



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 Body Strength) 3 sets, 10 reps

- [Squat with elevated heels](#)
- [Seated Calf Raises](#)
- [Elevated glute bridge](#)
- [Monster Walks](#)
- [Single Leg Romanian Deadlift](#) (alternate)
- [180 jump squat](#)

Workout 2: (Upper Body Strength) 3 sets, 10 reps

- [Incline Push ups](#)
- [Hammer Curl to Shoulder Press](#)
- [Renegade Row](#)
- [External Rotation w/band](#)
- [Shrugs \(Dumbbell variation\)](#)

Workout 3: (Cardio and Core)

- Cardio- 5 sets, 45 sec each, 15 sec rest between, 1 min rest between sets
- [Jumping Jacks](#)
- [Burpee](#)
- [Broad Jump](#)
- [High Knees](#)
- [Butt Kicks](#)
- Core- Plank series, 3-5 sets, 45 sec each, 15 sec rest between, 1 min rest between sets
 - [Plank](#)
 - [Plank Pull Throughs \(w/ KB or DB\)](#)
 - [Plank to Lateral Toe Tap](#)
 - [Side plank leg lift](#)

Workout 4: (Full body/ bodyweight)

[Pull ups](#) 5

[Air squats](#) 5

[Pushups](#) 5

[Turkish Get ups](#) 5 each side

10 rounds

Workout 5: (Full body/ Dumbbell)

[Single Dumbbell Single Arm Snatch](#) (alternating sides)

[Single Dumbbell Suitcase Reverse Lunges](#) (complete all reps on one side, then complete all reps on other side)

[Single Dumbbell Push Press](#) (complete all reps on one side, then complete all reps on other side)

4 rds, 6 reps/side

Workout 6: (Core)

[Situps](#) (1:00)

1:00 rest

[Plank knees to elbows](#) (1:00)

1:00 rest

[Reverse Crunches](#) (1:00)

1:00 rest

[Unilateral weighted carry](#) (1:00)

1:00 rest

4 rounds (As many reps as possible)

Workout 7: (Full body/ Bodyweight/ Cardio)

¼ mile run (TML or outdoor)

20 [Pushups](#)

20 [Air Squats](#)

4 rounds

Workout 8: (Lower body/ dumbbell or kettlebell/ bodyweight)

[Kettlebell/ Dumbbell](#) swings 20

[Goblet squat](#) 10

[Walking Lunges](#) 5 each side

[Skater Jumps](#) 5 each side

5 rounds

Workout 9: (Low back/Upper back/Core)

[Unilateral Squat to Shoulder Press](#): 30 secs

[Push Up to Renegade Row](#): 30 secs

[Medicine Ball Slams](#): 30 secs

3 rounds

[Half Burpee](#) 30 secs x 2

[Superman Extension](#) 10 x 2

[Star Crunches](#) 12 x 2

[Turkish Get Up](#) 8 x 2/Side

Workout 10: (Pull Upper Body)

Purpose: The pull upper body exercise routine allows an individual to train the upper body pulling muscles (i.e. the back and the biceps). Allow yourself to rest 45 seconds - 1 minute and 30 seconds between each set to allow for sufficient muscle recovery, especially if you perform on the lower rep scheme for each exercise.

Exercise 1: [Pull Ups](#)

- 3 sets x 6 - 12 reps (if bodyweight cannot be performed, used an assisted method (i.e. assisted pull up machine OR banded pull ups)
 - [Assisted Pull Ups \(resistance band\)](#)

Exercise 2: [Kettlebell Gorilla Row](#)

- 3 sets x 6 - 12 reps (can be performed with dumbbells as well)

Exercise 3: [Standing Cable Curl](#)

- 3 sets x 6 - 12 reps (can be performed with dumbbells as well)

Exercise 4: [Shrugs \(Barbell variation\)](#)

- 4 sets x 6 - 12 reps

Exercise 5: [Reverse Fly](#)

- 3 sets x 10 - 20 reps

Exercise 6: "Pull Superset Finisher" [Bicep Hammer Curl](#) x [Inverted Row](#)

- 3 rounds x AMRAP (as many reps as possible till failure each round)
 - Allow yourself to rest 1 minute between each round
 - Exercises are to be done back to back with no rest between exercises