



COMBAT CORE
WWW.COMBATCORESTRENGTH.COM



**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

DISC 2

(continued)

The Deluxe Combat Core Digital Library

Combat Core Strength Manual

Jim Smith, CSCS

Combat Core is the foundation of this package. Created to demonstrate how you need to train if you really want to develop elite levels of torso strength, Combat Core will open your eyes around what functional really means.



BoxingPerformance.com Interview

Jim Smith, CSCS

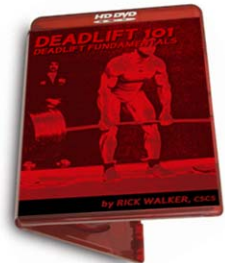
Here is an exclusive interview I did for Rob Pilger and his BoxingPerformance.com site. It discusses power development for strikes, injury prevention and how to incorporate a balanced training approach for all fighters.



The Deadlift 101 Video

Rick Walker, CSCS

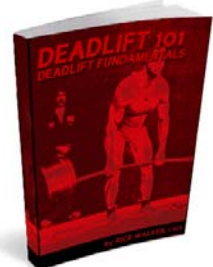
A compliment to the Deadlift 101 manual, this video actually shows everything explained in the text. As stated before, the deadlift demonstrates your core bracing proficiency. Without a strong torso, you won't be able to hold the optimal position throughout the deadlift movement. This manual and video combo is a perfect addition to the Combat Core package.



The Deadlift 101 Manual

Rick Walker, CSCS

Rick Walker's Deadlift 101: Deadlift Fundamentals is a 190+ page manual discusses all aspects of the deadlift. From the stance, to the hips, to chalk, the difference between sumo and conventional, the supplemental strength building exercises and MUCH MORE. Download this incredible manual and get to work.



The Underground Combat Files

Industry Leaders

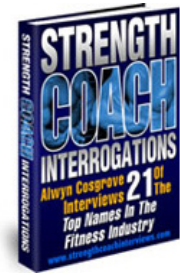
Jason Ferruggia compiled some of the most innovative training ideas for combat athletes ever seen. The Underground Combat Files contains strength training, skill training, mobility, protocol organizational and a TON MORE INFORMATION geared toward combat athletes.



The S&C Interrogation Files

Industry Leaders

The Strength & Conditioning Interrogations compiles interviews with 21 of the top names in the fitness industry on any and ALL topics. The list includes coaches; Lyle McDonald, Nick Grantham, Zach Even-Esh, Bill Hartman, Cameron McGarr, Chris Mohr, Chris Shugart, CJ Murphy, Craig Ballantyne, Robert Dos Remedios, Tom Venuto, Jason Ferruggia, Jason C. Brown, Josh Henkin, Lee Taft, Lori Incedon, Mike Boyle, Mike Mahler, Tony Reynolds, Rachel Cosgrove, Alwyn Cosgrove. This manual alone is over 130 pages!



Advanced Kettlebell Training

Jim Smith, CSCS

What happens when you take kettlebell basics and add sandbags, bands and grip training implements? You get Advanced Kettlebell Training. This e-book is the first in a two part series that blown away all conventional thinking around what is possible with a kettlebell. Sold to athletes, lifters and trainers all over the world, this renowned e-book has everything!



Sledgehammer Essentials

Jim Smith, CSCS

Everything you ever wanted to know about one of the most brutal training means. Building rotational strength, insane levels of grip strength endurance and absorption abilities, sledgehammer also can substitute for many grip strengthening and clubbell movements!



The Summer Shredder Program

Jimmy Smith, CSCS

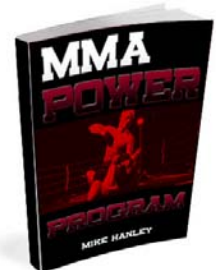
Jimmy tells you how to get ready for the summer quickly by shredding excess bodyfat now! Starting with the basics and moving to the advanced, Jimmy lays out his time tested nutritional strategies with 7 FULL calorie diet plans ranging from 1200 - 4000 calories.



The MMA Power Program

Mike Hanley

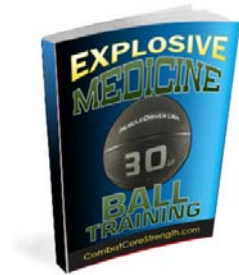
Renowned strength coach Mike Hanley tells you how he sets up the strength and conditioning program for his MMA athletes. There are tons of new ideas and exercises in this innovative ebook!



Explosive Medicine Ball Training

Jim Smith, CSCS

Do you want to learn how to create explosive power with one of the most versatile tools available to develop athletes? This unique ebook has a huge exercise index and will teach you not only how to create power, but how to become more reactive.



Exclusive 2-Part Joint-by-Joint Assessment Interview

Mike Roberston MA, CSCS, USAW

In this ground breaking interview, Mike spills all his secrets on his Joint-by-Joint approach to training. Find out what kinetic segments require stability and which ones require mobility and why this is important for injury prevention, athletic and strength performance, posture and optimal muscular recruitment. This is a huge interview full of easy, ready-to-apply real world training strategies.

