**Physical training / exercise:**

**Get up**

*From a lying position, get up without using hands or arm on the ground*

Holding a 1 kg kettle bell above your head with your arm straight & vertical, sit up and then stand up from a lying position. 6 reps on each arm.

Get up as quick as possible from stomach lying position, with left leg or right leg in front.

6 reps each leg.