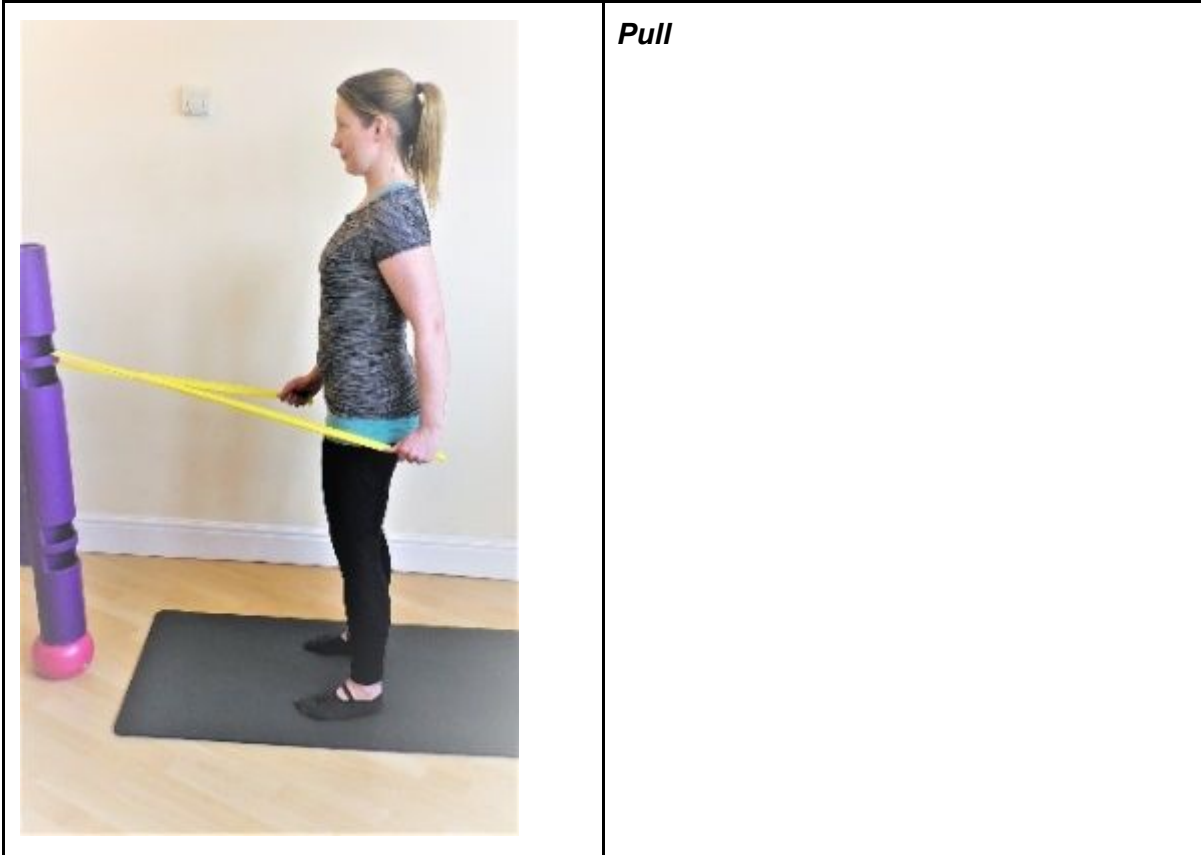


DTT



DTT Arms Overhead

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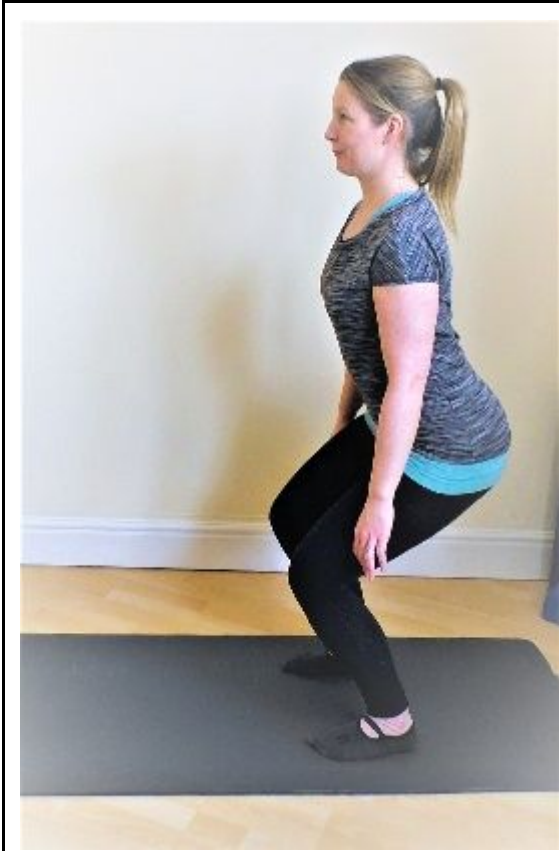


Row Prep

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	<p><i>Row</i></p>
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Squat Prep

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Squat



Superwoman