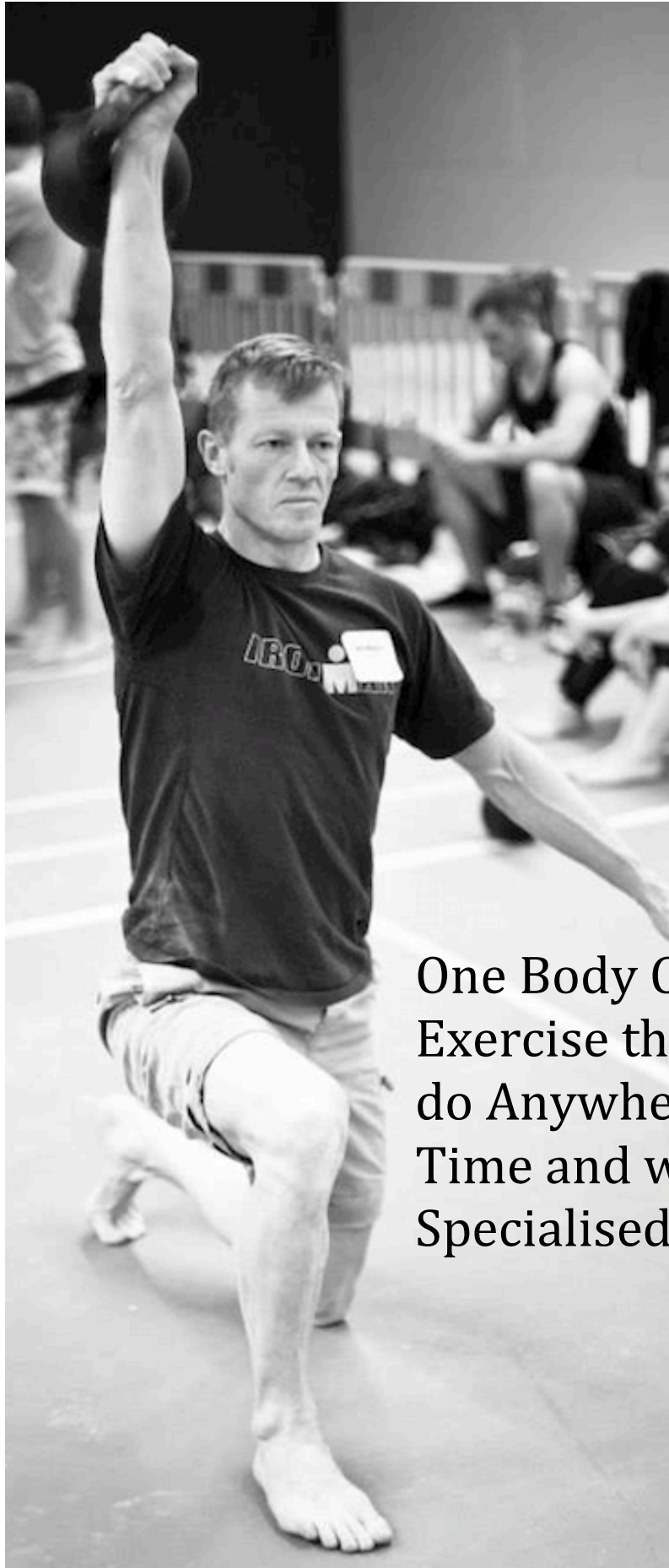


The ONE



One Body Changing
Exercise that You can
do Anywhere, Any
Time and with No
Specialised Equipment

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INTRODUCTION

I've titled this white paper, "The One: If you could only do one exercise..." for a very good reason. What you're about to learn is how to do one exercise during which you'll need (and therefore practise and train) all 5 of the fundamental human movements as defined by the majority of the world's leading strength coaches – although different groupings describe them in different ways.

These movements are patterns on which everything you do are based. Your nervous system simply combines these in different ways to give you the movement you need to accomplish any task in daily life.

These movements could be described as:

1. Pushing
2. Pulling
3. Squatting
4. Hinging
5. Loaded Carrying

We describe these movements as fundamental, because without them your quality of life starts to suffer dramatically.

This one exercise will help you to maintain and in some cases rediscover your body's ability to perform these movements.

The benefit is not only in training and maintaining existing movement, but also in helping your body to sort out many of the niggles that we inevitably develop over a lifetime of... well... living.

For example, I know a number of people, myself included, who have got rid of shoulder pain from massive overuse simply by doing this one exercise.

The exercise is known as the Turkish Get Up.

