

Level Ten: Turkish Get Up

Turkish get up increases the overall demand on the body as the whole body is involved. Controlled technique and good core strength are required for this exercise. Not for beginners.



Teaching points

- Lying on your back with your left knee propped up and your right leg flat on the ground. Raise your left hand to the ceiling (hold a dumbbell for resistance).
- The first movement in the exercise is propping up to your right elbow (or to whichever elbow is not extended upward). Do so by keeping your raised hand completely straight. Roll from the shoulder up and slightly to the side to prop up.
- Once you are propped up on your elbow, you need to form a base. Do so by pushing your hips up, moving from balancing on your elbow to your hand and fully extending your leg on the same side
- From your base position, move the front foot (the one on the opposite side of the raised hand) back and underneath you until you can put your knee on the ground.
- From the kneeling position simply stand up. Do so by extending your left knee as you raise your right leg to a straight position