

# TURKISH GET UP PROJECT VANCOUVER

The Turkish Get Up is a movement practice that involves learning a series of positions that move the body from the floor to standing and back down again. It challenges mobility, balance, core function, hip and shoulder stability, strength, posture, and mindset! The Turkish Get up DEFIES the boundaries of aging - it will change your life!

Learn the moves without a weight in your hand first!

## Starting Position:

- Lie on your side in a fetal position
- Bottom hand will grip the kettlebell, and the free arm rests on top.
- Kettlebell is close to your body.



## Ready Position:

- Place right arm and leg about 45 degrees out from body.
- Plant left foot on ground.
- Press kettlebell up over shoulder. Wrist remains neutral.
- Align your core and neck, and pack your shoulders tight.



## Roll to Elbow:

- Make a light fist with your right hand, palm to the roof.
- Drive into the ground with your left foot, pull with your right elbow, and use your core to roll to your right hip and right forearm/elbow.
- Lead with your chest.
- Practice packing the shoulders at every stage.



## Tall Sit Position:

- Rotate right hand so fingers point behind you.
- Keep shoulders packed (no shrugging).
- Press through the palm of your right hand until the elbow is straight, lifting your torso.



