



**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** 3-5 sets, 10-15 reps

- [Bulgarian Split Squat](#)
- [Bicep Curl to Overhead Press](#)
- [Single Leg Deadlift](#)
- [Bent row \(Dumbbell\)](#) to [Tricep Kickback](#)
- [Speed Skaters](#)
- [Inchworm with Pushup](#)

### **Workout #2** 3-5 sets, 10-15 reps

- [Lateral lunge to curtsy lunge](#)
- [Hammer Curl to Shoulder Press](#)
- [Exercise ball bridge/hamstring curl](#)
- [Push up to side plank](#)
- [Pull Up + Plate Row \(Superset\)](#)

### **Workout #3** 5 circuits, 1 minute each exercise

- [180 Degree Jump Squat](#)
- [High Knees](#)
- [Mountain Climbers](#)
- [Speed Skaters](#)
- [Skips for Distance](#)
- [Reverse lunge with hop](#)

#### **Workout # 4**

Dumbbell/ Muscular Endurance/ Cardio

##### Single DB Alternating Devil's Press

20 min EMOM

Reps/ minute: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Complete reps as quickly as possible. Rest the remainder of the minute until the next set begins. If you cannot complete the number of reps in the round inside of a minute; rest one minute, and then begin decreasing the reps by 1 rep each round until you make it back to 1 rep.

#### **Workout 5**

Muscular endurance. Complete reps for both exercises in the couplet before moving on to the next rep range; eg. 18 sit ups, 18 supermans, 15 sit ups, 15 supermans, 12 sit ups, 12 superman's etc.

12, 9, 6, 3

DB Bench Press

DB Bench Supported Row

18, 15, 12, 9

Sit ups

Supermans

21, 18, 15, 12

Kettlebell swings

Bodyweight walking lunges

#### **Workout 6**

Bodyweight/cardio. Rest as needed between rounds. Attempt minimal rest between exercises. Attempt to complete all reps of each exercise unbroken if possible.

25 Air Squats

20 Pushups

15 Sit Ups

10 Pullups

5 Burpees

20 min AMRAP

### **Workout 7**

Bodyweight/Core/ Balance/ Flexibility

Complete 1 min of continuous repetitions of each exercise. Pick a pace that is maintainable for the full minute. Rest 30 sec between exercises. For exercises such as the turkish get up and the sit through, alternate sides each repetition.

[Bodyweight Turkish Getup](#)

[Sit through](#)

[Downward dog to upward dog](#)

[Bird dogs](#)

x5 rounds

### **Workout 8 - CORE BLAST!!!!**

[Single Leg Bridge March](#) 1 minute x 2

[Speed Skaters](#) 1 minute x 2

[Medicine Ball Slams](#) 10 x 2

[Mountain Climbers](#) 15x 2

[PT Ball Stir the Pot or Saws/Laterals](#) 30 seconds x 2

[Sumo Deadlift \(Dumbbell\)](#) 10 x 2

[Dumbbell Floor Press](#) 12 x 2

[Side Plank to Row](#) 15 x 2

### **Workout 9 - KB CONDITIONING!!!**

[Kettlebell Swing](#) 15 x 3

[Kettlebell Gorilla Row](#) 12 x 3

[Kettlebell/ Dumbbell Farmers Carry \(With Towels\)](#) (Walk in a Figure 8 pattern for 30 seconds) x 3

[Kneeling \(Full\) DB Overhead Press](#) (Kettlebell optional) 12 x 2

[Kettlebell Goblet Reverse Lunge](#) (Alternate) 12 x 2

[Kettlebell Around the World](#) 20 x 2 (switch directions halfway through)

### **Workout 10 - SIDE TO SIDE/UP AND DOWN!!!**

[Lateral Dumbbell Raises](#)

[Lateral Hand Plank Walk](#)

[Lateral Hops](#)

[Lateral Step-Up](#)

[Bent row \(Dumbbell\)](#)

Perform in circuit form for 5 rounds 30-45 seconds per exercise