Legend has it that old time strongmen in training were not allowed to progress to other feats of strength before they could perform a Turkish Get Up on each side with a 100lb kettlebell. Why? I imagine it was because the ability to do so meant that the apprentice could demonstrate the requisite mobility, stability and strength to do the other stuff with much less risk of injury.

The Turkish Get Up was a revelation to me and it can deliver awesome results for you too.

The descriptions in this white paper refer to the Turkish Get Up performed on your right hand side. You should obviously perform these on both sides and practise to be able to do Turkish Get Ups on left and right sides equally well.

You should be able to progress a long way with the Turkish Get Up just from the descriptions in this white paper. However you'd be well advised to seek out a [Strongfirst](#) or FMS certified instructor, who will be able to make sure that your form is just right and that you get the most from this awesome exercise.

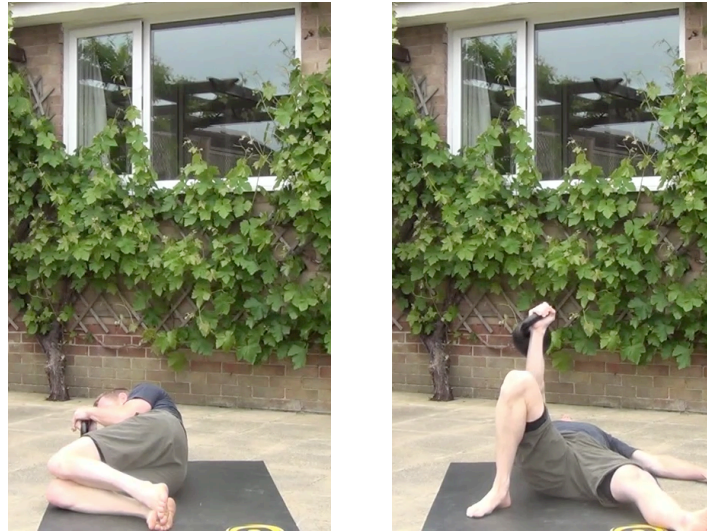
Without further ado, here it is, the ONE exercise...

The TURKISH GET UP



A picture paints a thousand words, but a little description helps too, so here's the Turkish Get Up step-by-step...

Step 1: Roll to Press



Select a light kettlebell, lighter than you think you'll need. This is not about ego, correct form is everything if you want to get the most from the Turkish Get Up.

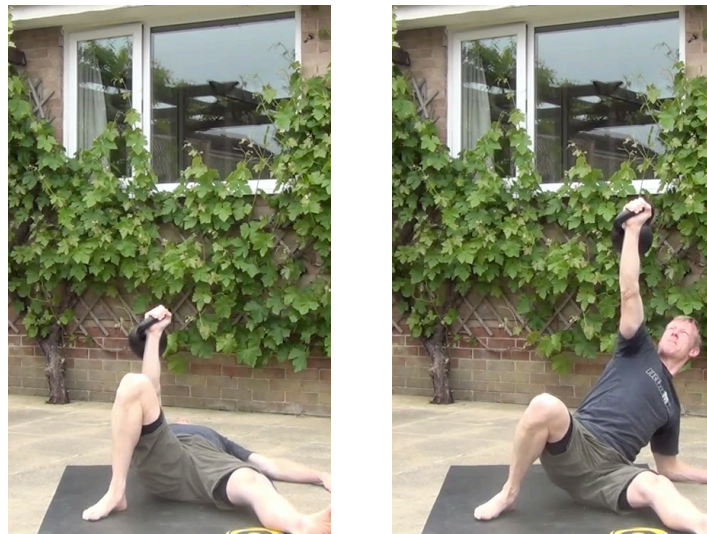
Begin by lying on your right-hand side facing and quite close to the kettlebell. Slide your right hand through the handle and grasp it with your wrist in a neutral position. Place your left hand over the top of your right, you will use BOTH hands to press the kettle bell.

Roll onto your back, bringing the kettlebell to your chest and assume a position with your right leg bent at the knee and the foot pointing out at a little less than 45 degrees. Your left arm and left leg should be straight, roughly parallel to each other and out to the side at a similar angle to the right. Your head should be flat on the floor, looking up.

Press the kettlebell straight up with BOTH hands, pack the shoulder by engaging your lats (the big muscles down the side of your back) and then remove your left hand.

