



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. Low Back/Hip Stability

- [Monster Walks](#)
- [Opposite Arm & Leg - Exercise Ball](#)
- [Plank Punches](#)
- [Palloff Press](#)

-
- [Single Arm Single Leg Pull Apart](#)
 - [Side plank leg lift](#)
 - [Single Leg Bridge March](#)

Repeat each circuit 3 times performing each movement for 30 seconds

Workout 2. Balance/Proprioception

- [Walking Lunges/Walking Reverse Lunge](#)
- [Walk In Wind \(WIW\)](#)
- [Two Step Bear Crawl \(F/B\)](#)
- [Lateral Hand Plank Walk](#)
- [Speed Skaters](#)
- [Single Arm Single Leg Pull Apart](#)

Repeat each circuit 3 times performing each movement for 30 seconds

Workout 3. Dumbbell. Full body

- [Half kneeling wood chop](#) 4 sets of 5 reps each side
- [Standing DB SA push press](#) 4 sets of 8 reps each side
- [Offset DB front squat](#) 4 sets of 8 reps each side
- [Turkish getup](#) 4 sets of 3 reps each side

Workout 4. Dumbbell. Full body/ Cardio

- [Dual DB Hang Snatches](#)
- [Bodyweight Turkish Get Ups](#)
- [Air Squats](#)
- [Plank](#) 1:30 each round
- 12, 9, 6, 3

Workout 5. Dumbbell. Full body/ Muscular Endurance

- [DB Devils Press](#) 10, 8, 6, 4, 2
- [DB Suitcase Walking Lunges](#) 10, 8, 6, 4, 2
- [Pullups](#) 10, 8, 6, 4, 2
- [Sit Ups](#) 20, 18, 16, 14, 12

Workout 6. Unilateral Burn

- [Paloﬀ Press](#)
- [Side Plank](#)
- [Side Lunge](#)
- [Single Leg Bridge](#)
- [Single Arm Single Leg Press](#)
- [Single Arm Single Leg Row](#)
- [Single Leg Romanian Deadlift \(alternate\)](#)

Repeat each circuit 3 times performing each movement for 30 seconds

Workout 7. complete each circuit 3-5x, complete each exercise 30-60 sec

Circuit 1.

- [Step Up](#)
- [Incline Push ups](#)
- [Bulgarian Split Squat](#)
- [Tricep Dips](#)

Circuit 2.

- [Single Leg Bridge](#)
- [Bent row \(Dumbbell\)](#)
- [Single Leg Romanian Deadlift \(alternate\)](#)
- [Bicep Curl to Overhead Press](#)

Workout 8.

Circuit 1. complete 3-5 sets, complete each exercise for 30-60 sec

- [Jumping Jacks](#)
- [High Knees](#)
- [Butt Kicks](#)
- [Burpee](#)
- [Skater Jumps](#)

Circuit 2: complete 3 sets, 10-15 reps

- [Donkey Kicks](#)
- [Clamshell](#) hold for count of 5 before releasing
- [Fire Hydrants](#) hold for count of 5 before releasing
- [Dead Bug](#)
- [Mountain Climbers](#) hold for count of 5 before releasing
- [Plank Pull Throughs \(w/ KB or DB\)](#)

Workout 9.

Leg Exercise Routine : this exercise routine is to be done with 1-2 minutes of rest in between each set. Make sure you are properly warmed up before starting this exercise routine. Hip / lower back mobility exercises can be found on the [Reserve Health](#) Youtube channel for examples.

- [Plie' Dumbbell Squat](#) - 4 sets x 10 - 12 reps
- [Jump lunge](#) - 4 sets x 10 - 12 reps
- [Exercise Ball Hamstring Curl](#) - 4 sets x 10 - 12 reps
- [Glute Bridge Abductors](#) - 4 sets x 10 - 12 reps
- [Lateral Lunge](#) - 4 sets x 10 - 12 reps (each leg)
- [Kettlebell Swing](#) - 4 rounds x 1 minute each with kettlebell weight of choice

Workout 10.

Pull Exercise Routine: this exercise routine is to be done with 1-2 minutes of rest in between each set.

- [Assisted Pull Ups \(resistance band\)](#) - 4 sets x 6 - 10 reps
 - If assisted pull ups cannot be performed, perform [Lat Pulldown](#)
- [Bent row \(Dumbbell\)](#) - 4 sets x 10 - 12 reps
- [Hammer Curls \(Dumbbell variation\)](#)
- [Inverted Row](#) - 4 sets x AMRAP (as many reps as possible)
- [Zottman Curls](#) - 4 sets x 10 - 12 reps
- [Unilateral Farmer's Carry](#) - 4 sets x 60 seconds each hand with dumbbell / kettlebell of choice