

HOW TO PERFORM THE TURKISH GET UP

For anyone who wants to develop overall body strength, promote shoulder health, enhance fitness, improve core conditioning and functionality, then the Turkish Get up is a must addition to any training routine. Although it as an old ancient exercise, it is used in the present day as part of elite athletes training programs. The Turkish Get Up is best done with a Kettlebell as it helps keep the arm straight and vertical as it hangs off the back of your hand.

HOW TO PERFORM A KETTLEBELL TURKISH GET UP



Get into position. Lie on your side, one hand under the kettlebell handle and the other over the top to support



Roll onto your back with your right knee propped up and your left leg flat on the ground. Raise your right hand to the ceiling and left hand now out to the side (see image) beginners start the Turkish get-up without a kettlebell initially.



The first movement in the exercise is propping up to your left elbow (or to whichever elbow is not extended upward) and then to hand in one complete move.. Do so by keeping your raised hand completely straight. Roll from the shoulder up and slightly to the side to prop up. Make sure to keep yourself looking at your raised hand (or the weight you're holding) at all times. Left hand is drawn in beside the hips (see image)



From your base position, raise your bum off the ground using the supporting hand.

Move the front foot (the one on the opposite side of the raised hand) back and underneath you pushing your hips back until you can put your knee on the ground.



By this point you should still have your right arm raised to the ceiling, your left foot flat on the ground and your left knee posted on the ground.



Stand up. From the kneeling position simply stamp the right foot & stand up.

Do so by extending your right knee as you raise your left leg to a straight position.

Again, keep your raised arm straight as you do this. Once you have finished the exercise, reverse the steps back to a lying position. Then change sides and repeat, remembering to take the kettlebell around the head to switch sides rather than over the body or over the head. Keep it safe at all times



MUSCLES WORKED

The Turkish get up is a total body movement, requiring integrated movements and muscle contractions right across the body.

Some of the main muscles include:

Shoulders

Obliques & Abdominal Core Muscles

Glutes

Upper Back Stabilisers such as rhomboids (middle of the back), rotator cuff muscles, and posterior deltoids (back of the shoulders)