



COMBAT CORE
WWW.COMBATCORESTRENGTH.COM

**ADVANCED TORSO TRAINING FOR
EXPLOSIVE STRENGTH AND POWER**



JIM SMITH, CSCS



By Jim Smith, CSCS

Copyright 2007-2008 by Jim Smith
The Diesel Crew, LLC

All rights reserved. No part of this special report e-book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the expressed written permission from Jim Smith. We have unique tracking codes embedded, designed to detect illegal distribution of this special report e-book and the download links. Do not risk breaking international copyright infringement laws and getting yourself in major trouble. Fines start at \$150,000 and include a possible prison sentence upon conviction.



SPECIAL REPORT

Combat Core

Advanced Torso Training Strategies for Elite Athletes

www.CombatCoreStrength.com

What Core Strength is NOT!

#1. Core strength is NOT about crunches!

It is funny how lifters go into the gym, day in and day out, hitting endless sets of crunches. First off, there are hundreds of different ab exercises available, so why just keep doing crunches? Secondly, the musculature that stabilizes, protects and engages movements of the torso does not act in isolation, so why engage in exercises that target only a few muscle groups that make up the core? Abdominal strength movements can strengthen and target specific muscle groups but this only ONE part of a more comprehensive strategy.

Crunches have other issues as well. Too many crunches will shorten hip flexors, depress the diaphragm and affect posture and breathing.

#2. Core strength is NOT about wobble boards!

Whoever started the rumor that wobble boards build functional core strength should read this report. Wobble boards do have their place in a rehabilitative setting where a patient needs to re-stabilize an injury or re-establish balance and proprioception. But, you should know there is an inverse relationship between the stability of the base support and the power potential of the lifter or athlete.



Instability vs. power potential comparison

What the graphic telling us:

As the level of **INSTABILITY** ↓ Our potential to generate **POWER** ↑

Wobble boards used in an athletic training setting will help the athlete...to get better at standing on a wobble board.

If you are looking to develop true core strength, get off the wobble board and get moving!

#3. Core strength is NOT only about strengthening in patterned movements!

Sport is not patterned. Life is not patterned. The fairy tale environment that happens in the gym does not happen in the real world. You can't set your breath, keep your spine in neutral and execute a perfect cadenced tempo with each rep.

If you adhere to torso loaded or trunk loaded hip flexion, lateral flexion or rotation movements, you will be missing a large piece of strength training the torso.

Chaotic movements, bracing, multi-directional ground based means must also be considered and incorporated, if you hope to create adaptations more specific to building strength that applies to executing in real world applications.

#4. Core strength is NOT only about only about moving your own bodyweight!

As you move, your body adjusts and adapts. Once your body becomes accustomed to these movements, there is no more adaptation. The body and engaged musculature must be challenged, constantly, if you want to continue to make progress. This holds true for the muscles that surround, support and engage your core. The *S.A.I.D. Principle* and the *Principle of Overload* state that muscles adapt to imposed demands. Lift a weight, the next time you lift it (if you have had sufficient recovery) it will be easier.

Bottom line: Your core musculature must be "challenged" with external load once proficiency of bodyweight movements has been established.

#5. Core strength is NOT only about slow movements!

Again, life is not about slow movements. Life and sport are explosive. Subsequently, you must train to be explosive. Throws, elastic band snap downs or *chaos* sandbag sit-ups are just a few examples of training the core explosively and in a random environment.

#6. Core strength is NOT possible without attention to breathing!

Regulating your breathing patterns plays an important role in stabilizing the torso during any type of movement. By engaging the Valsalva maneuver, intra-abdominal pressure is established and the core musculature becomes isometrically contracted. This is the essence of “bracing.” As you move, force is transferred across the kinetic chain, and dependent upon your or your athletes’ ability to sustain this bracing, the force is either transferred efficiently or dissipated. This is very important for any sport that requires fast and powerful movements. Which is ALL sports.

#7. Core strength is NOT only about the muscles you can see!

If you are just working on your “six pack abs” or targeting the rectus abdominus, transverse abdominus, external and internal obliques in your core training strategies, you are missing something...something very important. As you will see in *Combat Core* the posterior chain is the other unseen half of the puzzle. It is the counter balance or antagonistic musculature that works to balance all movements.

#8. Core strength is NOT about laying on your back or in a stationary position!

Get off your back!

Isolated stationary movements such as crunches, sit-ups or leg lifts are OLD school. *Core Statics*, skill work (or SPP) execution and non-conventional training provides external loading of the lifter or athlete while moving in multiple planes. This should be in addition to any isolated training of the core musculature.

#9. Core strength is NOT about doing high volume sets!

You’ve heard it. I’ve heard it.

“I do 300 crunches, 400 crunches, 1000 crunches a day, to maintain my six pack!”

If you want a “six pack”, work on your nutrition. If you want core strength, build up the torso musculature along with the posterior chain.

If you can do 300, 400 or 1000 crunches, how hard can they be? And if there aren't challenging, can they have a solid carryover benefit?

Engaging the torso and surrounding musculature with an optimal strength training volume, involves executing 6-8 repetitions per set, especially if there is an external load. For throwing means, I would drop that number down to 4-6, or until the technique diminishes.

#10. Core strength is NOT developed by always wearing a belt!

Belts are a great tool. A great tool to make you weak! I see it all the time at the gym. Guys wearing their lifting belt from the time they come out of the locker room, through the entire workout, getting a drink of water, only taking it off when they return back to the locker room.

Belts should only be used if their use is needed.

If you are teaching young athletes how to brace, a belt (even an elastic band – check out [Chaos Training](#)) is a good physical tool to feel the abdomen being braced outward.

Or, if you are loading above 85%+ of the lifter or athlete's one rep max (referred to as 1RM), a belt can be used. The 1RM is the absolute or total amount the lifter can lift in the respective exercise.

and one bonus...

#11. Core strength is NOT about “six pack abs!”

As stated, just because you're ripped or shredded doesn't mean shit when it comes to core strength. Strength training targeting the core musculature, along with low body fat levels will provide you with a nice “six pack”. But you must learn how to stabilize while engaging in compound movements, execute while involved in a sporting event or brace during an impact to truly execute or demonstrate core strength.

Thanks for signing up and checking out this free report. I hope it provided you with some information to provoke thought and inspire you to continue learning.

Your strength coach,

A handwritten signature in black ink that reads "James Smith". The script is fluid and cursive, with the first letters of "James" and "Smith" being capitalized and prominent.

Jim Smith, CSCS

Performance Enhancement Specialist
The Diesel Crew
Elite Q/A Staff
Men's Fitness Contributor

Combat Core Strength

www.CombatCoreStrength.com