



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 3/Leg
- [Pallof Press](#) 15 x 3
- [Up and Down Plank or Hand Plank Step Ups](#) 10 x 3/SIDE

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- [Dumbbell Floor Press](#) 10 x 3
 - [Traveling Plank](#) 20 - 30 seconds x 23
 - [Reverse Lunge to Rotation](#) 12 x 3

Workout 2.

- [Romanian Deadlift](#) 12 x 2
- [Single Arm Single Leg Lateral Raise](#) 12 x 2
- [Plank to Medicine Ball Exchange](#) 15 x 2
- [Tricep Pulldown \(Alternating\)](#) 15 x 2

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- [Goblet Squat](#) 12 x 2
 - [Alternating Rows](#) 15 x 2
 - [Single Leg Bridge](#) 12 x 2

Workout 3.

- 400 meter run
- 15 [Dual DB thrusters](#)
- 15 [Burpees](#)
- 4 rounds

Workout 4.

- 12 [Alternating single arm DB snatch](#)
- 12 [Alternating single arm DB clean and jerk](#)
- 12 [Single arm DB OHP](#) (6 each side)
- 12 [Alternating single arm DB swing](#)
- 20 [Sit-ups](#)

Workout 5.

Runner cross training, 2 sets, 15 reps, min rest between sets

- [Curtsy Lunge](#) w/ dumbbells
- [Dead Bug](#)
- [Hammer Curl to Shoulder Press](#) w/dumbbells
- [Lateral Lunge](#) w/dumbbells
- [Oblique Crunch \(weighted/ standing\)](#)
- [Stability Ball Hamstring Curl](#)
- [Superman Extension](#)
- [Clamshell](#) w/ resistance band

Workout 6.

3 sets, 10 reps, adequate recovery between sets

- [Plie' Dumbbell Squat](#)
- [Tricep Dips](#)
- [Pull Ups](#)
- [Reverse Lunge with Front Kick](#)
- [Plank to Lateral Toe Tap](#)
- [Chest Fly](#)

Workout 7.

4 sets, 8 reps, adequate recovery between sets

- [Burpee](#)
- [Back Squat](#)
- [Seated Calf Raises](#)
- [Bench Press \(alternating DB variation\)](#)
- [Bicep Hammer Curl](#)
- [Woodchoppers](#)

Workout 8.

- [V-Up Sit Ups](#) x 30 sec
- [Russian Twist](#) x 30 sec
- [Flutter Kicks](#) x30 sec
- [Bicycle Crunch](#) x 30 sec
- [Plank](#) x 30 sec
- [Side Plank](#) x 30 sec each side

Repeat 3 times

Workout 9.

- A. [Incline Dumbbell Press](#) OR [Dumbbell Flat Press](#)- 4 sets x 8-12 reps
- B. [Pull Ups](#) - 4 sets x 8 - 12 reps
- C. [Dumbbell Push Up](#) - 4 sets x 8 - 12 reps
- D. [Dumbbell Push Press](#) - 4 sets x 8 - 12 reps
- E. [Shoulder Lateral Raise](#) - 4 sets x 12 - 15 reps
- F. [Tricep Kickback](#) - 4 sets x 12 - 15 reps
- G. [V-Up Sit Ups](#) - 4 sets x AMRAP (As Many Reps as Possible)

Workout 10.

- A. [Froggers](#) - 4 sets x 10 - 20 reps
- B. [Goblet Squat](#) - 4 sets x 8-12 reps
- C. [Romanian Deadlift \(Dumbbell variation\)](#) - 4 sets x 8 - 12 reps
- D. [Side Lunge](#) - 4 sets x 8 - 12 reps
- E. [Single Leg DB Step Up \(supported\)](#) - 4 sets x 8 - 12 reps
- F. [Walking Lunges](#) - 4 sets x 15 reps each leg