MARK BELL X DAN GARNER

PRESENT

FASTER
IN
50

HOW TO GET JACKED
& RUN A MARATHON

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INTRODUCTION

The purpose of this program is to remove you from the idea that you must be skinny to run a marathon, or, you must never do cardio if you want to be jacked.

While using strength, hypertrophy, and a wide selection of energy system specific cardio sessions timed properly throughout the week; you're going to increase your work capacity, increase strength, build muscle mass, and knock down that bucket list marathon race that has been on your mind for years.

We'll take you through your warm-ups, cool-downs, weekly training template, best practices for minimizing injury risk, and what you need to do to maximize recovery.

KEYS TO SUCCESS

Never Skip Your Warm-Up or Cool-Down

Injury risk management becomes your utmost priority when concurrently juggling strength, hypertrophy, and long duration cardiovascular fitness. Skipping your warm-up and/or cool-down is inviting more risk in this department of your life and is a trade-off that is never worth it. You'll never think it was worth it to save the 5-10mins you gained skipping these when you're sitting on the sidelines due to injury or performing poorly due to joint pain.

Joint-Friendly Movement Patterns

You will note within the training templates that I am primarily recommending movement patterns as opposed to "written in stone" specific exercises. You are not peaking for a powerlifting meet, so we don't need to remain overly married to any one subset of primary or accessory exercises. I highly encourage you to pick the ones that feel the best and have the least pain for you as an individual.

Your Last Rep Is Your Best Rep

"Your last rep is your best rep" represents the idea that your last rep of each exercise should look as technically clean as your first rep did. Many people tend to let their ego takeover and use momentum, supporting muscle groups, or biomechanical changes to complete the set. Hitting cheat reps increases your risk for injury and doesn't give you a better training stimulus due to the compensations that you're using to complete the set which offset the stimulus from the main muscle you're trying to target.

Recovery is Non-Negotiable

You need to stop viewing recovery as if it's something to do in addition to the program rather than being a part of the program itself. Recovery practice is not an add-on and needs to be viewed in a mandatory light just as you would view your workouts. Recovery can make you or it can break you, you decide which one you want.

Mental Toughness is a Requirement

True mental toughness is a characteristic that only the most elite performers possess. You have to prioritize your course of action and then keep showing up for it no matter what it takes. This isn't about what you feel like doing, it's about doing what you know you need to do. When you reach a certain level of cardiovascular conditioning, completing the race becomes more about your mental game than it does your physical. Stay tough and keep moving, this program will eat you alive if you treat it like a chore.

Fuel to Perform

Your runs will predictably get longer and longer as you progress throughout the program which means you need to be keenly aware of how your body is feeling from a hydration and fueling perspective. Nutrition isn't something you "wing" for a goal like this. Water intake, daily protein/carbs/fats, and electrolyte content are all terms that need to be a part of your daily life for the next 50 days.

Total Stress Load Management

The body can only handle a certain level of total stress load before it inevitably runs into a state of burnout. An assessment of your psychological, emotional, environmental, physiological, and training stressors is paramount in you properly managing the training volume associated with this program design. If you're like most people I meet, you already know what you need to eliminate from your life in order to lower total stress load, let now be the time you take yourself up on that.

Sleep Quality = Performance Quality

Your daily rituals determine your sleep quality, and your sleep quality determines your performance quality through impacting your running technique, recovery rate, hormone balance, and immune function. Many people discuss only training and nutrition with respect to goal achievement, yet, sleep is equally pivotal and is a key to success no matter what program you undertake.

Train Smart

Avoid unnecessary pain and injury risk through investing in a good pair of running shoes for your runs, training on a safe surface, and getting a comfortable runners fanny pack so that you're always properly fueled during the tough sessions.

Look Ahead

Look up the track you will be running on race day to see what the track is like so you can better prepare (hills, weather conditions, etc.) during your training. Additionally, the race may be sponsored by a specific supplement brand. Since this brand will be the only thing available at the stations on the track, it's best to incorporate this specific brand into your program earlier so you can dial-in your gut's response to it and avoid any unexpected gut complications on race day.

THE WARM-UP

Intent

The warm-up does not need to be long, tedious, or over complicated. The goal is to bring up your core temperature, lubricate the joints, activate the specific muscles involved in the training prescription, and give you the opportunity to get your mind right for what's ahead.

