



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.

- [Horizontal Abduction - Alternating](#) 15 x 2
- [Walking Lunges](#) 15 x 2
- [Palloff Press](#) 20 x 2

-
- [Quadruped Bird Dog](#) 15 x 2
 - [Lateral Hand Plank Walk](#) 10 x 2
 - [Side Plank to Dumbbell Press](#) 15 x 2

-
- [Medicine Ball Slams](#) 12 x 2
 - [Sit-ups](#) 15 x 2

Workout 2.

- [Hammer Curl to Shoulder Press](#) 12 x 2
- [Lat Pulldown \(Close Grip\)](#) 15 x 2
- [Plank Punches](#) 15 x 2
- [Single Leg Sit to Stand](#) 10 x 2

-
- [Skater Jumps](#) 30 seconds x 2
 - [Traveling Plank](#) 20 seconds x 2 (3 to the left, 3 to the right)
 - [Walking Reverse Lunge](#) 12 x 2
 - [Plank to Medicine Ball Exchange](#) 15 x 2

Workout 3.

- [Butt Kicks](#) 15 x 2
 - [Bulgarian Split Squat](#) w/DBs 12 x 2
 - [Medicine Ball Slams \(rotational\)](#) 10 x 2
 - [Plank to Lateral Toe Tap](#) 30 - 45 seconds x 2
-
- [Ring Row/Smith Machine Row](#) 10 - 15 x 2
 - [Side Lunge](#) 12 x 2
 - [Single Leg Swords](#) 12 x 2
 - [Dumbbell Floor Press](#) 12 x 2

Workout 4.

- [Bulgarian Split Squat](#) : 12-15 x 3
- [Dumbbell Flat Press](#): 12-15 x 3
- [Exercise Ball Hamstring Curl](#): 12-15 x 3
- [Alternating Bent Over Row \(DB/KB\)](#): 12-15 x 3
- [Tricep Pushdown](#) : 12-15 x 3 SS [Inchworms](#): 15-20 x 3
- [Glute Bridge Pulse](#): 15-20 x 3
- [Inverted Row](#): 15-20 x 3 SS [Push Ups](#): AMRAP

Workout 5.

- [Goblet Squat](#): 30 seconds x 3
- [Dumbbell Push Up](#): 3 x 30 s
- [Bear Crawl](#): 3 x 30 s
- [Clean to Press \(dumbbell or kettlebell\)](#): 3 x 30 s
- [Leg Sweeps](#): 3 x 30 s
- [Reverse Fly](#): 3 x 30 s
- [Single Leg Deadlift](#): 3 x 30 s
- [Dumbbell Thruster](#): 3 x 30 s

Workout 6.

- [Squat to Shoulder Press](#): 30 seconds x 3
- [Slam Ball](#): 30 seconds x 3
- [Pulse Squat](#): 30 seconds x 3
- [Dumbbell Farmers Carry](#): 15-20 meters x 3
- [Single Arm DB Row + DB Shrug \(Superset\)](#): 30 seconds x 3
- [ISO-CURLS](#): 30 seconds x 3
- [Bridge March](#): 30 seconds x 3
- [Tricep Dips](#): 30 seconds x 3

Workout 7.

- [Push Up to Renegade Row](#) : 30 seconds x 3
- [Squat to High Knee](#) : 30 seconds x 3
- [Tricep Pushdown](#) : 30 seconds x 3
- [Dumbbell Shoulder Complex](#) : 30 seconds x 3
- [DB Hammer Curl](#) : 30 seconds x 3
- [Dumbbell Flat Press](#) : 30 seconds x 3
- [Split Squat](#) : 30 seconds x 3
- [Wall Sit](#) : 30 seconds x 3

Workout 8.

Cardio/strength focus. Use the same kettlebells/dumbbells for all exercises. Squats should be fairly easy, curls should be fairly challenging. Complete 5 rounds of exercise as quickly as possible. Try to use the farmer's carry to recover from the effort of completing the first 4 exercises and move into the next round as quickly as possible.

[Front squat](#) x10 reps

[Push press](#) x8 reps

[Dual DB hang snatch](#) x6 reps

[Hammer Curls](#) x4 reps

[Farmers Carry](#) 30 seconds of walking with weight.

Workout 9.

Strength/hypertrophy focus. Complete 4 supersets of each exercise before moving on to the next superset. Rest as needed between supersets.

[Back squat](#) 4-6 reps

[Bodyweight Split squats](#) 7 reps/leg

4 supersets

[Bench press](#) 4 sets x 4-6 reps

[Banded tricep pushdowns](#) 10 reps

4 supersets

[Sit Ups](#) 4 sets x 15 reps

[Pallof press](#) 7 reps/ side

4 supersets

Workout 10.

Strength/hypertrophy focus. Complete 5 supersets of each exercise before moving on to the next superset. Rest as needed between supersets.

[Deadlifts](#) 3

[Inverted row](#) 6

5 supersets

[Floor press](#) 3

[Alternating box step ups](#) 6 each leg

5 supersets

Weighted carries (single DB or KB)

[Unilateral](#) 45 seconds/ arm

[Goblet](#) 45 seconds

5 supersets