



Marathon  
Health™

THESE WORKOUTS ARE TO BE PERFORMED IN A CIRCUIT FORMAT. SLOW AND CONTROLLED MOVEMENTS ARE ESSENTIAL TO PROVIDE ADEQUATE TIME UNDER TENSION. COMPLETE EACH CIRCUIT FOR THE RECOMMENDED TIME/ SET/REP COUNTS BEFORE MOVING ON TO THE NEXT CIRCUIT. USE A CHALLENGING WEIGHT/RESISTANCE THAT WILL ALLOW FOR PROPER AND SAFE FORM.

**Disclaimer:** In order to adjust these workouts to your individual abilities please consider these steps below during your training session(s).

1. Reduce the sets and/or repetitions to match your abilities.
2. Increase rest time between sets and/or exercises to meet your needs.
3. Modify exercises when necessary to remain safe at all times.

### **Workout 1: Lower Back Mobility & Strength**

- A. The exercises to be performed below are to be done with extreme caution in order to avoid any significant back injury. Make sure you are performing the exercise technique correctly. The overall goal is to provide lower back relief through stretching and strengthening of the spine.
1. [Supine Lumbar Rotation](#): 3 sets x 30 second holds each leg
  2. [Supine Piriformis Stretch](#): 3 sets x 30 second holds each leg
  3. [Posterior Pelvic Tilt](#): 3 sets x 10 - 15 reps
  4. [Single Leg Knee to Chest Stretch](#): 3 sets x 30 seconds each leg
  5. [Seated QL Stretch](#): 3 sets x 30 second hold each side
  6. [Seated Dumbbell Good Morning](#): 3 sets x 10 -15 reps

### **Workout 2: "Arm Day"**

- B. [Tricep Dips](#): 3 sets x 10-12 reps
1. \*\* can be performed with weight\*\*
- C. [Single Dumbbell Bicep Curl](#): 3 sets x 10 - 12 reps
- D. [Overhead Tricep Extension](#): 3 sets x 10 - 12 reps
- E. [Single Arm Preacher Curl](#) : 3 sets x 10 - 12 reps
- F. [Bicep Hammer Curl](#): 3 sets x 10 - 12 reps
- G. [Tricep Pulldown \(Alternating\)](#): 3 sets x 10 - 12 reps

### **Workout 3: "Fire Fitness Workout 1"**

- H. [Deadlift \(Deadlift\)](#): 4 sets x 3 - 6 reps
- I. [Half Burpee](#): 4 sets x AMRAP for 45 seconds
- J. [Lateral Step-Up](#): 4 sets x 15 reps
1. \*\*weighted\*\*
- K. [Bridge \(Arms Up\)](#): 4 sets x 15 reps
1. \*\*weighted\*\*
- L. [Plank](#): 4 sets x 1 minute

#### **Workout 4: Cardio**

M. Workout can be performed with a weighted vest. Be careful with the settings chosen to perform this exercise, be sure to push yourself while being safe!

1. [Stairmaster](#): 20 - 30 minutes
  - a) 3 - 5 minute warm-up at a comfortable pace depending upon your cardiovascular fitness level
  - b) Gradually increase the intensity by increasing the level up to minute 15
  - c) Aim to perform 60 steps per minute for 3 minutes (Level 6 - 7)
    - (1) Every 3 minutes attempt to increase the steps per minute by increasing intensity
    - (2) By the last two minutes, attempt 75 steps per minute
2. Cool-down:
  - a) Stairmaster: 5 minutes @ Level 1-3

**Workout 5: 10-1** (Drop sets. Start with 10 reps, wait 10 seconds, then 9 reps, 10 seconds, all the way down to 1 rep. Use lighter weight than usual).

[Bent row \(Dumbbell\)](#)

[Box Squat \(Dumbbell variation\)](#)

Rest

[Bicep Curl to Overhead Press](#)

[Bridge March](#)

Rest

[Dumbbell Floor Press](#)

[Medicine Ball Slams](#)

#### **Workout 6: Core!!! (20-30 seconds, 3 sets)**

[Farmer's Carry \(Dumbbell variation\)](#)

[Dumbbell Front Squat](#)

[Exercise ball bridge/hamstring curl](#)

[Inchworms](#)

[Single Arm Overhead Press \(half-kneeling\)](#)

[Single Arm Single Leg Pull Apart](#)

[Single Leg Bridge March](#)

[PT Ball Stir the Pot or Saws/Laterals](#)

OR

[Lateral Hand Plank Walk](#)

**Workout 7**

[Alternating dumbbell snatches](#) 5 sets x3 reps each side

[Dumbbell bench supported row](#) 4 sets x 12-15 reps

[Single Dumbbell Bicep Curls](#) 3 sets x10 reps

[Slam Balls](#) 4 sets x 5 reps

**Workout 8:** Single kettlebell. Muscular endurance

[KB Overhead Farmers Carry](#) 30 sec right 30 sec left

[KB Swings](#) 30 sec

[KB Front Rack Carry](#) 30 sec right 30 sec left

[KB Bent row](#) 30 sec

[KB Suitcase farmers carry](#) 30 sec right 30 sec left

[KB Alternating Offset Push ups](#) 30 sec

Repeat circuit 4x

**Workout 9:** Complete 3-5 rounds, complete each exercise 1 min

- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Goblet Squat](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Inchworm with Pushup](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Kettlebell Goblet Reverse Lunge](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Lat Pulldown- resistance band](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Bicep Curl to Overhead Press](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower

**Workout 10:** Complete 3-5 sets, 10-15 reps.

- [Burpee](#)
- [Bench Press \(alternating DB variation\)](#)
- [Bridge](#)
- [Bent row \(Dumbbell\)](#)
- [Bulgarian Split Squat](#)
- [Bicep Hammer Curl](#)
- [Back Flies](#)
- [Bear Crawl](#)
- [Box Jumps](#)