



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. Pyramid, 1 rep→10-12 reps

- [Burpee](#)
- [Curtsy Lunge](#)
- [Push Up with Renegade Row](#)
- [Kettlebell Swing](#)
- [Kettlebell Around the World](#)
- [Glute Bridge](#)

Workout 2.

- Around the world lunges– 10 reps, 2-3 sets
 - [Forward Lunge](#)
 - [Side Lunge](#)
 - [Reverse Lunge](#)
 - [Curtsy Lunge](#)
- [Inchworm with Pushup](#) 3 sets, 15 reps
- [Shoulder Lateral Raise \(2-way\)](#) 3 sets, 10 reps
- [Bridge March](#) 3 sets, 15 reps
- [Bilateral External Rotation \(w/ band\)](#) 3 sets, 15 reps

Workout 3. New Year, New You- Back to Basics, 2 sets for beginners, 3-5 sets for experienced, 10 reps

- [Push Ups](#)
- [Squat](#)
- [Bicep Curl](#)
- [Donkey Kicks](#)
- [Dumbbell Shoulder Press](#)
- [Step Up](#)
- [Chest Supported Dumbbell Row](#)
- [Plank](#) 30 sec- 1 min

Workout 4.

- [Dual DB Clean and Jerk](#): 5
- [Dual DB Front Squat](#): 10
- [Pull-ups](#): 15
- 5 Rounds

Workout 5.

30 min run on treadmill at jogging pace. Every 6 minutes, get off the treadmill and complete 10 [burpees](#).

Workout 6.

- 75 [Pushups](#)
- 75 [Jump Squats](#)
- 75 [Sit ups](#)
- 75 [Jump rope double unders](#)

Partition all reps as necessary

Workout 7.

- [Single Arm Single Leg Pull Apart](#) 15 x 3
- [Single Leg Single Arm Dumbbell Overhead Press](#) 10 x 3
- [Single Arm Single Leg Row](#) 15 x 3
- REST 3-5 MINUTES
- [Single Leg Bridge March](#) 45 seconds x 3
- [Speed Skaters](#) 45 seconds x 3
- [Alternating Prisoner Reverse Lunge](#) 12 x 3

Workout 8.

- [PT Ball Stir the Pot or Saws/Laterals](#) 30 seconds
- [Sumo Deadlift \(Dumbbell\)](#) 10 reps
- [Palloff press](#) 15 reps/side
- [Plank Up Downs](#) 8-10 reps/side
- [Reverse Crunch](#) 15 reps
- [Side Plank](#) 30-45 seconds

Workout 9. Circuit 1 (3 rounds, perform each exercise for 30 seconds, rest for 1-2 between rounds)

- [Devil Press](#)
- [Dumbbell Reverse Lunge](#)
- [Kettlebell Seated Good Morning](#)
- [Bicep Hammer Curl](#)
- [Medicine Ball Slams](#)
- [Flutter Kicks](#)

Workout 10. Push Workout (SS = Superset)

1. [Bench Press \(alternating DB variation\)](#) - 4 sets x 6, 8, 10, 12
2. [Dumbbell Shoulder Press](#) - 4 sets x 8-10 reps SS [Lateral Dumbbell Raises](#) - 4 sets x 10 reps
3. [Lying DB Tricep Pullover](#) - 4 sets x 8 - 12 reps SS [Front Shoulder Raise](#) (lightweight) - 4 sets x 10 reps
4. 3 round circuit finisher: (perform each exercise for 30 seconds, back to back with no rest, then rest for 1-2 minutes between rounds)
 - a. [Tricep Pushdown \(Band variation\)](#) - AMRAP (as many reps possible in 30 s)
 - b. [Push Ups](#) - AMRAP (as many reps possible in 30 s)

[Mountain Climbers](#) - AMRAP (as many reps possible in 30 s)