Execute each movement pattern with a full and controlled range of motion. Never rush this and always keep technical quality prioritized over rep quantity.

The warm-up needs to be about your body and mindset, not your lack of preparation. Meaning, you should already have your workout of the day available and/or you should already know the route you're going to run before starting the warm-up.

THE WARM-UP

Upper Body Warm-Up

	EXERCISE	REPS
A1	Cat Camel	10 reps
A2	Bird Dogs	10 reps/side
A3	Push Ups	10 reps
A4	Quadruped Thoracic Rotation	10 reps/side
A5	YTW	10 / Letter
A6	Jumping Jacks	15 total

Lower Body Warm-Up

	EXERCISE	REPS
A1	Single Leg Hip Thrust	10 reps/side
A2	Fire Hydrant Circles	10/direction/leg
A3	Mountain Climbers	10/side
A4	Walking 1+¼ Lunges	5 reps/side
A5	Bodyweight Overhead Good Mornings	10 reps
A6	Jumping Jacks	15 total

*Complete this circuit one time through, and give yourself 4-6 ramp up sets leading into the working weight for your first exercise of your workout.

Running Warm-Up

	EXERCISE	TIME/REPS
A1	Easy Jog	5 minutes
A2	Cossack Squat	10 reps/side
A3	A-Skips	30 seconds
A4	B-Skips	30 seconds
A5	Carioca	30 seconds

WEEKLY TRAINING SPLITS

Phase 1

The intent for Phase 1 is to develop the elite foundation of strength, hypertrophy, running technique, mindset, and mixed energy system conditioning through utilizing a weekly schedule that minimizes the interference-effect and maximizes recovery where you need it most. Listen to your body, start slow while emphasizing technique, experiment with fueling/hydration strategies, and progressively build yourself up as you feel your work capacity improve each week.

Phase 2

Now that you have a firm understanding of your recovery capacity, pacing, fueling needs, and technical preferences; it's time to ramp things up by increasing the total weekly running mileage. We're dropping the resistance training volume down, but maintaining the frequencies and intensities required to maintain your mass and strength during the aerobically dominant phase. More than anything, now is time to deploy the mindset tools of patience, pain tolerance, mental toughness, and delayed gratification that are all required for you to be your absolute best on race day.

Phase 1: STrong Foundation [Day 1-25]

DAY	EXERCISE
Day 1	Upper Body A + Intervals
Day 2	Lower Body A + Tempo Run
Day 3	Fartlek Run
Day 4	Upper Body B + Recovery Run
Day 5	Lower Body B + Cross Training
Day 6	Long Slow Run
Day 7	Off (or) Recovery Run

Phase 2: STrong Marathon [Day 26-50]

DAY	EXERCISE
Day 1	Total Body A + Intervals
Day 2	Long Fartlek
Day 3	Total Body B + Tempo Run
Day 4	Short Fartlek
Day 5	Long Slow Run
Day 6	Long Slow Run
Day 7	Off (or) Recovery Run

WEEKLY TRAINING SPLITS

[DISCLAIMER]

THIS PROGRAM IS FLEXIBLE

Before diving into the weeds of the programming, we want to make something very clear.

The Faster in 50 program is a 50 day progressive system that Dan Garner designed as part of the structural framework for Mark Bell's 2023 Boston Marathon race.

The goal is to empower you so that you can also use this system to become the ultimate athlete in all areas of strength, hypertrophy, and endurance.

However, we are very aware that not everyone begins from the same startline in the world of fitness. Mark started his coaching with Dan with an already strong aerobic base of conditioning, a well-versed knowledge in recovery strategies, and over 30 years of different high-intensity forms of exercise under his belt.

This is why we STrongly encourage you to remain in either Phase 1 or Phase 2 of this program for as long as you need to feel comfortable in order to progress.

Phase 1 does not need to be 25 days, and Phase 2 doesn't need to be either.

You can spend 4-16 weeks in each phase, making this an 8-32 week program. All that we ask is that you give yourself a one week deload for every 8 weeks of training and switch up your choice of exercise variations for the next 8-Week wave.

Be patient, work hard, but don't overdo it.

Like the old saying goes... this is a marathon, not a sprint.

