



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.

- [Lateral Lunge](#) 12 x 2/Leg
 - [Pallof Press](#) 15 x 2
 - [Slam Ball](#) 15 x 2
 - [Single Arm Single Leg Pull Apart](#) 15 x 2/Leg
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- [Walk In Wind \(WIW\)](#) 60 seconds x 2
 - [X Band Squat w/band](#) 15 x 2
 - [Up and Down Plank or Hand Plank Step Ups](#) 10 x 2/SIDE
 - [Bilateral External Rotation \(w/ band\)](#) 15 x 2
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Workout 2.

- [Bulgarian Split Squat](#) 10 x 2
 - [Dumbbell Floor Press](#) 10 x 2
 - [Traveling Plank](#) 20 - 30 seconds x 2
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- [Stability Ball Hamstring Curl](#) 15 x 2
 - [Star Crunches](#) 15 x 2
 - [Side Plank to Dumbbell Press](#) 15 x 2
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- [Single Arm Dumbbell Row](#) 10 x 2
 - [Horizontal Abduction - Alternating](#) 12 x 2

Workout 3.

- [Goblet Squat](#) 12 x 2
 - [Alternating Rows](#) 15 x 2
 - [Opposite Arm & Leg - Exercise Ball](#) 12 x 2
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- [Pallof Press](#) 30 seconds x 2/side
 - [Reverse Lunge to Rotation](#) 12 x 2
 - [Single Leg Swords](#) 15 x 2
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- [Tricep Pulldown \(Alternating\)](#) 20 x 2
 - [Bicep Curl to Overhead Press](#) 10 x 2
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Workout 4.

- [Butt Kicks](#) 10 x 2
 - [Single Leg Bridge](#) 12 x 2
 - [Monster Walks](#) 15 steps R-L x 2
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- [Push Up to Lateral Hand Step](#) 10 x 2
 - [Lateral Step-Up](#) 10 x 2
 - [Plank to Medicine Ball Exchange](#) 10 x 2
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- [Romanian Deadlift](#) 10 x 2
 - [Single Arm Single Leg Lateral Raise](#) 12 x 2
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Workout 5.

- [Sumo Deadlift \(Dumbbell\)](#) 12 x 2
 - [Two Step Bear Crawl \(F/B\)](#) 10 x 2
 - [Back Flies](#) 12 x 2
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- [Dumbbell Front Squat](#) 10 x 2
 - [Foam Roll Birdog](#) 12 x 2
 - [Spider Crunch](#) 10 x 2
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- [Hip Flexor Stretch](#) 30 seconds x 2
- [Lower Trunk Rotation \(Supine\)](#) 10 x 1

Workout 6:

1. [Burpee](#) x 20 seconds
2. Rest 10 seconds
3. [Jump Squats](#) x 20 seconds
4. Rest 10 seconds
5. [Medicine Ball Slams](#) x 20 seconds
6. Rest 10 seconds
7. [Jumping Jacks](#) x 20 seconds
8. Rest 10 seconds

Repeat 6 times

Workout 7:

1. Weighted [Glute Bridge](#) 30 x 3 rounds
2. Weighted [Squat](#) 20 x 3 rounds
3. [Donkey Kicks](#) 30 x 3 rounds
4. Weighted [Split Squat](#) 30 x 3 rounds
5. Weighted [Sumo Squat](#) 20 x 4 sets
6. Weighted [Glute Bridge](#) 20 x 4 sets
7. [Tabletop Leg extensions](#) 40 per leg
8. [Fire Hydrants](#) 40 per leg

Workout 8:

1. [Jumping Jacks](#)
2. [Wall Sit](#)
3. [Push Ups](#)
4. [Bicycle Crunch](#)
5. [Step Up](#)
6. [Tricep Dips](#)
7. [Plank](#)
8. [High Knees](#)
9. [Lunges Alternating Front-to-Back](#)
10. [Push Up to Lateral Hand Step](#)
11. [Side Plank](#)

Do each exercise for 30 seconds, rest 10 and repeat circuit 3 times

Workout 9:

1. [Froggers](#)
2. [High Knees](#)
3. [Burpee](#)
4. [Wall Squat](#)
5. [180 jump squat](#)
6. [Inchworms](#)

Do each exercise 45 seconds, rest 10 and repeat circuit 3 times

Workout 10:

1. Weighted [Russian Twist](#)
2. [Jump Squats](#)
3. [Mountain Climbers](#)
4. [Heisman \(Double\)](#)
5. [Speed Skaters](#)
6. Weighted [Squat](#)
7. [Butt Kicks](#)
8. [Lunge to Hammer Curl](#)
9. [Jump Knee Tucks](#)
10. [Jumping Jacks](#)

20 seconds of work followed by 20 seconds of rest- Repeat 3x