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.

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Leg Sweep:
- Press yourself slightly off the ground as you sweep your right leg back and through.
- Place the right knee on the ground directly under your hip.
- Form a straight line from your right foot to right knee to right hand.

Hinge to Half Kneeling:
- Keeping your spine neutral, hinge your hips towards your right heel.
- Brace your core and take your hand off the ground.
- Squeeze your glutes to sit up.
- Keep your eyes on the kettlebell.

Half Kneeling:
- Option A: “Windshield wiper” your back leg until your body is square in the bottom of a lunge position.
- Option B: Pivot your front leg until your body is square.
- Adjust your vision to look straight ahead.
- Tuck your back toes.

Lunge to Standing:
- Brace your core and pull/push yourself to standing.
- Finish with feet hip width apart.
- Prepare to descend and reverse the same steps back to the floor! You did it!