Use the framework of program design and the knowledge you learn about how your own body responds to these different stimuli to teach you what you need to do to accomplish your goal no matter how long it takes.

You'll know when you're ready for the next phase, so don't let any specific calendar date tell you when it's time.

PHASE 1
STRONG FOUNDATION

Day 1: Upper Body A + Intervals

RESISTANCE TRAINING

	EXERCISE	ROUNDS & REPS
A	Horizontal Press	3x5
B	Unilateral Horizontal Press	3x8/side
C	Vertical Press	3x5
D1	Horizontal Pull	3x5
D2	Unilateral Horizontal Pull	3x8/side
D3	Medial Delt	3x12

ENDURANCE TRAINING

3 x 1 mile runs with 3 mins walking rest in between.
Do these at a fast but not all-out pace.
Think "fast jog" (or) 8/10 self-perceived speed.

3 x ½ mile runs with 90 seconds rest in between
Do these at a fast but not all-out pace.
Think "fast jog" (or) 8/10 self-perceived speed.

Day 2: Lower Body A + Tempo Run

RESISTANCE TRAINING

	EXERCISE	ROUNDS & REPS
A	Squat Variation	3x5
B	Unilateral Squat Variation	3x8/side
C	Lateral Variation	3x5
D1	Hinge Variation	3x5
D2	Loaded Carry	3x30yds
D3	Anti-Rotation Core	3x12

ENDURANCE TRAINING

30 Minute Tempo Run

This should be slower than your interval pace, but not as slow as your full marathon pace. Think "steady jog" or 7/10 self-perceived speed. If you have a known half-marathon time, you could also use that pace for these tempo runs.

Day 3: Fartlek Run

45-Minute Fartlek run with nine 1-Minute bursts:

This is a 45 minute run where you maintain a slow and steady pace slightly below your tempo run pace (think "jog" or 6/10 self-perceived speed) and include nine bursts of speed (think "run" or 9/10 self-perceived speed) timed at your own discretion throughout the run. You can do these bursts whenever you like, but if you need a starting reference point, this equals one burst for every five minutes that passes.

STRONG FOUNDATION

STRONG FOUNDATION

Day 4: Upper Body B + Recovery Run

RESISTANCE TRAINING

	EXERCISE	ROUNDS/REPS
A	Horizontal Pull	3x5
B	Unilateral Horizontal Pull	3x8/side
C	Vertical Pull	3x5
D1	Horizontal Press	3x5
D2	Unilateral Horizontal Press	3x8/side
D3	Upper Back	3x12

ENDURANCE TRAINING

30 Minute Recovery Run:
This entire run is done with nasal breathing only. If you need to mouth breathe, you're moving too fast. Mouth breathe as minimally as possible.

Day 5: Lower Body B + Cross Training

RESISTANCE TRAINING

	EXERCISE	ROUNDS/REPS
A	Hinge Variation	3x5
B	Unilateral Hinge Variation	3x8/side
C	Step Up Variation	3x5/side
D1	Squat Variation	3x5
D2	Loaded Carry	3x30yds
D3	Anterior Core	3x16

ENDURANCE TRAINING

30 Minute Cross Training:
This entire cross training session is done with nasal breathing only. Pick a joint-friendly movement (bike, elliptical, pool, rower, etc.) and just "play" and "flow" for 30 minutes at an easy pace. This should just feel like you're flushing your muscles out and loosening up.

Day 6: Long Slow Run

Week 1: 6 Miles

Week 2: 8 Miles

Week 3: 10 Miles

Week 4: 12 Miles

On these days I really want you to take your foot off the gas pedal and allow yourself to run these out at a low effort pace (think "slow jog" or 4/10 self-perceived speed). If you can't form coherent sentences, you're moving too fast and missing the point of this workout. Additionally, these longer but earlier sessions in the program are a great opportunity for you to dial-in your running technique, preferred running routes, fueling/hydration strategy, and most comfortable running attire for your unique needs.

Day 7: Off or Recovery Run

(Optional) 20-30 Minute Recovery Run:
This entire run is done with nasal breathing only.
If you need to mouth breathe, you're moving too fast.
Mouth breathe as minimally as possible.

