

Exercise of the Week

This week's exercise

Turkish Get Up

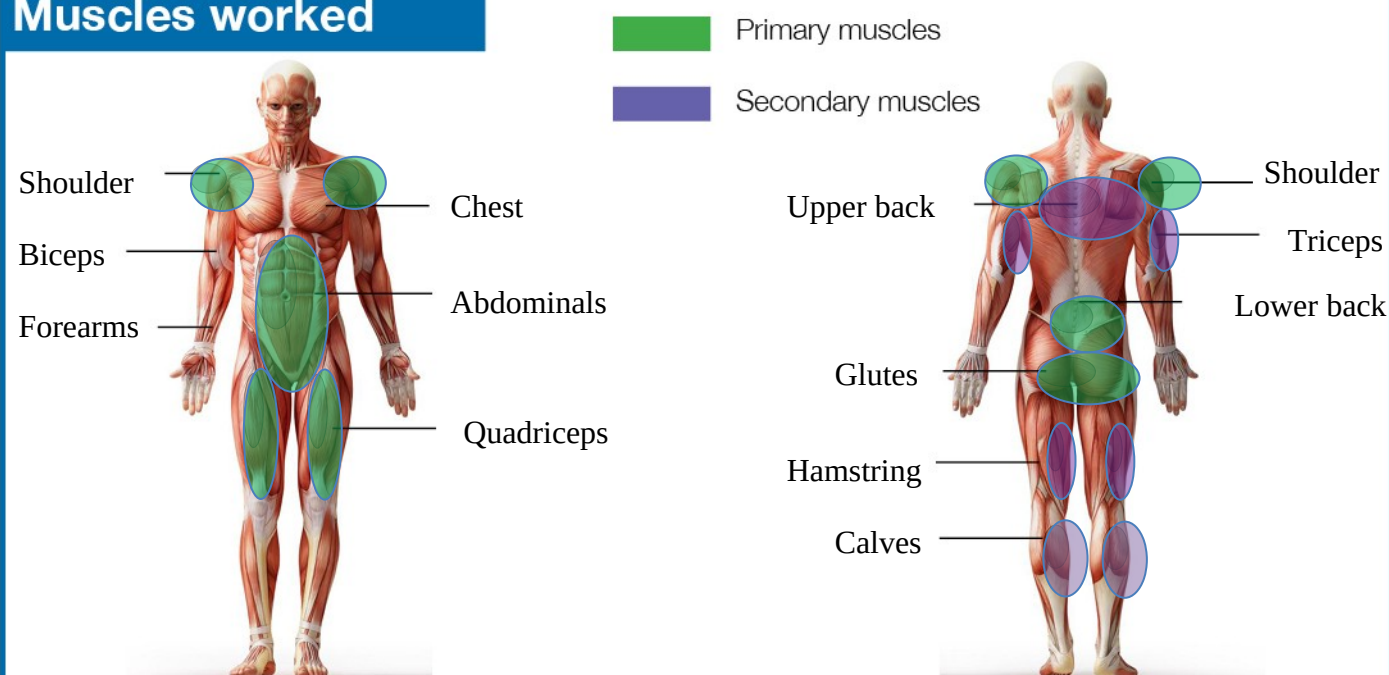
Exercise type

Functional

Benefits

- Promotes strength, mobility, stability, balance and many other neurological benefits.
- Develops proper movement sequencing between the left and right sides of the body.
- Promotes cross lateralization (the left side of the brain controlling movement on the right side of the body - and vice versa).
- Synchronises movement between the upper and lower body while transitioning through a variety of planes and angles.

Muscles worked



Considerations

- The Turkish Get Up should be performed in segments, in a slow and controlled manner. Each segment should be performed with focus and concentration.
- Keep tension in the muscles throughout the exercise. Don't allow the core, shoulders and hips to 'go soft.'
- Keep the weighted arm fully straightened and shoulder locked into place. The eyes should remain on the weight throughout the whole exercise.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.