For the entire duration of the exercise, you should keep the shoulder packed, the wrist neutral (straight) and until step 6, **KEEP YOUR EYES ON THE KETTLEBELL.**

Step 2: Press to Elbow

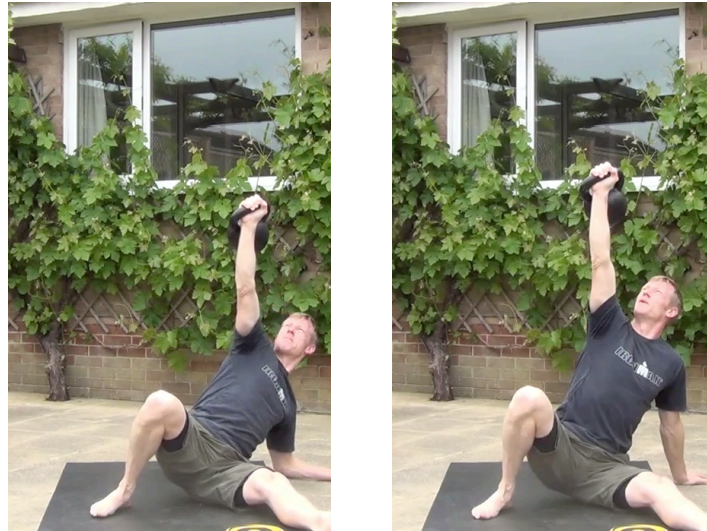


While keeping your eyes fixed on the kettlebell, roll to left and finish the roll with your weight and that of the kettlebell supported on your left elbow.

There are a lot of things to keep in mind here, but here are a few key ones...

- Breathe in through your nose and brace your abdominal muscles before commencing the movement. Hold this tension through the entire exercise.
- Lead the movement with your chest. Your head should stay in alignment with the rest of your spine.
- Keep your shoulders packed. This means shoulders down and back, away from your ears. Master SFG Brett Jones often quotes a colleague as saying “Ears are shoulder poison.”
- If you get the position right, the weight of the kettlebell will be directly above the elbow. This means that the effort required to keep it suspended in space is only that which is required to keep it balanced in this position.
- **KEEP YOUR EYES ON THE KETTLEBELL.**

Step 3: Elbow to Post



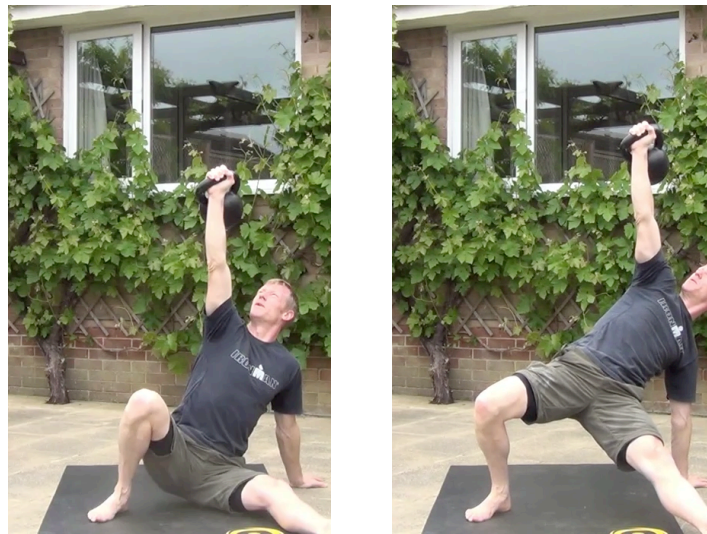
Drive up so that you replace the elbow with your hand as the point of support under the kettlebell.

Much like the elbow position, you want to create as straight a line of arms and chest as possible underneath the kettlebell.

As always, keep your shoulder packed and your eyes on the bell.

I mentioned at the beginning that the Turkish Get Up is an awesome exercise for challenging your strength, stability and mobility. This position is a good example of the mobility demands of the Turkish Get Up. If your hamstrings are tight, the “post” position could be difficult to maintain or even attain at all. This could indicate a deficit in either mobility or stability or both. A Strongfirst or FMS certified instructor will be able to help you by assessing this and teaching you corrective exercises to help – it’s not always as simple as doing a bit of stretching.

Step 4: Post to High Post



So far, the challenge in the Turkish Get Up has primarily been to your upper body. As you move from “post” to “high post”, you add a lower body challenge.

Keeping the kettlebell above the supporting hand, drive your hips up into the bridge position. This should be achieved by contracting your glute muscles (muscles of the butt), not by arching your back – keep your lower back in the same alignment as before.

