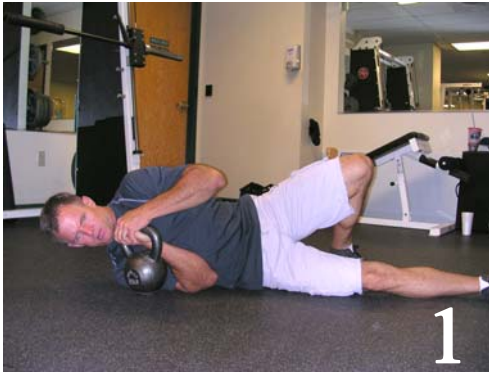


Turkish Get Up



1
While lying supine on a flat, firm surface, grasp the kettlebell with both hands and bring it to the chest with the forearm directly vertical



2
Bend the knee and bring the foot close to your buttock. Make sure that the kettlebell and the bent knee are on the same side.



3
Press the kettlebell up and lock out the elbow. Keep your eyes on the kettlebell throughout the entire movement.



4
Roll to your side and raise onto your elbow. Maintain the arm that is holding the kettlebell directly vertical.



5
Raise onto your hand. Maintain the arm that is holding the kettlebell directly vertical.



6
Bridge your torso up so that your bottom foot and arm are supporting your weight.



7
Cross your top leg over your bottom leg and plant your top foot on the ground.



8
Raise your torso to a vertical position and so that you are in a lunge position.



9
Stand up.

Tips

- Start without any weight to familiarize yourself with the form.
- Keep the kettlebell arm vertical. Failure to do this may result in undue stress to the shoulder and possible injury.
- Make each step separate with a slight pause between them. As you get better you can move with the pause.
- Maintain eye contact with the kettlebell throughout the movement. This will help with coordination.
- If you become unstable and the kettlebell starts to fall, let it! Get out of the way and let it fall. Do not attempt to catch a