

## Level Eight: Half Turkish Get Up

This is preparing the member for the next step, the Turkish get up.



### Teaching Points

- Lie face up on floor with right knee bent, foot flat on the floor and left leg extended. Raise right arm toward ceiling and extend left arm directly out to side on floor, palm down (hold a dumbbell in your hand for resistance).
- Keeping right arm pointed up throughout, engage abs and press onto left forearm to lift torso off floor, propping yourself up on left elbow.
- Press into left palm and bring torso up to straight, extend the arm directly above the head pause and return to the start



### Target Muscles

**Primary Muscles:** rectus abdominus, transverse abdominus, obliques, gluteus (maximus, medius, minimus)

**Secondary Muscles:** hamstrings, quadriceps

**Look out for:** straight leg lifting off the floor, not being able to control the movement, arm not staying locked and directly above the shoulder