



**COMBAT CORE**  
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**ADVANCED TORSO TRAINING FOR  
EXPLOSIVE STRENGTH & POWER**



**JIM SMITH, CSCS**

## **DISC 1**

### **THE FARMERS WALK SERIES**

Farmers Walk with Implements  
One Arm Farmers Walk  
Sandbag / KB Farmers Walk  
Overhead Sandbag / KB Farmers Walk  
Overhead Sandbag / KB at Side  
Bearhug Sandbag / KB Overhead  
Bearhug Sandbag / KB at Side  
One Arm KB Overhead  
KB at Side / Gripper Combination  
KB Overhead / Gripper Combination  
Odd Loaded Alternating KB Press  
Cambered Bar Farmers Walk  
Cambered Bar Squats

### **THE TIRE SERIES**

Sledgehammer Overhead Slams  
Sledgehammer Baseball Swings  
Sledgehammer Golf Swings  
Sledgehammer Slam / Jump Combo  
Around the Worlds  
Around the Worlds with Weight Vest  
Tire Flip  
Tire Flip / Plyometric Combination  
Tire Grappling

### **THE BRACING SERIES**

Medicine Ball Behind the Head Sit-ups  
Medicine Ball Overhead  
One Arm Deceleration Stops  
One Arm Rotational Punches  
Medicine Ball Torso Rotations  
Medicine Ball Torso Rotations with Sit-up  
Rotational Throws  
Double Rotational Throws  
One Arm Chest Passes  
Alternating Chest Passes  
Two Arm Chest Passes  
Heavy One Arm Chest Passes  
Heavy Alternating Chest Passes  
Heavy Two Arm Chest Passes  
Heavy Medicine Ball Deceleration Drops  
Side Planked Chest Passes  
Side Planked Rotational Slams  
Back Extension Med Ball Dribbling  
Back Extension Deceleration Drops  
Random Tennis Ball Throws  
Stick Fighting  
Dumbbell Curls  
Dumbbell Curls  
Dumbbell Presses  
Dumbbell Clean and Press  
Core Static Anti-Rotation Sit-ups  
Sandbag Sit-ups  
Sandbag Sit-ups with Military Press  
Sandbag Pop-ups  
Chaos Rotational Sit-ups  
Chaos Sandbag Sit-ups

### **THE SWISS BALL SERIES**

One Dumbbell Rotational Punches  
Dumbbell Rotations  
Diagonal Medicine Ball Throws  
Horizontal Medicine Ball Throws  
Core Static Anti-Rotation Sit-ups  
Band Resisted Diagonal Crunches  
Hip Locked Medicine Ball Lateral Reaches

### **THE PULL-UP SERIES**

L-Sit Pull-ups  
L-Sit Walks  
L-Sit Rotations  
L-Sit Rotations with Medicine Ball  
Gorilla Ups  
Gorilla Holds  
Gorilla Walks  
Hanging Soccer Kicks  
Hanging Soccer Kicks - Rotational  
Windshield Wipers

### **THE HEAVY BAG SERIES**

Heavy Bag Bracing - General Footwork  
Heavy Bag Bracing with Punches  
Heavy Bag Bracing with Kicks  
Heavy Bag Bracing with Tennis Ball Tosses  
Heavy Bag Bracing with Gripper Punches  
Heavy Bag Reactive Throws  
Sandbag Bracing for Heavy Bag Work  
Kettlebell Bracing for Heavy Bag Work  
Grappler Sit-ups with Heavy Bag in Guard  
Grappler Sit-ups with Punches  
Planks with Punches

### **THE POSTERIOR CHAIN SERIES**

Back Squats  
Conventional Deadlifts  
Sumo Deadlifts  
Sandbag Good Mornings  
Sandbag Zercher Good Mornings  
Two Arm Kettlebell Swings  
Kettlebell Flips  
One Arm Kettlebell Swings  
Double Kettlebell Swings  
Double Kettlebell Flips  
Double Kettlebell Front Squats  
Unilateral Kettlebell Front Squats  
Band Resisted Sandbag Rippers  
Alternating Kettlebell Rows  
Alternating Kettlebell Rows with Thoracic Rotation  
Strongman Log Zercher Squats  
Strongman Log Zercher Good Mornings  
Sandbag Reactive Squats  
Romanian Deadlifts  
Unilateral Bulgarian Split Squats



### **THE POSTERIOR CHAIN SERIES**

*(continued)*

Hanley Extensions  
Glute-Ham Raises - Narrow Foot Position  
Glute-Ham Raises - Wide Foot Position  
Back Extensions  
Kettlebell Power Bombs  
Chaos Kettlebell Swings

## **DISC 2**

### **THE EXTRA EXERCISES**

Zercher Good Mornings  
Landmines  
Reactive Landmine Rotations  
Bent Over Band Rotations  
Ab Roller  
Band Resisted Ab Roller  
Chain Loaded Ab Roller  
Core Statics - Lateral Shuffles  
Core Statics - Hand Over Hand  
Kettlebell Renegade Rows  
Kettlebell Alternating Floor Presses  
Kettlebell Turkish Get-ups  
Kettlebell Push-up / L-Sit Combo  
Alternating Kettlebell Cleans  
Medicine Ball Loaders  
Static Lunge with DB Military Press  
Unilateral Overhead DB Lunges  
Overhead Chain Lunges  
Planks with Sandbag  
Bridges with Sandbag  
Progressive Chain Loaded Plank Drill  
Explanation  
Progressive Chain Loaded Plank Drill  
Rockers  
Loaded Rockers  
Agitated Rockers