You can encourage more glute muscle involvement by driving your heel into the floor rather than the front of the foot.

As usual, eyes on the kettlebell, shoulder packed.

Step 5: High Post to Bend



This is a big movement under the kettlebell and requires that you maintain the kettlebell balanced over your base hand throughout.

Keeping the hips high, “sweep” the left leg back under the body so that when complete, your left hand, knee and foot are in a line.

Make sure you keep your shoulders packed and your eyes on the kettlebell.

Step 6: Bend to Half Kneeling



Keeping your eyes on the kettlebell, move your hips to the right so that the weight of the kettlebell is now above your hips and then straighten up into a half kneeling position.

Once in half-kneeling, you should stop looking at the kettlebell and focus on the horizon. This is also an opportunity for you to adjust your feet so that there is roughly a straight line from the front foot to the back foot.

Keep your shoulder packed and your wrist neutral.

Step 7: Half Kneeling to Standing



Visualise pulling your front foot backwards and your back foot forwards without them actually moving and stand up. When you've exhausted the range of movement available, bring the back foot next to the front foot.

Keep your eyes on the horizon and stand tall.

After a couple of breaths, move to step 8.

Step 8 (9, 10, 11, 12, 13 & 14): Down Again



Getting back down is simply a case of reversing the steps under control until you're back on the ground.

How much, how often?

We live in a “more is better” culture. But when it comes to getting fit, gaining mobility, stability and strength, it’s all about what we call “the minimum effective dose.”

What this means is that we aim to do everything needed to get the result and not even a tiny bit more. I use this in my training, in my clients’ training and I strongly recommend it to you with the Turkish Get Up.

With this in mind, I need to stress before offering the following very simple guidelines, that the Turkish Get Up demands precision and you’ll get your best results if you **ONLY DO AS MANY AS YOU CAN DO PERFECTLY**. Once you’re tired, the training effect is dramatically reduced, the risk of injury is hugely increased and you should stop immediately.

That said, here are a few options...

- As many perfect repetitions as you can complete in 5 minutes, alternating left and right hands.
- Do one on your left hand, one on your right hand, rest as long as you need and repeat 5 times.
- Throughout your day, do a Turkish Get Up on your left, another on your right and go back to what you were doing before. Aim to do this 5 times during the day.

For all of the above...

- It’s a good idea to do a thorough mobility warm-up beforehand.
- Take your time. You’ll get more from doing a few slow, controlled repetitions than you will by doing a lot with sloppy technique just to beat yesterday’s “record”.
- Five days a week of practice is about optimal for most people.

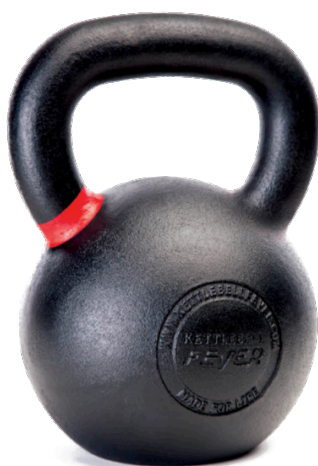
What if you haven't got a kettlebell?

Because the shape of the kettlebell places the load a bit off-centre, it challenges the stabilisation muscles in your shoulder in a way that a dumbbell just will not do. So here's a simple series of photos showing a way to make a weight that will create a similar challenge. I did this as a project with my little boy, using stuff that I had lying around the house and garden.





I haven't described all the steps involved in the production of my makeshift kettlebell, because I hope the photo series does this well enough.



Of course, a real kettlebell is always going to do the job better.

Having bought various brands of kettlebell over the last few years, I have settled on the [Black Series from Kettlebell Fever](#) as the best available in the UK.

TOP TIPS

- Get some professional instruction. I can't say this enough. There is just so much to this one exercise that it needs to be taught to you by someone who understands it for you to gain maximum benefit.
- Ideally, train barefoot. Your feet are an important part of your biomechanical system and you'll gain more if they're not being supported artificially by shoes.
- Make sure you activate your core muscles by breathing in and bracing your abdominal muscles throughout the exercise.
- Make sure you train on a non-slip surface.
- If you lose control of the kettlebell, just GET OUT OF THE WAY. Trying to "catch" a falling kettlebell = OUCH!

IMPORTANT

No book, video, special report or white paper can possibly describe all the nuances of any exercise for every person who might wish to do it. You are a unique individual, with a unique set of movement, fitness and strength challenges and goals. Therefore, you deserve high quality instruction from a well-qualified fitness professional.