



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.

- [Alternating Lunges](#) 2 sets of 10 reps
- [Bear Crawl](#) 2 sets of 10 alternating forward crawls
- [Glute Bridge](#) 2 sets of 15 reps

- [Opposite Arm/ Leg Lift in Plank](#) 2 sets of 10 reps
- [Single Arm Overhead Press \(half-kneeling\)](#) 2 sets of 12 reps
- [ISO-PULLBACKS](#) 2 sets of 15 reps

- [Hip Flexor Stretch](#) 2 sets of 30 seconds

Workout 2.

- [Kettlebell Deadlift \(double kettlebells\)](#) 3 set of 12 reps
- [Alternating Bicep Curl](#) 3 sets of 12 reps
- [Single Arm Dumbbell Row \(Bent Over\)](#) 3 sets of 12 reps

- [Goblet Squat](#) 2 sets of 12 reps
- [Spider Crunch](#) 2 sets of 12 reps
- [Stability Ball Hamstring Curl](#) 2 sets of 12 reps

Workout 3.

- [Hammer Curl to Shoulder Press](#) 2 sets of 10 reps
- [ISO-PULLBACKS](#) 2 sets of 12 reps
- [Lateral Hops](#) 2 sets of 1 minute

- [Medicine Ball Slams \(rotational\)](#) 2 sets of 8 reps
- [Walking Lunges](#) 2 sets of 12 reps
- [Single Leg Swords](#) 2 sets of 15 reps

- [Monster Walks](#) 2 sets of 15 reps (2 step/left to right)
- [Push Ups](#) 2 sets of 10 - 20 reps

Workout 4.

- [Goblet Squat + DB Stiff Legged Deadlift \(Superset\)](#) 2 sets of 10 reps
 - [Lateral Hand Plank Walk](#) 2 sets of 12 reps (left to right = 1 rep)
 - [Horizontal Pull Up](#) 2 sets of 12 reps
 - [Kneeling \(Full\) DB Overhead Press](#) 2 sets of 10 reps

 - [Alternating Step Up](#) 2 sets of 12 reps
 - [Single Arm Single Leg Lateral Raise](#) 2 sets of 15 reps
 - [Horizontal Abduction - Alternating](#) 2 sets of 15 reps

 - [Bicycle Crunch](#) 2 sets of 15 reps
 - [Opposite Arm & Leg - Exercise Ball](#) 2 sets of 12 reps
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Workout 5.

- [Pull Ups](#) 6
 - [Kettlebell swings](#) 12
 - [Situps](#) 24
- 5 Rounds
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Workout 6.

- [Dual dumbbell rear foot elevated split squat](#) 6-8 each side
 - [Single arm dumbbell overhead press](#) 6-8 each side
 - [Dumbbell Romanian deadlifts](#) 6-8
 - [Single arm bench row](#) 6-8 each side
- 4 Rounds
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Workout 7.

- [Dumbbell thrusters](#)
 - [Medicine ball slams \(straight down\)](#)
 - [Burpees](#)
- 15,14,13,12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
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Workout 8.

- Run 5 minutes
 - 20 [Jumping Jacks](#)
 - 15 [KettleBell Swings](#) (alternative: goblet squat)
 - 10 [Mountain Climbers](#)
 - 5 [Burpees](#)
- 2-3 Rounds
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Workout 9.

- [Quadruped Bird Dog](#) 2 sets of 15 reps
 - [Single Arm Dumbbell Row](#) 2 sets of 15 reps
 - [Squat to Forward Bound](#) 2 sets of 10 reps
 - [Swiss Ball Crunch](#) 2 sets of 15 reps

 - [Reverse Lunge to Rotation](#) 2 sets of 10 reps
 - [Bridge \(Arms Up\)](#) 2 sets of 15 reps
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Workout 10.

- **Workout 5. & Workout 6.**
3 Rounds each (Alternating Workouts)