

# health talk



## The Turkish Getup The Best Exercise That Nobody Knows

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The Turkish Getup (TGU) may be the best exercise nobody knows. Legend has it that traditional strong men in Eastern Europe would not allow you to do exercises until you could do a TGU with a 100 pounds with each hand. This story brings to light how the TGU is a full body work out that goes through most of the ranges you need for strength training.

**Simply put, the TGU is getting up and down to the floor using a weight.** Most commonly the TGU is done with a kettlebell but can be done with a dumbbell, barbell and some people have done it holding another human above their head. I don't recommend this, but people have done it on YouTube.

I will preface the breakdown of the exercise by stating that this is not a complete breakdown of the exercise. This description will be very general. If you want to learn this exercise you should learn from someone who is trained and has done the TGU well over a hundred if not a thousand times.

**You start on your back, roll onto your opposite elbow, and get to your hand. You will be in a tall sit position. From here, you bridge and swing your knee back into a 3 point stance. Then you transition into a lunge and stand up. From there, you reverse the process to get back to the ground.**

I have done this exercise with 100 lbs in each hand and it is very challenging. As with every exercise I do, I treat it like a golf swing. I work on all the nuances at different weights to get it just right. I have done this exercise over a thousand times and I am still learning.

This exercise is so effective that I have used portions of the TGU during the rehab process. This exercise works various shoulder positions, especially in the upward range. Note that the elbow is locked out so the load from the weight is transferred directly to the shoulder and core. This exercise is very different than others because it makes your body move around the weight and arm and not the other way around. I have also used this exercise as

a strategy for someone to get up and down from the floor. This is great especially for parents and grandparents who have to get to the floor to play with their little ones.

If you do decide to try this exercise please ensure that you have the requisite range of motion. Speak to health or exercise professional. This exercise is not for everyone. **DO NOT** start with a weight, do a naked get up first. Naked means no weight. You can also use a shoe on your fist. Simply lie down on your back and make a fist. Place the sole of the shoe on your fist and do not let it fall off as you go through the exercise.

Here's a great link of Gray Cook who teaches the TGU very well. He has a DVD just based on the this exercise: <https://www.youtube.com/watch?v=2vWKMuDh528>.

If you have questions about the getup please don't hesitate to contact me at Form & Function. Email me at [poh@formfunctionclinic.com](mailto:poh@formfunctionclinic.com).