Recommended Recovery Accelerators (Pick 2):

- Muscle Fascia Work
- Meditation
- Cold Plunge
- Massage
- Breath Work Session
- Brisk Walk Outdoors

PHASE 1:
STRONG FOUNDATION
KEY NOTES

1. For each movement pattern, although it is recommended to choose from our preferred exercise list, we don't want that to come at the expense of the knowledge you have of your own body. You have full permission to do what you feel is best for your unique needs, goals, and limitations.

2. Weight training loads should be heavy, but also light enough to leave 1-2 reps in the tank after each set. Last rep looks like the first rep.

3. When lifting, think non-stop acceleration during the concentric portion of the lift. It's not "force + coast", but rather, "force + non-stop acceleration" for each rep until you reach the end range of the movement pattern. We do this to develop speed/power and not exclusively absolute strength.

4. Intervals: "Fast jog" (or) 8/10 self-perceived speed.

5. Tempo Run: "Steady jog" (or) 7/10 self-perceived speed.

6. Fartlek Run: "Jog" (or) 6/10 self-perceived speed with "Running" or 9/10 bursts.

7. Long Slow Run: "Slow jog" or 4/10 self-perceived speed.

8. Recovery Run: Very easy pace with nasal breathing only.

PHASE 2

STRONG MARATHON

STRONG MARATHON

Day 1: Total Body + Intervals

RESISTANCE TRAINING

	EXERCISE	ROUNDS & REPS
A	Squat Variation	3x8
B	Vertical Press	3x8
C	Horizontal Pull	3x8
D1	Unilateral Hinge Variation:	3x12/leg
D2	Lateral Variation	3x12/leg
D3	Loaded Carry	3x30yds

ENDURANCE TRAINING

10 x ¾ Mile runs 3 mins walking rest in between:
Do these at a fast but not all-out pace.
Think "fast jog" (or) 8/10 self-perceived speed.

Day 2: Long Fartlek

90-Minute Fartlek run with eighteen 1-Minute bursts:
This is a 90 minute run where you maintain a slow
and steady pace slightly below your tempo run pace
(think "jog" or 6/10 self-perceived speed) and include
nine bursts of speed (think "run" or 9/10 self-perceived
speed) timed at your own discretion throughout the
run. You can do these bursts whenever you like, but
if you need a starting reference point, this equals one
burst for every five minutes that passes.

Day 3: Total Body + Temp Runs

RESISTANCE TRAINING

	EXERCISE	ROUNDS & REPS
A	Hinge Variation	3x8
B	Horizontal Press	3x8
C	Vertical Pull	3x8
D1	Unilateral Squat Variation	3x12/leg
D2	Step Up Variation	3x12/leg
D3	Anterior Core	3x12

ENDURANCE TRAINING

45 minute Tempo Run:

This should be slower than your interval pace, but not as slow as your full marathon pace. Think "steady jog" or 7/10 self-perceived speed. If you have a known half-marathon time, you could also use that pace for these tempo runs.

Day 4: Short Fartlek

60-Minute Fartlek run with eighteen 1-Minute bursts:
This is a 60 minute run where you maintain a slow and steady pace slightly below your tempo run pace (think "jog" or 6/10 self-perceived speed) and include nine bursts of speed (think "run" or 9/10 self-perceived speed) timed at your own discretion throughout the run. You can do these bursts whenever you like, but if you need a starting reference point, this equals one burst for every five minutes that passes.

Day 5: Long Slow Run

Week 1: 8 Miles

Week 2: 10 Miles

Week 3: 8 Miles

Week 4: 6 Miles

Execute these at a "slow jog" or 4/10 self-perceived speed.

Day 6: Long Slow Run

Week 1: 14 Miles

Week 2: 16 Miles

Week 3: 20 Miles

Week 4: 24 Miles

Execute these at a "slow jog" or 4/10 self-perceived speed.

Day 7: Off or Recovery Run

(Optional) **20-30 Minute Recovery Run:**
This entire run is done with nasal breathing only.
If you need to mouth breathe, you're moving too fast.
Mouth breathe as minimally as possible.

