

3210 KB Get Up
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The Kettlebell Get Up is an excellent exercise to train the following qualities:

- Shoulder Mobility
- Shoulder Stability in both open and closed chain movement
- Thoracic Mobility/Extension
- Core rotary stability through multiple planes
- Hip Stability
- Ground to standing proficiency

The Get Up allows us to learn how to steer our strength through a huge range of motion from ground to standing by properly stacking our joints.

Set Up:

1. Fetal Position to roll onto back into a floor press
2. Anchor leg: _____
3. Free Leg & Arm: _____
4. KB Arm: _____

Step 1: Sit Up to Elbow

Verbal Cue: Drive through “free” arm’s elbow & anchor foot to a 1/2 sit up position on elbow

Common Errors: Loss of neutral wrist, internally rotating shoulders (not “open”), shrugging weighted shoulder, loss of neutral spine, anchor knee collapsing in, straight leg kicking up.

Step 2: Sit-up to hand or “tall sit”

Verbal Cue: Drive through “free” arm’s hand and anchor foot to a full sit up position.

Common Errors: Loss of neutral wrist alignment, internally rotating shoulders (not “open”), shrugging weighted shoulder, loss of neutral spine, anchor knee collapsing in.

Step 3: Transition into Post through low sweep

Verbal Cue: Push into ground with base hand and anchor foot, sweeping free leg through window and intro a straight line with the base hand.

Common Errors: Loss of neutral wrist alignment, bending weighted arm, loss of neutral spine, not aligning base leg with base wrist.

Step 4: Transition into Half Kneeling

Verbal Cue: Hinge at hips and extend to bring upper body vertical, then windshield wiper the base knee to a lunge position.

Common Errors: Loss of neutral wrist alignment, bending weighted arm, loss of neutral spine.

Step 5: Stand Up

Verbal Cue: Stand up out of lunge position.

Common Errors: Loss of neutral wrist alignment, bending weighted arm, loss of neutral spine, front knee collapsing inwards.

Step 6: Transition back down into Half Kneeling

Verbal Cue: Step back into a lunge with the same leg that just stood up.

Common Errors: Loss of neutral wrist alignment, bending weighted arm, loss of neutral spine, front knee collapsing inwards.

Step 7: Transition into Post

Verbal Cue: Windshield wiper base leg, hinge at hips to slide hand down leg to ground and back into post position.

Common Errors: Loss of neutral wrist alignment, bending weighted arm, loss of neutral spine, not aligning base leg with base wrist.

Step 8: Sweep into Tall Sit

Verbal Cue: Drive through “free” arm’s hand and anchor foot then sweep base leg through into Tall Sit.

Common Errors: Letting weighted arm pull forwards, loss of neutral wrist alignment, internally rotating base shoulder, shrugging weighted shoulder, loss of neutral spine, anchor knee collapsing in.

Step 9: Roll down to Elbow Sit Up

Verbal Cue: With control, roll down to elbow of “free” arm pulling kettle bell to midline.

Common Errors: Letting the weighed arm fall outwards, loss of neutral wrist alignment.

Step 10: Return to set up position

Verbal Cue: Pull weighted arm down to side, roll towards that side into fetal position.

Common Errors: Letting the weighed arm fall outwards, loss of control of the bell.