



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- Lower body Strength, 3 sets, 10-12 reps

- [Alternating Step Up](#)
- [Bulgarian Split Squat](#)
- [Clamshell](#)
- [Deficit Calf Raise](#)
- [Elevated glute bridge](#)
- [Forward Lunge](#)
- [Goblet Squat + DB Stiff Legged Deadlift \(Superset\)](#)

Workout 2- Upper body Strength, 3 sets, 10-12 reps

- [Hammer Curl to Shoulder Press](#)
- [Inchworm with Pushup](#)
- [JM Press](#)
- [Kettlebell Gorilla Row](#)
- [Lateral Hand Plank Walk](#)
- [Mountain Climbers](#)
- [Neutral Grip Pull Up](#)

Workout 3- Upper body strength, 3 sets, 10-12 reps

- [Overhead Tricep Extension](#)
- [Plate Row + Clean to Shoulder + Overhead Press Complex](#)
- [Quadruped Bear Crawl](#)
- [Reverse Fly](#)
- [Single Arm Dumbbell Push Press](#)
- [Tricep Dips](#)

Workout 4- Lower body endurance, 3 sets, 15 reps

- [Unilateral squat](#)
- [Vertical jumps](#) no rest between reps
- [Wall Sit](#) 1 min hold\*\*
- [X Band Squat w/band](#)
- [Yoga Chair pose](#) (for reps)
- [Zercher Squat](#)

Workout 5- Spell your name using the first letter of each exercise; 3-5 sets, 12 reps each

- [Alternating Step Ups](#)
- [Burpee](#)
- [Curtsey Lunge](#)
- [Dead Bug](#)
- [Elevated glute bridge](#)
- [Froggers](#)
- [Goblet Squat](#)
- [Hammer Curls \(Dumbbell variation\)](#)
- [Inchworm with Pushup](#)
- [Jumping Jacks](#)
- [Kettlebell Swing](#)
- [Lunges Alternating Front-to-Back](#)
- [Medicine Ball Slams](#)
- [Neutral Grip Pull Up](#)
- [Overhead Tricep Extension](#)
- [Push Ups](#)
- [Quadruped Bear Crawl](#)
- [Romanian Deadlift \(Dumbbell variation\)](#)
- [Shrugs \(Dumbbell variation\)](#)
- [Tricep Dips](#)
- [Up and Down Plank or Hand Plank Step Ups](#)
- [V-Up Sit Ups](#)
- [Walking Lunges](#)
- [X Band Squat w/band](#)
- [Zottman Curls](#)

Workout 6- Dumbbell upper body push/pull. Try to complete each triad as one big super set of all three exercises in a row, without resting between exercises. Each round counts as 1 set. Make sure you are able to complete all reps with your chosen weight for each exercise.

6 [Dumbbell Floor Press](#)

12 [Dumbbell Push Press](#)

25 [Bench Dips](#)

[2 sets of all exercises]

6 [Dumbbell Bent row](#)

12 [Pull ups](#)

25 [Dumbbell Curls](#)

[2 sets of all exercises]

Workout 7- Dumbbell lower body push/pull. Try to complete each triad as one big super set of all three exercises in a row, without resting between exercises. Each round counts as 1 set. Make sure you are able to complete all reps with your chosen weight for each exercise.

6 [Dumbbell Front Squat](#)

12 [Alternating Bodyweight Reverse Lunges](#) (12 each leg)

25 [Bodyweight calf raises](#)

[2 sets of all exercises]

6 [Dumbbell RDL](#)

12 [American Kettlebell Swings](#)

25 [Bodyweight Glute Bridges](#)

[2 sets of all exercises]

Workout 8- Core/Low Back Strength (3 rounds 15 reps)

- [Alternating Prisoner Reverse Lunge](#)
  - [Single Arm Single Leg Pull Apart](#) (Exercise band required)
  - [Plank with Shoulder Taps](#)
  - [Quadruped Bird Dog](#)
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- [Walk In Wind \(WIW\)](#)
- [Superman Extension](#)
- [Traveling Plank](#)
- [Turkish Get Up](#)

Workout 9- Athlete!!!

- [Walking Reverse Lunge](#)
  - [Up and Down Plank](#)
  - [Single Leg Single Arm Dumbbell Overhead Press](#)
  - [Quadruped Bear Crawl](#)
- 3 sets of 15 reps
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- [PT Ball Stir the Pot or Saws/Laterals](#)
- [Speed Skaters](#)
- [Plank Pull Throughs](#) (w/ KB or DB)
- [Bulgarian Split Squat](#)

Workout 10- Leg Exercise Circuit:

- Each exercise is to be completed back-to-back with no rest in between. After completing 1 round of the circuit, proceed to rest for about 1-2 minutes then jump back in to do another round. The circuit is to be run 4 times.
  - a. [Jump Rope](#) - 3 to 5 minutes
  - b. [Jump Squats](#) - 30 jump squats
  - c. Kettlebell/DB [Walking Lunges](#) - 20 each leg
  - d. Kettlebell/DB [Romanian Deadlift \(Dumbbell variation\)](#) - 30 reps
  - e. [Deficit Calf Raise](#) - 20 reps
  - f. [Plank](#) - 1 to 2 minutes
  - g. [Side Plank](#) - 1 to 2 minutes

[Mountain Climbers](#) - 25 reps each leg