



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:

- [Active Hang](#)
- [Alternating Prisoner Reverse Lunge](#)
- [Alternating Bent Over Row \(DB/KB\)](#)
- [Dumbbell Floor Press](#) (Alternating)

- [Elevated glute bridge](#)
- [Ground to Overhead \(Plate variation\)](#)
- [Half Burpee](#)

Workout 2:

- [Monster Walks](#)
- [Medicine Ball Slams](#)
- [Side plank leg lift](#)
- [Lower Trunk Rotation \(Supine\)](#)

- [Overhead Carry \(Single Arm\)](#)
- [Paloof Press](#)
- [Straight Arm ISO-Pullback](#)
- [Bulgarian Split Squat](#)

Workout 3:

- [Dumbbell Thruster](#)
- [Box Jumps to Step Downs](#)
- [Dying Bug w/Arms](#)
- [Plank](#)

- [Single Arm Single Leg Lateral Raise](#)
- [Reverse Fly](#)
- [Weight Plate Bent Over Row](#)

Workout 4:

Single weight plate

- [Plate ground to overhead](#) 4
 - [Plate halo](#) 6 (alternating sides)
 - [Plate curl](#) 8
 - [Plate bear hug reverse lunge](#) 10
- Repeat for 5 rounds
Rest as needed between rounds.

Workout 5:

Single medicine ball

- [Alternating med ball push ups](#)
 - [Bear hug jump squats](#)
 - [Russian Twists](#)
- 15, 14, 13, 12, 11, 10. Rest as needed between rounds.

Workout 6:

Dual dumbbell circuit.

- [DB alternating reverse lunges](#) 10 reps
 - [DB standing push press](#) 8 reps
 - [DB farmers carry](#) 30 seconds
- x5 rounds; rest as needed between rounds.

Workout 7:

Whole Body Circuit #1 : Each exercise is to be performed for as many reps as possible (AMRAP) for 45 seconds, rest 30 seconds between exercises. Complete a total of 5-6 rounds per circuit.

- [Neutral Grip Pull Up](#)
- [Box Jumps](#)
- [Dumbbell Farmers Carry](#)
- [Medicine Ball Slams](#)
- [Shrugs \(Dumbbell variation\)](#)
- [Inverted Row](#)

Workout 8:

Whole Body Circuit #2: Each exercise is to be performed for as many reps as possible (AMRAP) for 45 seconds, rest 30 seconds between exercises. Complete a total of 5-6 rounds per circuit.

- A. [Lat Pulldown](#)
- B. [Step-Up](#)
- C. [Offset Carry](#)
- D. [Burpee](#)
- E. [Dumbbell Shoulder Press](#)
- F. [Plank](#)

Workout 9:

Pyramid 15 reps→1 rep, equipment: 1 barbell or sandbag or 2 dumbbells

- [Dumbbell Push Press](#)
- [Back Squat](#)
- [Weight Plate Bent Over Row](#)
- [Mountain Climbers](#)
- 1 min stairmaster (1 min each round regardless of reps)

Workout 10:

Deck of Cards- pick an exercise for each suit and get it done!

A= 14 reps

K= 13 reps

Q= 12 reps

J= 11 reps

10= 10 reps.. Etc

Hearts	Diamonds	Spades	Clubs
<ul style="list-style-type: none">• Dumbbell Push Press• Weight Plate Bent Over Row• Push Ups• Hammer Curl to Shoulder Press• Reverse Fly	<ul style="list-style-type: none">• Alternating Lunges• Exercise Ball Hamstring Curl• Back Squat• Curtsey Lunge• Elevated glute bridge	<ul style="list-style-type: none">• Mountain Climbers• Bicycle Crunch• Scissor Kicks• Plank Pull Throughs (w/ KB or DB)• Cross Chop (Kettlebell)	<ul style="list-style-type: none">• Jumping Jacks• 180 jump squat• Burpee• Jump Rope• Pogo tuck jumps