

**DON'T DO THAT**  
Exercise and Training Techniques  
that you should not do

# Do Not Do the Turkish Get Up Wrong



*I have worked with too many  
people to count who have been  
injured doing Kettlebell Training  
Wrong.*

# CrossFit

**I WOULD ONLY ADVISE THIS EXERCISE  
TO AN ELITE EXERCISER WITH  
EXCELLENT FUNCTIONAL/CORE  
ABILITY WHO IS LOOKING FOR A  
CHALLENGE (WHAT IS AN ADVANCED  
LEVEL OF FUNCTIONAL/CORE ABILITY?  
SEE LINK? SEE VIDEO FOR  
EXCELLENT FORM DEMONSTRATION).**

Some suggest this exercise is one of the best exercises to build total-body strength and improve movement control, requiring shoulder stability and control, core strength, and leg drive. All of which are important in many sports. It is called the Turkish get-up because Turkish wrestlers apparently used it as a way of demonstrating their immense strength to each other. I do this exercise so that I know how to do it, but it takes awhile to learn how to do IT RIGHT. There are so many key steps that need to be done correctly with this exercise that it is not for most of us (see article). I would reserve this exercise for those who have tremendous core and functional ability who are looking for a challenge. Like many exercises things can go wrong very fast with an advanced exercise. This is a very advanced exercise. The actual movement **without a weight** is very functional and can be something that many who have good functional ability can add without being too concerned about injury. Make sure you keep your spine in neutral and your abdomen braced at all times to protect your back. I would keep repetitions low as well. **If you can not pass the Squat Screen Test or for that matter all functional tests listed do not do this or any other Advanced Exercise.**