


The Mummy MOT - Core Restore, Level 5

Exercise	Comments
	<p><i>Lunge</i></p>
	<p><i>Side Squat</i></p>

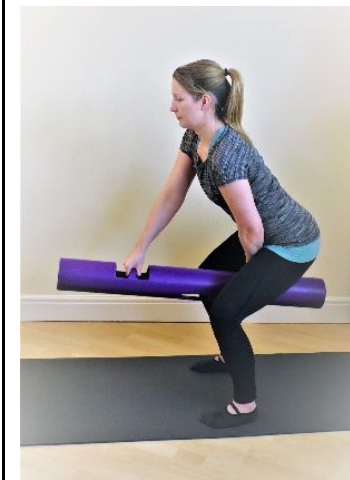
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	<p>Squat</p>
	<p>Squat & Band</p>

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Squat with band



Under Viper

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Viper 1



Viper push

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Side Plank