



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.

Total Body A.

- [Lateral Hand Plank Walk](#) 60 seconds x 3
- [Medicine Ball Slams](#) 30-45 seconds x 3
- [Lateral Hops](#) 30 seconds x 3
- [Running Man / Woman](#) 30 seconds x 3/leg

- [Split Squat](#) 15 x 3/Leg (Weight optional)
- [Single Leg Bridge March](#) 15 x 3
- [Dumbbell Push Up](#) 15 x 3
- [Horizontal Pull Up](#) 10-15 x 3

Workout 2.

Total Body B.

- [Sandbag Ground to Shoulder](#) 10 x 2 /side
- [Alternating Bent Over Row \(DB/KB\)](#) 15 x 2
- [Kettlebell Straight Leg Deadlift \(SLDL\)](#) 12 x 2

- [Band Resisted Lateral Walk](#) 15 Steps/ Direction x 2
- [Mountain Climbers](#) 15 x 2
- [Plank with Shoulder Taps](#) 10 x 3
- [Kettlebell Goblet Reverse Lunge](#) 12 x 3

Workout 3.

Core/Legs

- [Side Plank to Row](#) 20 x 3
- [Walking Lunges](#) 15 x 3
- [Up and Down Plank or Hand Plank Step Ups](#) 10 x 3/side
- [Walking Reverse Lunge](#) 15 X 3
- [Single Arm Dumbbell Push Press](#) 10 x 3
- [Kettlebell Swing](#) 15 x 3

Workout 4.

Muscular Strength. Dumbbell/bodyweight.

- [Walking lunges](#) 4 sets of 8 each side
- [Single leg bridge](#) 4 sets of 8 each side
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- [Chin-ups](#) 4 sets of 8
- [Single arm half kneeling overhead press](#) 4 sets of 8
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- [Hanging leg raises](#) 5 sets of 6

Workout 5.

Muscular endurance dumbbell/bodyweight.

Rest as necessary between rounds, try to complete rounds with minimal rest between exercises.

- [Dumbbell deadlift](#) 15
- [Dumbbell hang clean and press](#) 12
- [Dumbbell front squat](#) 9
- 5 rounds

Workout 6.

Flexibility/Mobility.

Spend ~ 45 sec - 1:00 in each stretch.

- [Neck rolls](#) (both directions)
- Quadruped [wrist flexion](#) and [wrist extension](#)
- [Cat cow](#)
- [Thread the needle](#)
- [Downward dog to upward dog](#)
- [Hip flexor lunge](#)
- [World's Greatest Stretch](#)
- [90-90](#)
- [Seated ankle rolls](#)
- [Breathing exercise](#)

Workout 7.

Push Exercise Routine (Strength Focus)

- A. [Bench press](#): 4 sets x 3 - 6 reps
 - 1. Focus on working up to a top set of 1 for 3-6 reps. Do 75% of that top set for 3 more sets in the same rep range
 - a. Can be performed with dumbbells on a flat bench
- B. [Incline Dumbbell Press](#): 3 sets x 8 - 12 reps
- C. [Tricep Push-Down](#) : 3 sets 8 - 12 reps
 - 1. Can be performed with bands, dumbbells, machine cable, etc..
- D. [Chest Fly](#): 3 sets x 8 - 20 reps
 - 1. Can be performed with bands, dumbbells, machine cable, etc..
- E. [Overhead Tricep Extension](#) : 3 sets x 8 - 20 reps
- F. [Rear Delt Fly](#): 3 sets x 8 - 20 reps

Workout 8.

Pull Exercise Routine (Muscle Building Focus)

- A. [Lat Pulldown](#): 4 sets x 6 - 12 reps
- B. [Single Arm Bent Over Row](#): 4 sets x 8 - 12 reps
 - 1. Can be performed with bands, dumbbells, machine cable, etc...
- C. [Bicep Curl](#): 4 sets x 6 - 12 reps
 - 1. Can be performed with bands, dumbbells, machine cable, etc...
- D. [Back Flies](#) : 3 sets x 10 - 20 reps
 - 1. Can be performed with bands, dumbbells, machine cable, etc...
- E. [Reverse Curl](#): 3 sets x 8 - 12 reps
 - 1. Can be performed with bands, dumbbells, machine cable, etc...
- F. [Lying Tricep Pullover](#): 3 sets x 8 - 12 reps

Workout 9.

Timed Leg Circuit

3-5 circuits, 45 sec work, 15 sec rest

- [Bulgarian Split Squat](#)
- [Exercise ball bridge/hamstring curl](#)
- [Speed Skaters](#)
- [Pulse Squat](#)
- [Reverse Lunge with Front Kick](#)
- [Clamshell](#)

Workout 10.

Metabolic Circuit

3-5 circuits, 45 sec work, 15 sec rest

- [Chest Fly](#)
- [Renegade Row](#)
- [Bicep Curl to Overhead Press](#)
- [Inchworm with Pushup](#)
- [Plank Pull Throughs \(w/ KB or DB\)](#)
- [Farmer's Carry \(Dumbbell variation\)](#)