



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: Stability & Rotation!!!

- [Alternating Rows](#)
- [Reverse Lunge to Rotation](#)
- [Single Arm Single Leg Lateral Raise](#)
- [Single Leg Box Squat](#)

- [Single Arm Overhead Press \(half-kneeling\)](#)
- [Traveling Plank](#)
- [Stability Ball Hamstring Curl](#)

Workout 2: Legs-Push!!!

- [Single Leg Bridge March](#)
- [Side Lunge](#)
- [Romanian Deadlift \(Dumbbell variation\)](#)
- [Jump Squats](#)

- [Lateral Hops](#)
- [Running Man / Woman](#)
- [Reverse lunge with hop](#)
- [Speed Skaters](#)

Workout 3:

Complete each exercise for 45 sec with 15 sec rest. Complete for 20-30 min

- [Inchworm with Pushup](#)
- [Reverse Lunge to high knee](#)
- [Inverted Row](#)
- [Lateral Step-Up](#)
- [Plank Pull Throughs \(w/ KB or DB\)](#)

Finisher: [Burpee](#) 30 sec bursts, 30 sec rest, 3-5 sets

Workout 4:

Complete each exercise for 45 sec with 15 sec rest. Complete for 20-30 min

- [Lateral lunge to curtsy lunge](#)
- [Hammer Curl to Shoulder Press](#)
- [Hamstring Curl](#)
- [Halo \(weight plate variation\)](#)
- [Bent row \(Single Kettlebell\)](#)

Finisher: [Box Jumps](#) 30 sec bursts, 30 sec rest, 3-5 sets

Workout 5:

Mobility Lower-Half: Perform each movement for 30 seconds, perform 3 rounds

- [Hip Drops](#)
- [Squat w/Heels Elevated](#)
- [Quadruped Bird Dog](#)
- [Lateral Lunge](#)

- [Walking Reverse Lunge](#)
- [Supine Piriformis Stretch](#)
- [World's Greatest Stretch](#)

If space is limited for the walking reverse lunge, try doing the alternating reverse lunge in place instead.

Workout 6:

Single weight plate

[Plate ground to overhead](#) 4

[Plate halo](#) 6 (alternating sides)

[Plate curl](#) 8

[Plate bear hug reverse lunge](#) 10

Rest

Workout 7:

Single medicine ball

[Alternating med ball push ups](#)

[Bear hug jump squats](#)

[Russian Twists](#)

15, 14, 13, 12, 11, 10

Workout 8:

Dual dumbbell circuit.

[DB alternating reverse lunges](#) 10 reps

[DB standing push press](#) 8 reps

[DB farmers carry](#) 30 seconds

x5 rounds

Workout 9:

- [Dumbbell Power Snatch \(Alternating Arms\)](#) : 3 x 6 reps
- [Power clean \(barbell\)](#) : 3 x 6 reps
- [Split Squat](#): 3 x 12 reps
- [Alternating Rows](#): 3 x 10 reps
- [Tricep Dips](#): 3 x 10 - 12 reps
- [Unilateral Farmer's Carry](#): 3 x 100 feet

Workout 10:

- [Box Jumps](#) : 3 x 15 reps
- [Back Squat](#): 3 x 6 - 8 reps
- [Barbell Bench Press](#): 3 x 6 -8 reps
- [Single Leg Deadlift](#): 3 x 10 - 12 reps each leg
- [Bent row \(Barbell\)](#) : 3 x 10 - 12 reps
- [Backward Sled Drag](#): 3 x 100 feet