

HOW TO PERFORM THE TURKISH HALF GET UP



- Place a kettlebell on the floor and lie face up next to the weight so that it's sitting next to your right shoulder.
- Roll onto your side into a "fetal" position and grasp the handle with both hands (right hand under handle, left hand over the top for support. Pull the weight close so that it's touching your chest.
- Holding the weight tight to your chest, roll onto your back until you're lying faceup on the floor again with your legs straight. Bend your right leg and place your right foot flat on the floor. Keep your left leg straight.
- With your right hand, press the kettlebell straight above your right shoulder. Keep your wrist and elbow completely straight. Then once your right arm is locked out, place your left arm out to your side so that it forms a 45-degree angle with your body, palm down. This is the starting position.
- In one movement, push off your right foot; punch upward with the bell, and forcefully press your left elbow into the floor so that your torso rises up and your weight shifts onto your left forearm and then onto the palm of your left hand. Your left leg should remain straight. Keep your eyes on the weight the entire time.
- Reverse the steps to return to the starting position. That's 1 rep.

MUSCLES WORKED

The half Turkish getup might fall into the category of "core exercise," but it's far from an isolation move. "It works everything—your shoulders, hips, back, core, arms, and so many other muscles you never even think of.