



**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.**

#### **Lateral Strength !!!**

- [Plank Pull Throughs \(w/ KB or DB\)](#)
- [Cossack Squat](#)
- [Single Arm Single Leg Lateral Raise](#)
  
- [Monster Walks](#)
- [Paloof Press](#)
- [Lateral Hand Plank Walk](#)
  
- [Lateral Step-Up](#)
- [Overhead march with carry](#)

### **Workout 2.**

#### **Crazy Core!!!!**

- [Plank to Medicine Ball Exchange](#)
- [PT Ball Dead Bug](#)
- [Side Plank to Dumbbell Press](#)
- [Single Leg Sit to Stand](#)
- [Single Leg Single Arm Dumbbell Overhead Press](#)
- [Kettlebell/ Dumbbell Farmers Carry \(With Towels\)](#)

### **Workout 3.**

**Run through as a circuit, complete each exercise for 45 sec, 15 sec rest. 2-3 min rest before repeating. Complete 3-5 rounds**

- [Dumbbell Lunge with Bicep Curl](#)
- [Inchworm with Pushup](#)
- [Deadlift \(Dual Dumbbells\) to Upright row](#)
- [Squat to Shoulder Press](#)
- [Bent row \(Dumbbell\)](#)
- [Speed Skaters](#)

### **Workout 4.**

**3-5 sets, 8-10 reps for each exercise**

- [Box Jumps](#)
- [DB Clean & Press + DB Snatch \(Superset Alternating Arms\)](#)

- [Alternating Jump Lunges](#)
- [Dumbbell Push Press](#)
- [Burpee](#)

### **Workout 5.**

#### **Bodyweight**

- [Skater bounds](#) 10
- [Plyo push ups](#) 8
- [Power jumps](#) 6
- [Pull ups](#) 4

#### **5 rounds**

### **Workout 6.**

#### **Dual KB or DB and bodyweight. Try to complete each set of reps unbroken.**

- [Kettlebell dual deadlift](#)
  - [Pushups](#)
- 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

### **Workout 7.**

#### **EMOM complex. Single DB/KB. Complete circuit on one side then the other during the same minute. Rest for the remainder of the minute, and then begin the next round.**

5 Min EMOM

3 [Single arm clean](#)

3 [Single arm overhead press](#)

3 [Offset rack position squat KB/DB\)](#)

5 Min EMOM

2 [Single arm clean](#)

2 [Single arm overhead press](#)

2 [Offset rack position squat KB/DB\)](#)

5 Min EMOM

1 [Single arm clean](#)

1 [Single arm overhead press](#)

1 [Offset rack position squat KB/DB\)](#)

5 Min EMOM

2 [Single arm clean](#)

2 [Single arm overhead press](#)

2 [Offset rack position squat KB/DB\)](#)

5 Min EMOM

3 [Single arm clean](#)

3 [Single arm overhead press](#)

3 [Offset rack position squat KB/DB\)](#)

### **Workout 8.**

#### **Floor Work!!!!**

- [Bear Crawl](#)
- [Spiderman Plank](#)
- [Single Leg Bridge](#)
- [Reverse Crunch](#)
- [Quadruped Bird Dog](#)

- [Opposite Arm/ Leg Lift in Plank](#)
- [Kneeling \(Full\) DB Overhead Press](#)
- [Renegade Row](#)

**3-5 round 10-15 reps/exercise**

### **Workout 9.**

#### **CORE EXERCISE ROUTINE**

Perform exercises below for the indicated sets, reps, time.

- [Hanging Knee Raises](#) : 3 sets x 10 - 20 reps
- [Oblique Crunch \(weighted/ standing\)](#) : 3 sets x 10 - 12 reps each side

Try to grab a kettlebell or dumbbell that is heavy enough to be challenging

- [Side Plank](#) : 3 sets x 30 - 1 minute each side
- [Dumbbell Farmers Carry](#): 3 sets x 30 seconds - 1 minute

Heavy enough to challenge yourself for 30 seconds to a minute during the time the exercise is performed.

- [Scissor Kicks](#) : 3 sets x 30 seconds - 1 minute

### **Workout 10.**

#### **LEG EXERCISE ROUTINE**

##### **Warm up:**

- [Jump Rope](#): 4 - 5 minutes

Can perform on a treadmill or cycle; steady pace to get blood flow moving throughout the body.

- [Thread the Needle](#): 2 sets x 5 - 10 reps each side
- [Side Lunge](#): 2 set x 10 reps each side
- [Lying Leg Swings](#): 2 sets x 10 reps each side

##### **Exercise:**

- [Goblet Squat](#): 3 sets x 8 - 12 reps
- [Romanian Deadlift](#): 3 sets x 8 - 12 reps

Can be performed with dumbbells or kettlebells as well

- [Lunges Alternating Front-to-Back](#): 3 sets x 10 - 20 reps each leg
- Can be performed with dumbbells or kettlebells as well
- [Stability Ball Hamstring Curl](#): 3 sets x 10 - 20 reps
- [Wall Sit](#): 2 sets x 30s - 2 minute holds