




## The Mummy MOT - Core Restore, Level 1

Exercise	Comments
	<p><i>4pt kneel arm stretch</i></p>
	<p><i>4pt kneel leg stretch</i></p>
	<p><i>Cat stretch</i></p>

## The Mummy MOT - Core Restore, Level 1



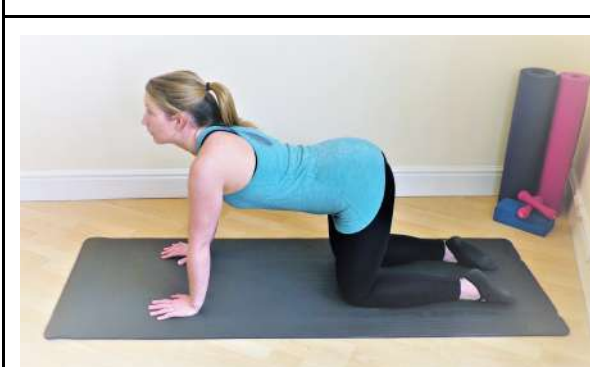
**Child pose**



**Child pose left side**







**Child pose right side**






**Extension stretch**

## The Mummy MOT - Core Restore, Level 1




	<p><b><i>Glut bridge</i></b></p>
	<p><b><i>Leg slide</i></b></p>
	<p><b><i>Neutral cat stretch</i></b></p>
	<p><b><i>Side leg lift</i></b></p>

## The Mummy MOT - Core Restore, Level 1





	<p><b>Single leg lift</b></p>
	<p><b>Single leg lift arms overhead</b></p>
	<p><b>Supine</b></p>

**Notes**

## The Mummy MOT - Core Restore, Level 2

Exercise	Comments
	<p><i>Supine arms overhead</i></p>
	<p><i>Arms overhead &amp; leg slide</i></p>
	<p><i>Arms overhead and leg straight raise</i></p>

## The Mummy MOT - Core Restore, Level 2

	<p><i>Arms overhead and single table top</i></p>
	<p><i>Super women prep</i></p>
	<p><i>Super woman arms &amp; legs</i></p>
	<p><i>Glut bridge</i></p>



