



## — get rid of the mummy tummy —

**A non cardiovascular workout. The mummy tummy program is a mixture of Pilates and traditional exercises designed to strengthen, tighten and shrink the tummy after childbirth.**

**Targeting the core area this workout also focuses on firming the bottom and legs, strengthening the back, helping to regain the pre baby body.**

**Building strength, increasing metabolism, this workout will give that extra boost towards a flatter firmer tummy any mum would be proud of.**

**Whether new to exercise, starting again or looking for new ideas to add to your existing workout, the Get Rid of the Mummy Tummy workout will help you achieve the tummy you long for.**

### Special Thanks to



Directed by **Ken Gray** Produced by **Rod Rodrigo**  
Executive Producer **Ken Gray**

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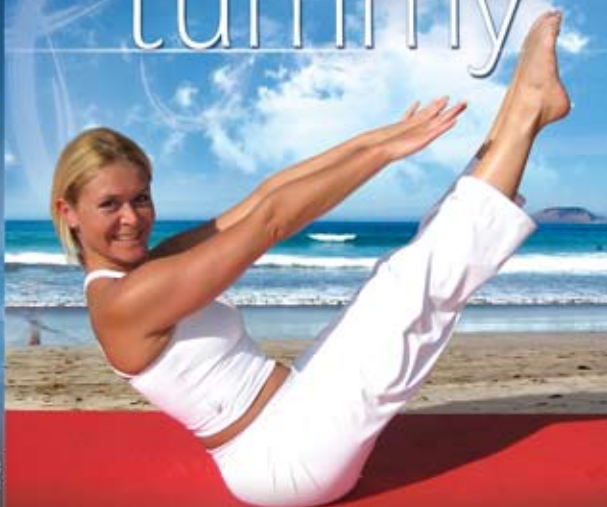
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This workout strengthens and tones the bum, tum and back!

# get rid of the mummy tummy



Presented by Millie Dobie

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