Recommended Recovery Accelerators (Pick 2):

- Muscle Fascia Work
- Meditation
- Cold Plunge
- Massage
- Breath Work Session
- Brisk Walk Outdoors

PHASE 2:
STRONG MARATHON

KEY NOTES

1. Utilize all of the same key notes from Phase 1. You learned a lot about your programming and yourself in that phase, don't drop that knowledge moving into the final stretch.

2. Due to the weekly training volume, recovery must be as high of a priority in your mind as the training itself. You cannot "wing" this phase no matter how gifted you are. Schedule time in your calendar exclusively dedicated to recovery.

3. These final stretches are as much about injury prevention as they are about anything else. Don't do anything stupid.

4. If the race you are planning on running has any hills, I'd like you to hit those up alongside your Tempo Run.

5. If you haven't already, start wearing your fueling gear for all runs (fanny pack, hydration backpack, etc.) so that you are completely used to it come time for your full marathon effort.

6. As the runs get longer, you're going to need to use your iron mindset. I want you to view yourself as a champion-level athlete getting ready for the performance of their life. You've put in the work to get this done, the only one who can stop you is you. Way more people drop out of marathons due to mindset rather than physical ability. Don't be that person.

RACE WEEK

Day 1:   Phase 2 Total Body A + 15-Minute Recovery Run

Day 2:   Phase 2 Total Body B + 15-Minute Recovery Run

Day 3:   Easy 5-Mile Run. Start out easy,
and only target race pace in the last two miles.

Day 4:   Off + Two Recovery Strategies

Day 5:   Off + Two Recovery Strategies

Day 6:   15-Minute Recovery Run
Get warm and loose then call it a day.

Day 7:   Run A Marathon!

HYDRATION & NUTRITION

The world of nutrition is infinitely complex regarding one's unique context.

Our morals, philosophies, cultures, hormones, goals, gut bacterial variance, dietary adherence psychology, environment, genetics, stressors, current body composition, and a host of other factors play into the decision making process when it comes to optimal hydration and fueling.

With that said, there are still many global principles that you should adhere to when setting your sights on a marathon because proper hydration and fueling is truly a game changer in how well you will respond to the programming.

If and of the recommendations below are either too much or too little for you based on the knowledge of your body -- by all means -- tweak the recommendations to your needs/desires/goals. The below represent science-based estimates, but they are just that, estimates. Not all people will fit nicely into these and I'm not going to pretend that I know your body better than you do.

Use the strategies, measure the result, and adjust as needed.

HYDRATION & NUTRITION

Strategy 1: Energy Balance

Non-Training Days	Bodyweight (in pounds) x 15
30–60 Minutes of Activity	Bodyweight (in pounds) x 17
90–120 Minutes of Activity	Bodyweight (in pounds) x 19
120–180 Minutes of Activity	Bodyweight (in pounds) x 21
180+ minutes of Activity	Bodyweight (in pounds) x 23+

(Training Days brace covers rows 30–60 through 180+)

Strategy 2: Macronutrient Intake

Protein: 0.8-1g of protein per pound of bodyweight.

Fats: 25% of total caloric intake.

Carbohydrates: Make up the rest of the calories you have left.

Strategy 3: Meal Timing

• Your biggest meal of the day should be post-workout.

• Do not train or run in a fasted state.

• You should never feel bloated during a run/workout. If you do, you ate too much too close to the session, or, you're going too hard on the intra-training fuel.

• When possible, do not eat within one hour of bedtime.

• If you're hitting your calorie target, macro target, and getting intra-fuel in during training; the only real concern you should have for meal timing after that is what frequency is going to allow you to be the most consistent over time. Consistency is king, and it very often can be controlled with choosing your correct meal frequency and not someone else's.

Strategy 4: **Easy To Digest Carbohydrates**

Long duration running demands an ongoing supply of fuel without negatively impacting your performance with various unnecessary gastrointestinal symptoms such as bloating, acid reflux, gas, and generalized distention.

It's very common for hikers to consume granola and trail mix during their hikes, but this is a terrible idea for almost every runner on the planet due to it being a very slow transit time food option (meaning, it takes a long time to get out of the gut).

The preferred and easiest to digest carbohydrate options would include branched cyclic dextrin, Clif Bloks, candy, gel packs, cereal bars, and small pieces of fruit.

Strategy 5: **Carbohydrate Loading**

If you plan on utilizing a carbohydrate loading strategy the day prior to a race, it is highly recommended that your largest carb-loading meal of the day be lunch as opposed to dinner.