## The Mummy MOT - Core Restore, Level 2



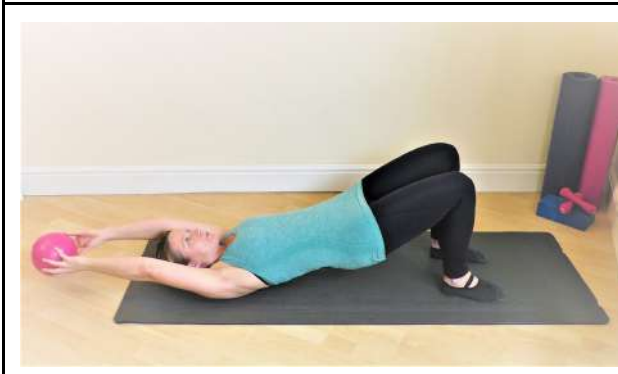
*Glut bridge with band*



*Glut bridge heel raise*





*Glut bridge and single table top*



*Glut bridge and arms overhead*

**Notes**

## The Mummy MOT - Core Restore, Level 3

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



## The Mummy MOT - Core Restore, Level 3



***Dead Lift***

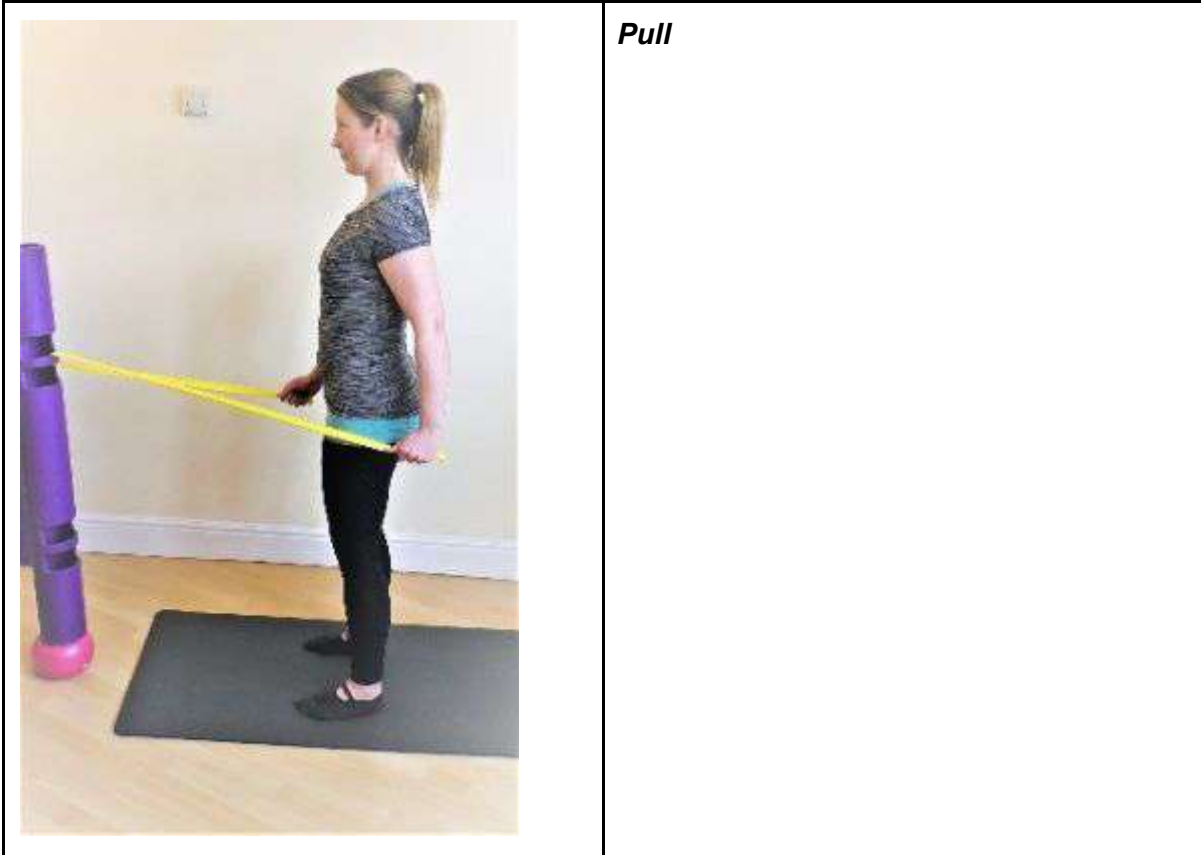


***DTT***

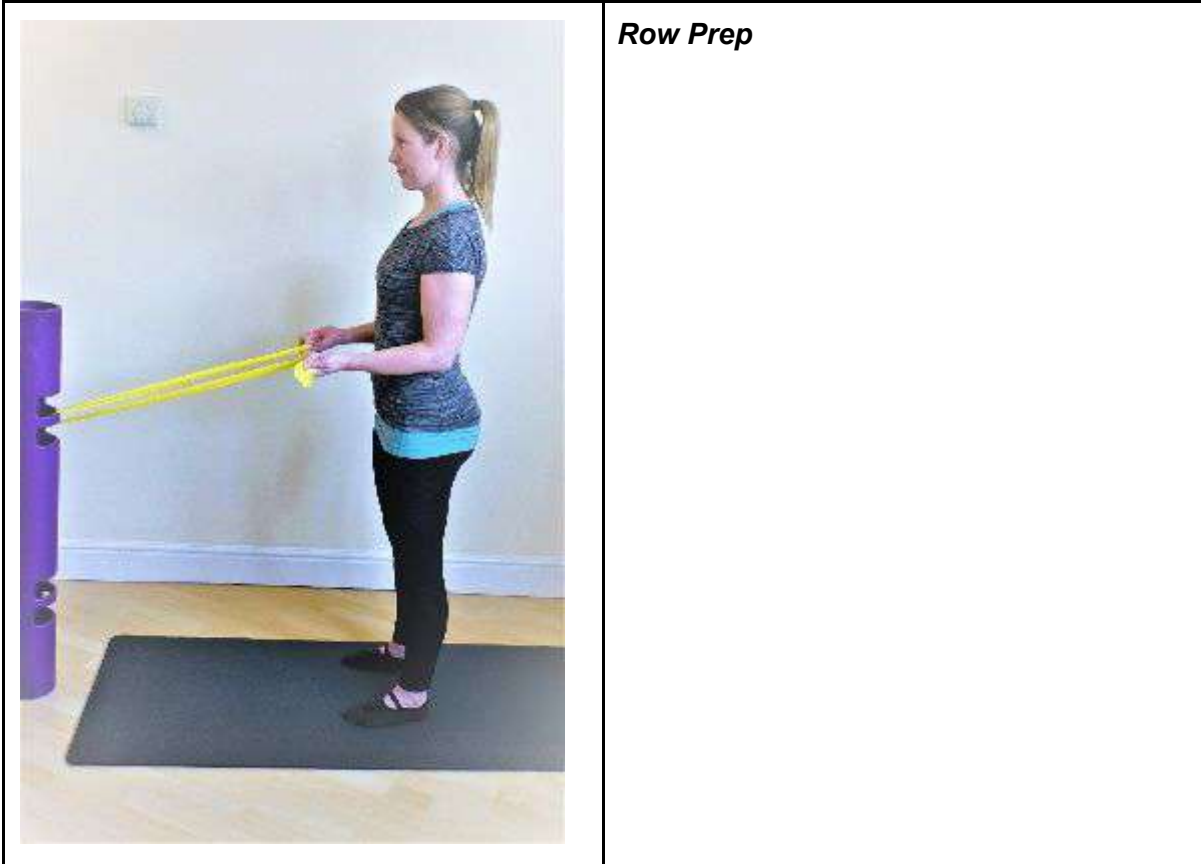


***DTT Arms Overhead***


## The Mummy MOT - Core Restore, Level 3



## The Mummy MOT - Core Restore, Level 3



## The Mummy MOT - Core Restore, Level 3

	<p><i>Row</i></p>
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## The Mummy MOT - Core Restore, Level 3



*Squat Prep*

## The Mummy MOT - Core Restore, Level 3





*Squat*



*Superwoman*



## The Mummy MOT - Core Restore, Level 4

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

## The Mummy MOT - Core Restore, Level 4





*Running Man Prep*



*Running Man*

## The Mummy MOT - Core Restore, Level 4

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

## The Mummy MOT - Core Restore, Level 4





***Squat Prep***



***Squat with Stick***

## The Mummy MOT - Core Restore, Level 5

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

## The Mummy MOT - Core Restore, Level 5



**Squat**



**Squat & Band**



## The Mummy MOT - Core Restore, Level 5



*Squat with band*



*Under Viper*

## The Mummy MOT - Core Restore, Level 5



*Viper 1*




*Viper push*

## The Mummy MOT - Core Restore, Level 5



*Side Plank*

## The Mummy MOT - Core Restore, Level 6

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

## The Mummy MOT - Core Restore, Level 6



***Side Step & Return with Weights***



***Squat***

## The Mummy MOT - Core Restore, Level 6



**Squat & Lift**



**Squat Jump**



## The Mummy MOT - Core Restore, Level 6



**Plank**

**Notes**