



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. EVERYTHING!!!

[Bicep Curl to Overhead Press](#) 12 x 2

[Box Jumps](#) 10 x 2

[Box Step Up](#) 10-15 x 2

[Plank to Elbow Pullback](#) 15 x 2 (feet elevated on box-MOD UP)

[Reverse lunge with hop](#) 10 x 2

[Side plank leg lift](#) Hold for 20 seconds, then 5-10 leg lifts)

[Single Arm Single Leg Press](#) (Cable column or Tubing) 15 x 2

[Skater Jumps \(back leg not touching\)](#) 15 x 2

### Workout 2. Lower-Half!!!

[Suitcase Deadlift](#)

[Jump Rope](#)

[Single Leg Bridge](#)

[Walking Lunges](#)

[Hamstring Curl](#)

[Goblet Squat + DB Stiff Legged Deadlift \(Superset\)](#)

3-5 rounds 10-15 reps, Jump rope for 30 seconds - 1 minute

### Workout 3. Upper-Half!!!

[Horizontal Pull Up](#)

[Push Ups \(Feet elevated\)](#)

[Svend Press \(Incline\)](#)

[Face Pull](#)

[Z- Press \(DB, Alternating\)](#)

[Kettlebell Gorilla Row](#)

3-5 rounds 10-15 reps

#### Workout 4. Hips!!!

[Single Leg Bridge March](#)

[Single Leg Romanian Deadlift](#) (alternate)

[Monster Walks](#)

[Kettlebell/ Dumbbell Swing](#)

[Jump Knee Tucks](#)

Recovery

[Hip Drops](#)

[Hip Flexor Stretch](#)

#### Workout 5.

In 1 min [DB Cluster](#) 10 reps

1 min rest

In 1 min: 20 [sit ups](#)

1 min rest

Repeat 5x for 20 min EMOM

#### Workout 6.

Bodyweight cardio muscular endurance

[Alternating jump lunges](#) 4

[Plyo push ups](#) 6

[Jump Squats](#) 8

[Jack knife sit ups](#) 10

Repeat circuit 5 times. Rest as necessary between rounds.

#### Workout 7. complete 3-5 rounds, complete each exercise 1 min

- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Assisted Pull Ups \(resistance band\)](#) or [Pull Ups](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Bicep Curl to Overhead Press](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Chest Fly](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Deadlift \(Dual Dumbbells\)](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Elevated Mountain Climbers](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Farmer's Carry \(Dumbbell variation\)](#)
- Run around station or 0.25 mi on treadmill or 2 min on bike/rower
- [Goblet Squat](#)

Workout 8. Complete 3-5 sets, 10-15 reps

- [Hammer Curl to Shoulder Press](#)
- [Inchworm with Pushup](#)
- [Jump lunge](#)
- [Kettlebell Front Squat](#)
- [Lying DB Tricep Pullover](#)
- [Mountain Climbers](#)
- [Neutral Grip Pull Up](#)
- [Opposite Arm/ Leg Lift in Hand Plank](#)
- [Romanian Deadlift \(Dumbbell variation\)](#)

Workout 9. Push (Chest/Shoulders/Triceps)

- [Incline Dumbbell Press](#): 4 sets x 6 - 12 reps
- [Shoulder Lateral Raise](#): 4 sets x 8 - 15 reps
- [Seated Tricep extension](#): 4 sets x 8 - 15 reps
- [Reverse Fly](#): 4 sets x 10-20 reps
- [Push Ups](#) : 3 sets x AMRAP (as many reps as possible)

Workout 10. Legs

- [Goblet Squat](#): 4 sets x 6 - 15 reps each leg
- [Romanian Deadlift \(Dumbbell variation\)](#): 4 sets x 10 - 15 reps
- [Bulgarian Split Squat](#): 4 sets x 10 -15 reps each leg
- [Exercise ball bridge/hamstring curl](#): 4 sets x 10-20 rep
- [Standing Dumbbell Calf Raise](#): 4 sets x 12-20 reps