

# TRAINING TRUNK STABILITY

## Suitcase Carry



A1. **Single Arm** Heavy Swings (X | 90s)  
8 x 10

B1. **Single Leg** Snatch Grip RDLs  
(3:0:3:0 | 60) is 7,7,6,6

C1. **Single Shoulder** Reverse Lunge  
(n/a | 20s) 5 x 12 each

C2. Goblet Squat (Normal | 60s) 5 x 20

T1. **Turkish Get-Ups** (n/a | 0s) 10 x 1  
each

A1. **Single Arm DB Push-Press** (5E | 0) 8

B1. Weighted Chin-ups (3:0:1:0 | 90) is 5 x

C1. **Single Arm** High Cable Row (3:0:1:2 |  
each

D1. E-Z Bar Supine Skull Crushers (Norm  
20

D2. Bent Lateral Raises (Normal | 30s) 3 x

T1 **Single Arm** Overhead Dumbbell Carry x

Exam  
Strength | Upper

Unilateral Movements

*Utilize **odd objects** more frequently.*

Rule :

TRAINING TRUNK STABILITY



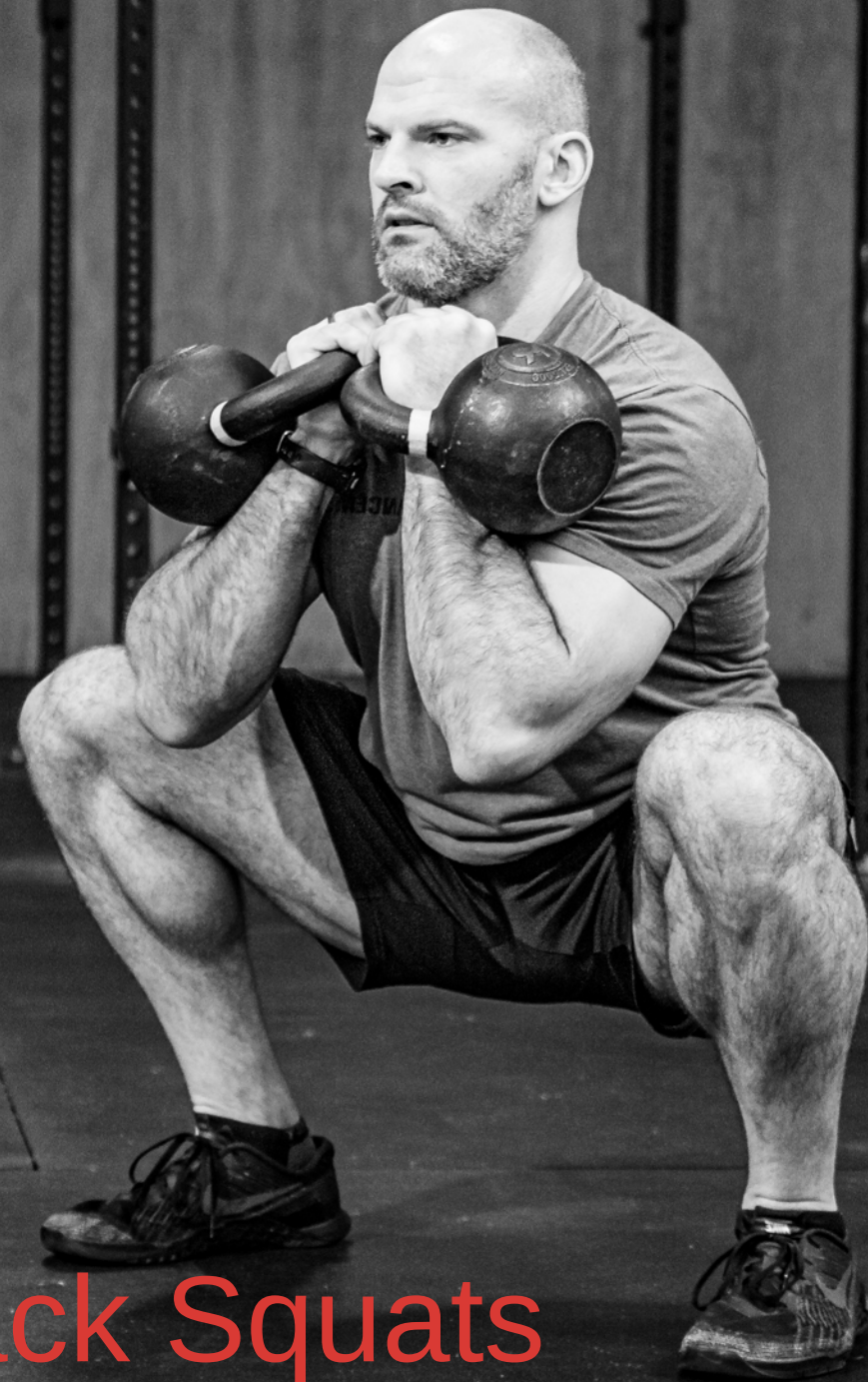
Tombstone Sandbag Squats

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Sandbag Cleans

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Double KB Front Rack Squats

A1. **Double KB F. Rack** Reverse Lunge  
(2:0:1:0 | 180s) 6x6e

B1. **Sandbag** Tomstone RDLs (5:0:5:0 |  
0s) 6 x 5

B2. Toes-to-Bar (n/a | 60s) 6 x 12

C1. **Sandbag** Clean + Squat (2:0:1:0 |  
60s) 5 x 10

T1. Kettlebell Pass-Overs (n/a | 120s)

*More **barefoot** training.*

Rule

Neurological



Mechanical

*Perception is a  
prerequisite for  
control.*



*Program movements  
in **all three planes** of  
motion.*

Rule **7**