



Total
Wellbeing
Solutions

The Kettlebell Turkish Get Up

1 Begin lying on the ground, face up, one kettlebell in your right hand, extended directly over your right shoulder.

2 Bend your right knee and bring your right foot back near your hip and press your left hand into the ground. Use your right foot and left hand to start lifting your torso off the ground.

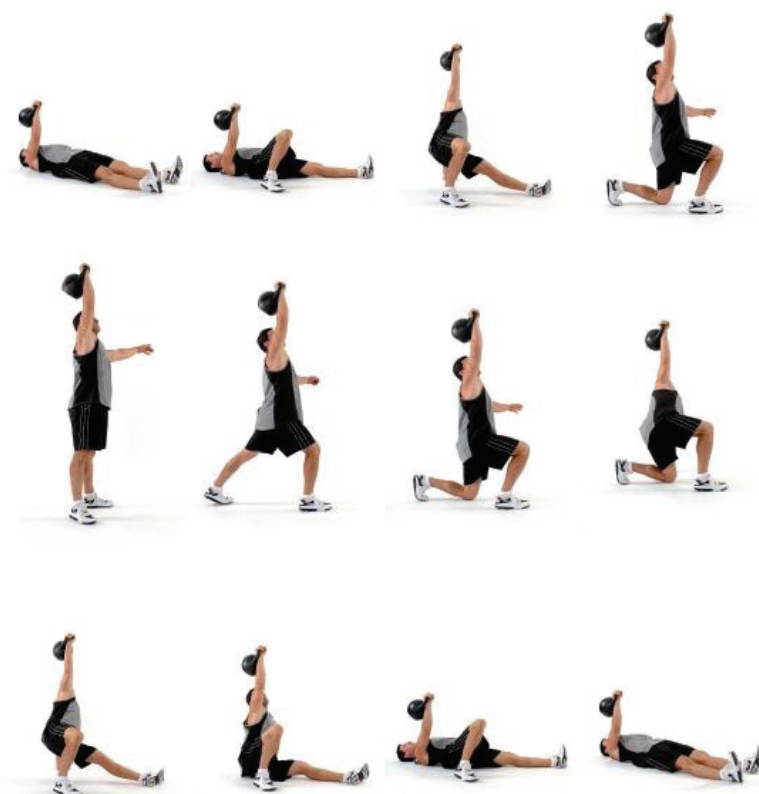
3 Bring your left leg back behind you, coming into a lunge.

4 Come out of the lunge, standing straight up.

5 Return back into the lunge, and then place your left hand on the ground as you bring your left leg back forward in front of you.

6 Return to the ground, laying face up, the kettlebell extended over your right shoulder.

Repeated on the left side.



The Turkish get up: A highly functional, compound movement that requires a large number of muscles to be worked to complete the exercise.

The muscles worked are :

- Shoulders
- Core
- Back
- Glutes
- Quads
- Hamstrings
- Calves
- Triceps
- Forearms

The benefits of doing the turkish get up are:-

increased strength, increased mobility and stability throughout the body, majorly in the shoulders

The Turkish get up also gives Improved flexibility, Works Cardiovascular endurance and increases coordination, proprioceptive and motor skills.