Title: Turkish Get Ups

Primary Muscle Groups: Chest, Glutes &amp; Hip Flexors, Hamstrings, Middle Back / Lats, Quadriceps, Shoulders

Secondary Muscle Groups: Abs, Biceps, Calves, Forearms, Lower Back, Obliques, Triceps

Summary: <ol>

<li class="p1">From the fetal position, grab the kettlebell then roll on to back. Bring the right leg in while the left is extended. Press the kettlebell into the air with the right hand. Place the left hand on the ground.</li>

<li class="p1">Come up on your left elbow. Then sit up while keeping the kettlebell in the air. Drive your hips into the air. Sweep leg into a kneeling position. Rotate back knee so that your body is in a lunge. Step forward and stand up straight.</li>

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