







The Mummy MOT - Core Restore, Level 4

Exercise	Comments
	<p><i>Knee Lift</i></p>
	<p><i>Rotation</i></p>

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	<p><i>Running Man Prep</i></p>
	<p><i>Running Man</i></p>

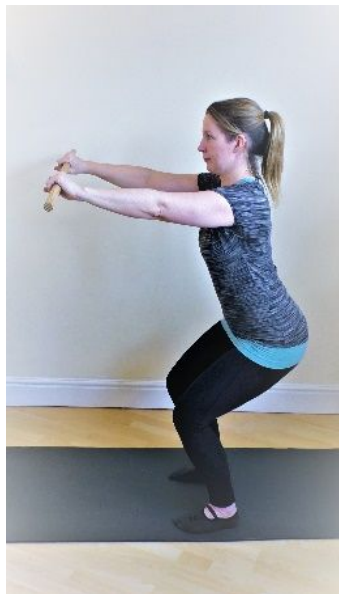
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	<p><i>Side Lift</i></p>
	<p><i>Side Lift with Band</i></p>

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Squat Prep



Squat with Stick