



**Marathon**  
Health™



**RESERVE HEALTH**

Here is a

basic list explaining mobility and the benefits that proper mobilization can have for individuals on a day to day basis. Consistency is key as well as feeling slight to moderate discomfort in the targeted area(s). If there is any excessive pain during/after the mobility activities do stop and rest or seek professional assistance.

**Workout #1: 3-4 sets, 10-15 reps**

- [Bilateral External Rotation \(w/ band\)](#)
- [Monster Walks](#)
- [Palloff Press \(Band variation\)](#)
- [Squat- resistance band](#)
- [Tricep Pushdown \(Band variation\)](#)
- [Lat Pulldown- resistance band](#)
- [Deadlift- resistance band](#)
- [Hammer curl- resistance band](#)

**Workout #2: 3-4 sets, 10-15 reps**

- [Cross Chop \(Kettlebell\)](#)
- [Kettlebell Clean and Push Press](#)
- [Kettlebell deadlift variation](#)
- [Kettlebell Around the World](#)
- [Kettlebell Gorilla Row](#)
- [Kettlebell Front Squat](#)
- [Kettlebell Swing](#)

**Workout #3: 3-4 sets, 10-15 reps**

- [Alternating Step Up](#)
- [Incline Push ups](#)
- [Deficit Straight Leg Deadlifts](#)
- [Single Arm Dumbbell Row \(bench supported\)](#)
- [Hammer Curl to Shoulder Press](#)
- [Deficit Calf Raise](#)
- [Elevated Mountain Climbers](#)
- [Elevated glute bridge](#)

#### **Workout #4**

##### **Single kettlebell**

- [KB Overhead press](#) 6
  - [KB Front rack squat](#) 9
  - [KB Bent row](#) 12
  - [Single KB swings](#) 15
- 4 rounds

#### **Workout #5**

##### **Bodyweight - Cardio -**

[Hill sprints](#). Warm up: walking backpedal up the hill 3 times. Walk down each time. Sprint up once, jog back down, Sprint up again, jog back down. 90 sec rest. Repeat for a total of 5 times.

#### **Workout #6**

- [Plate ground to overhead](#) 5
  - [Plate bear hug lunges](#) 5/5
  - [Plate gorilla row](#) 10
  - [Plate plank walk overs](#) 30 sec
- 5 rounds

#### **Workout #7**

- [Lateral Lunge](#) 12 x 2
- [Traveling Plank](#) 15 x 2 (2 Step - Left to Right = 1 rep)
- [Side Plank to Dumbbell Press](#) 15 x 2 (Use a Light Dumbbell, focus on shoulder blade squeeze throughout set)
- [Swiss Ball Crunch](#) 25 x 2
- [Slam Ball](#) 15 x 2
- [Push Ups](#) 20 x 2
- [Unilateral Farmer's Carry](#) 30 Steps/Arm x 2

#### **Workout #8, 3 sets of 10-15 reps**

- [Reverse Lunge](#)
- [Goblet Squat](#)
- [Romanian Deadlift](#)
- [Donkey Kicks](#)
- [Plank to Lateral Toe Tap](#)
- [180 jump squat](#)

### **Workout #9**

- [Lunges Alternating Front-to-Back](#)
  - [Single Arm Single Leg Row](#)
  - [squat with elevated heels](#)
  - [Speed Skaters](#)
- 3 sets of 12
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- [Kettlebell Around the World](#)
  - [Inchworm with Pushup](#)
  - [Farmer's Carry \(Dumbbell variation\)](#)
  - [Bridge March](#)
- 3 sets of 12

### **Workout #10**

- [Slam Ball](#)
  - [Transverse Rotation in Tandem Stance](#)
  - [Turkish Get Up](#)
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- [Single Arm Single Leg Lateral Raise](#)
  - [Single Leg Bridge](#)
  - [Plank to Elbow Pullback](#) with dumbbells
  - [Dumbbell Front Squat](#)
- 3 sets of 12