



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.

- [Horizontal Abduction - Alternating](#) 15 x 2
- [Superman Extension](#) 12 x 2
- [Bear Crawl](#) 10 x 2 (down and back)
- [Plank Up Downs](#) 10 x 2
- [180 Degree Jump Squat](#) 10 x 2
- [Hip Drops](#) 10 x 2

(Break down into 2 or 3 exercise circuits)

#### Workout 2.

- [Kettlebell Straight Leg Deadlift \(SLDL\)](#) 12 x 2
- [Overhead Press \(Kettlebell\)](#) 12 x 2
- [Plank Pull Throughs \(w/ KB or DB\)](#) 10 x 2
- [Kettlebell Swing](#) 15 x 2
- [Kettlebell Around the World](#) 12 x 2
- [Kettlebell Gorilla Row](#) 12 x 2

(Break down into 2 or 3 exercise circuits)

#### Workout 3.

- [Jump Rope](#) 60 seconds x 2
- [Alternating Prisoner Reverse Lunge](#) 15 x 2
- [Plank to Elbow Pullback](#) 15 x 2
- [Single Arm Chest Press on Foam Roll](#) 12 x 2
- [Tempo Crunch](#) 20 x 2
- [Jump Rope](#) 60 seconds x 2

(Break down into 2 or 3 exercise circuits)

#### Workout 4.

- [Skull crusher \(DBs\)](#)
  - [Bulgarian Split Squat](#)
  - [Incline Push ups](#)
  - [Incline Dumbbell Row \(prone\)](#)
  - [Elevated glute bridge](#)
  - [Elevated calf Raise](#)
- 2 sets, 14 reps

#### Workout 5.

- [Dumbbell Front Squat](#)
  - [Woodchoppers](#)
  - [Lateral Dumbbell Raises](#)
  - [Lateral Hand Plank Walk](#)
  - [Inchworms](#)
  - [Single Leg Romanian Deadlift](#) (alternate)
  - [Donkey Kicks](#)
- 2 sets, 14 reps

#### Workout 6.

- [Curtsy Lunge](#)
  - [Burpee](#)
  - [Chest Fly](#)
  - [Kettlebell Swing](#)
  - [Reverse Lunge](#)
  - [Reverse Fly](#)
  - [Single Arm Dumbbell Push Press](#)
- 2 sets, 14 reps

#### Workout 7.

- [Suitcase Deadlift](#) 45 sec work  
15 sec rest
- [Suitcase Shrug](#) 45 sec work  
15 sec rest
- [Suitcase Farmers Walk](#) 45 sec work

Dumbbells or Kettlebells can be used for this workout. Go straight from each exercise to the next. Complete 5 rounds, rest 2 min between rounds.

#### Workout 8.

- [Weight Plate ground to overhead](#) 7
- [Weight plate lunges](#) 12
- [Weight Plate rows](#) 15

Use 45 lb weight plate  
Complete 5 rounds, rest as needed between rounds.

#### Workout 9. Circuit (4 rounds, 30 s - 1 minute rest between rounds)

- [Alternating Prisoner Reverse Lunge](#): 15-20 reps each leg
- [Cossack Squat -](#) 15-20 reps each leg
- [Jump Squats](#) - 40 reps
- [Lateral Lunge](#) - 15-20 reps each leg
- [Medicine Ball Slams \(rotational\)](#) - 20 rotations each side
- [Mountain Climbers](#) - 20 repetitions each leg

#### Workout 10. Arm Exercise Routine

- [Tricep Pushdown](#) - 4 sets x 6-10 reps
  - [Bicep Curl](#) - 4 sets x 6 - 10 reps (can be any variation of a bicep curl)
  - [JM Press](#) - 4 sets x 8 - 12 reps
  - [Dumbbell Single Arm Preacher Curl](#) - 4 sets x 8 - 12 reps
  - [Overhead Tricep Extension](#) - 4 sets x 8 - 12 reps
- [Bicep Hammer Curl](#) SS (superset w/) [Close Grip Push Up](#) - 3 rounds x AMRAP (As Many Reps As Possible)