Very often runners want to eat a bunch of pasta with dinner the night before, but due to digestive transit times, this is a highly self-defeating tactic that can result in delayed absorption time and gastric symptoms during/after breakfast the next morning (think about it, nobody wakes up starving the morning after a large cheat meal, that's because a physiologic mechanism known as the "ileal brake" is stopping gastric movement until your big meal is fully digested/assimilated).

In terms of best practices, your biggest carb load meal the day before should be roughly 24hrs before your projected race time, which means most people will be having their meal in the mid-morning to lunch window.

Strategy 6: **Hydration**

You should never lose more than 2% of your body weight, even on your long runs. Keep track of pre and post-run weigh-ins to monitor how much sweat you're losing each run.

Due to sweat rate being extremely variable based on your own unique sweat rate and the climate you live in, the above "never lose more than 2% of your bodyweight" recommendation will in large part determine your fluid needs during running knowing that one pound equals 16 oz of water.

Generally speaking, this is an excellent target intake per 16 oz of fluid to check all the boxes for maximal hydration:

- 16 oz Water
- 200 mg Sodium
- 200 mg Potassium
- 200 mg Magnesium
- 5g EAAs
- 2g Taurine
- 2g Glutamine
- 10g Branched Cyclic Dextrin
- 1 tbsp. Honey

One non-training days, target 0.5oz per pound of bodyweight per day (e.g. a 200lbs individual would drink 100oz of water per day). On training days, hit this same target outside of your workout window, and consume the above during training on top of your 0.5oz target during inactivity.

CONCLUSION

With this guide, you have all the programming framework you need to get Faster in 50 Days.

If you take this program seriously, we guarantee you will surprise yourself with what your body is truly capable of.
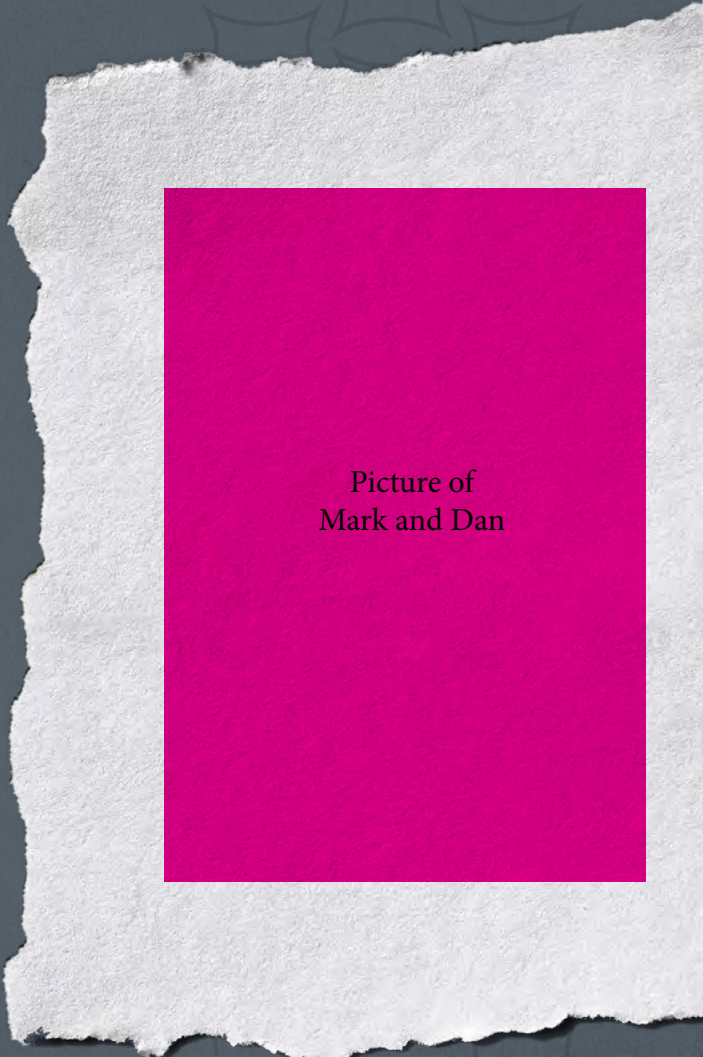
Put 100% into every session and keep us posted on your journey.

