

The Mummy MOT - Core Restore, Level 6

Exercise	Comments
	<p><i>Lunge & Weights</i></p>
	<p><i>Side Shuffle</i></p>

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Side Step & Return with Weights



Squat

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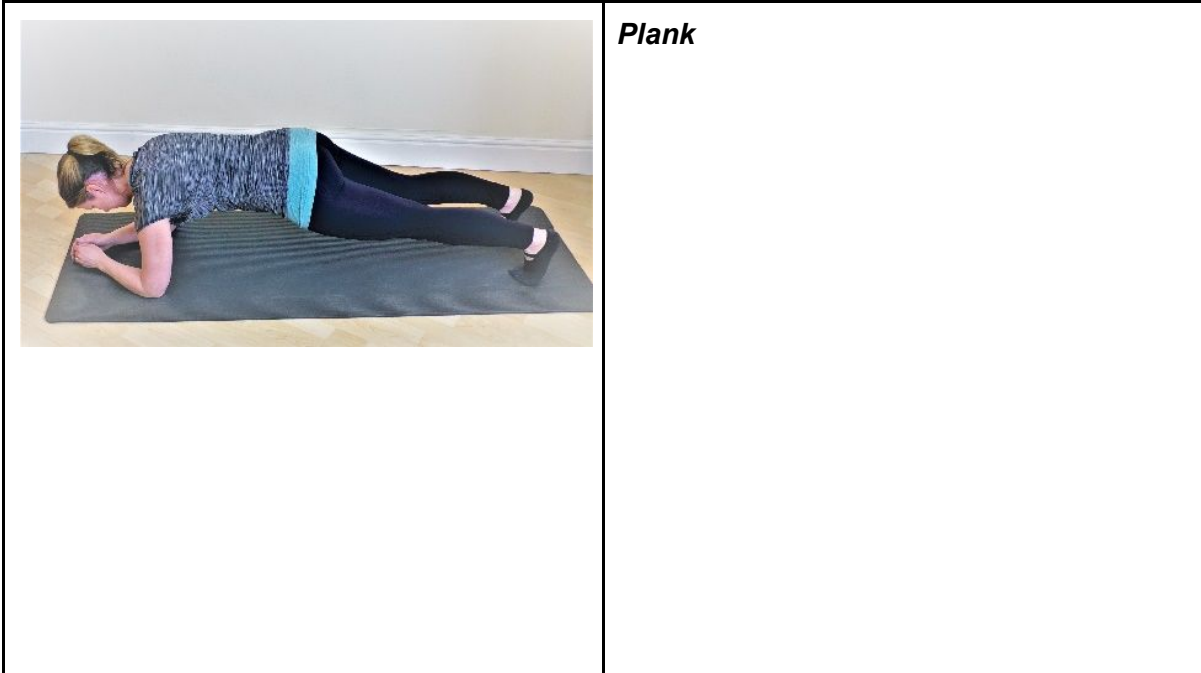


Squat & Lift



Squat Jump

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Notes