



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: Shoulders/Arms

- [Quadruped Shoulder Circles](#)
 - [Bilateral External Rotation \(w/ band\)](#)
 - [Close Grip Push Up](#)
 - [DB Hammer Curl](#)
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- [Dumbbell Push Press \(Ammo Can Lift\)](#)
 - [Single Arm Single Leg Pull Apart](#)
 - [Single Leg Swords](#)
 - [Tricep Pulldown \(Alternating\)](#)

Workout 2: Rotation!!!

- [T-Spine Open Book](#)
 - [Hip Drops](#)
 - [180 jump squat](#)
 - [Transverse Rotation in Tandem Stance](#)
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- [Plank Pull Throughs \(w/ KB or DB\)](#)
 - [Paloof Press](#)
 - [Renegade Row](#)
 - [Foam Roll Birdog](#)

Workout 3: Balance!!!

- [Walking Reverse Lunge](#)
 - [Unilateral Farmer's Carry](#)
 - [Stability Ball Hamstring Curl](#)
 - [Mod Up: Single Leg Single Leg Single Arm Dumbbell Overhead Press](#)
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- [Skater Jumps \(back leg not touching\)](#)
 - [Single Leg Romanian Deadlift \(alternate\)](#)
 - [Single Leg Bridge](#)
 - [Plank with Shoulder Taps](#)
 - [Mod Up: Feet Elevated](#)

Workout 4: GLUTES!!!

- [Bridge March](#)
 - [Monster Walks](#)
 - [Sandbag Clean to Reverse Lunge](#)
 - [Opposite Arm/ Leg Lift in Plank](#)
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- [Bulgarian Split Squat](#)
- [Hamstring Curl](#)
- [Side plank leg lift](#)

Workout 5: Dumbbell Full body/Cardio

- [Single DB Squat Clean](#) (alternate arms) 1:00
- [Pullups](#) 1:00
- [Single DB Devil's Press](#) 1:00
- [Sit Ups](#) 1:00
- Rest 1 min between the 1 min work periods. Complete 4 rds for 32 min time total. (Try coming off the bar between each pull-up. This will allow you to continue moving for the entire minute.)

Workout 6: Bodyweight full body and cardio

- 5 min jog
- 10 [Air squats](#)
- 10 [Sit ups](#)
- 10 [Burpees](#)
- Complete 5 rounds at a comfortable jogging pace. Try to continue moving for the entirety of the workout.

Workout 7: Total Body/CARDIO!!!

- [Goblet Squat](#) 20 reps
- Run lap around station
- [Push Ups](#) 20 reps
- Run lap around station
- [Unilateral Farmer's Carry](#) 30 feet, switch hands on return trip
- Run lap around station
- [Weight Plate Bent Over Row](#) 20 reps
- Run lap around station
- [Reverse Lunge](#) 20 reps alternating
- Run lap around station

Complete 3-5 circuits, 3-5 min rest

Workout 8: Body Weight/CARDIO!!!

- [Step Up](#) alternate 20 reps
- Run lap around station
- [Pull Ups](#) or [Assisted Pull Ups \(resistance band\)](#) 20 reps
- Run lap around station
- [Inchworms](#) 20 reps
- Run lap around station
- [Side Lunge](#) alternate 20 reps
- Run lap around station
- [Bear Crawl](#) 20 reps
- Run lap around station

Complete 3-5 circuits, 3-5 min rest

Workout 9: Kettlebell Legs!!!!

- [Goblet Cyclist Squat](#) x 45 seconds
- [Kettlebell Clean and Push Press](#) x 30 seconds
- [Kettlebell Seated Good Morning](#) x 45 seconds
- [Kettlebell Straight Leg Deadlift \(SLDL\)](#) x 45 seconds
- [Kettlebell Swing \(American variation\)](#) x 45 seconds

Workout 10: PUSH!!!!!!

- [Z- Press \(DB, Alternating\)](#) - 3 sets x 10 - 12 reps
- [Shoulder Lateral Raise](#) - 3 sets x 10 - 12 reps
- [Skull crusher \(DBs\)](#) - 3 sets x 10 - 12 reps
- [Dumbbell Shoulder Complex](#) - 3 sets x 10 - 12 reps
- [Pallof Press](#) - 3 sets x 10 - 12 reps
- [Push Up to Renegade Row](#) - 3 sets x 10 - 12 reps
- [Seated Tricep extension](#) - 3 sets x 10 - 12 reps