***Strength is never a weakness
and weakness is never a strength.***

Mark Signature

Mark Bell and Dan Garner

Picture of
Mark and Dan

EXERCISE VARIATIONS

Horizontal Press
1. Flat BB Bench Press
2. Flat DB Bench Press
3. Close Grip BB Bench Press
4. Dips
5. Floor Press

Vertical Press
1. Standing BB Shoulder Press
2. BB Push Press
3. Standing DB Shoulder Press
4. Z-Press
5. DB Arnold Press

Horizontal Pull
1. Bent Over BB Row
2. Seated Close Neutral Grip Cable Row
3. Pendlay Row
4. Chest Supported DB Row
5. Inverted Rows

Vertical Pull
1. Wide Pronated Grip Lat Pulldown
2. Medium Supinated Grip Lat Pulldown
3. Wide Pronated Grip Pull Up
4. Medium Supinated Grip Chin Up
5. Close Neutral Grip Lat Pulldown

Squat Variations
1. BB Front Squat
2. DB Goblet Squat
3. BB Back Squat
4. Belt Squat
5. Pendulum Squat

Hinge Variations
1. Romanian Deadlift
2. Snatch Grip Deadlift
3. Snatch Grip Romanian Deadlift
4. BB Good Mornings
5. 45-Degree Low Back Extensions

Loaded Carry Variations
1. DB Farmers Walk
2. Trap Bar Farmers Walk
3. Suitcase Carry
4. DB Overhead Loaded Carry
5. Prowler/Sled Push/Pulls

Unilateral Squat Variations
1. Front Foot Elevated Split Squats
2. Split Squats
3. Bulgarian Split Squats
4. Front Foot Elevated Bulgarian Split Squats
5. Walking Lunges

Unilateral Hinge Variations
1. Staggered Stance BB Romanian Deadlift
2. Staggered Stance DB Romanian Deadlift
3. One-Arm One-Leg DB Romanian Deadlift
4. Single Leg 45-Degree Low Back Extensions
5. Single Leg Hip Thrusts

EXERCISE VARIATIONS

Unilateral Horizontal Press

1. One Arm Flat DB Bench Press
2. Alternating Flat DB Bench Press
3. Standing Single Arm Cable Chest Press
4. Standing Single Arm Band Chest Press
5. Medicine Ball Single Arm Push Off

Unilateral Horizontal Pull

1. One Arm DB Row
2. One Arm DB Row With Elbow Out
3. Seated One Arm Cable Row with D-Handle
4. Standing Single Arm Low Cable Row
5. One Arm Free Standing DB Row

Unilateral Vertical Pull

1. One Arm Supinated Lat Pulldown
2. One Arm Neutral Grip Lat Pulldown
3. Half-Kneeling High Handle One Arm Row
4. Straight Single Arm Rope Pulldown
5. Flat Single Arm DB Pullover

Unilateral Vertical Press

1. Landmine Press
2. Standing Single Arm DB Shoulder Press
3. Standing Alternating DB Shoulder Press
4. Seated Alternating DB Arnold Press
5. Single Arm DB Z-Press

Anti-Rotation Core

1. Pallof Press
2. Deadbug
3. Bird Dogs
4. Plank With Alternating Shoulder Taps
5. Lunge With Anti-Rotation Hold

Anterior Core

1. V-Ups
2. Hanging Leg Raises
3. Bicycles Crunches
4. Kneeling Rope Cable Crunches
5. Stability Ball Crunches

Step Up Variation

1. Russian Step Up
2. Sprinter Step Up
3. Goblet Step Up
4. Lateral Step Up
5. Crossover Step Up

Lateral Variation

1. Cossack Squat
2. Archer Squat
3. Lateral Lunges
4. Lateral Reaching Lunges
5. Curtsy Lunge

Upper Back

1. Rope Face Pull
2. Banded Face Pull
3. Chest Supported Rear Delt Fly
4. Rear Delt Fly
5. Kelso Shrugs

Medial Delt

1. DB Lateral Raises
2. DB Telle Raises
3. DB Six-Ways
4. Single Arm Cable Lateral Raise
5. DB Single Arm ISO Lateral Raise