



**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:** 3-5 sets, 10-12 reps

- [Step Downs](#)
- [Deadlift \(Deadlift\)](#)
- [Elevated reverse Lunge](#)
- [Deficit Calf Raise](#)
- [Glute Bridge](#)
- [squat with elevated heels](#)
- [Speed Skaters](#)

**Workout 2:** 3-5 sets, 10-12 reps

- [Chest Fly](#)
- [Reverse Fly](#)
- [Kettlebell Around the World](#)
- [Inchworm with Pushup](#)
- [Single Arm Dumbbell Row \(Bent Over\)](#)
- [Farmer's Carry \(Dumbbell variation\)](#)
- [Bridge March](#)

**Workout 3:** Circuit- 45 sec work, 15 rest as transition to next exercise

- [Lunge to Hammer Curl](#)
- [Deadlift \(Deadlift\)](#) to [Upright row](#)
- [Inchworm with Pushup](#)
- [Plank to Elbow Pullback](#) with dumbbells
- [Dumbbell Front Squat](#) with [Shoulder Press](#)

**Workout 4:** Dumbbell. Full body.

75 [Single Arm Alternating Dumbbell Squat Clean and Press](#)

75 [Sit Ups](#)

Complete all reps. Partition exercises as necessary.

**Workout 5:** Dumbbell/cardio. Lower body.

20 [Jump rope double-unders](#)

10 [Dumbbell deadlifts](#)

Complete 10 rounds of the couplet. Rest as necessary between rounds.

**Workout 6:** Bodyweight. Full body muscular endurance.

6 [Chin Ups](#)

9 [Lunges](#) (each leg)

12 [Pushups](#)

15 [Air Squats](#)

18 [Sit Ups](#)

20 [Mountain climbers](#)

Complete 3 rounds. Try to maintain minimal rest between exercises, but rest between rounds as necessary.

**Workout 7:** Core and Shoulders

[Dead Bug 90/90](#)

[Devil Press \(Single DB\)](#)

[Single Arm Single Leg Lateral Raise](#)

[Single Leg Bridge](#)

[Slam Ball](#)

[Transverse Rotation in Tandem Stance](#)

[Turkish Get Up](#)

Reps of 10, 8, 6, 4, 2 in circuit form. Rest as needed

### **Workout 8:** Arms!!!

[Tricep Pulldown \(Alternating\)](#)

[Standing Cable Curl](#)

[Unilateral Farmer's Carry](#)

[Tricep Dips](#)

[Ring Row/Smith Machine Row](#) (Palms up)

[Push Ups](#)

Complete 3 sets of 10-15 reps in circuit form

### **Workout 9:** Arm Day” Hypertrophy Exercise Routine

- I. A very simple exercise routine, the goal is to make sure each rep is slowly controlled. With the supersets, make sure there is 30 seconds of rest between supersetted exercise. Rest about 1-2 minutes minimum after each set then complete the next.
1. [Standing Cable Curl](#) superset w/ [Tricep Pushdown](#) : 4 sets x 10 - 30 reps
  - a. First two sets perform 20 reps with lower weight
  - b. Last two sets perform 10 - 12 reps with more weight
2. [Skull crusher \(DBs\)](#) superset w/ [Bayesian Curl](#) : 4 sets x 10 - 30 reps
  - a. First two sets perform 20 reps with lower weight
  - b. Last two sets perform 10 - 12 reps with more weight

### **Workout 10:** “Back and Bi’s” Hypertrophy Exercise Routine

- I. A very simple exercise routine, the goal is to make sure each rep is slowly controlled. With the supersets, make sure there is 30 seconds of rest between supersetted exercise. Rest about 1-2 minutes minimum after each set then complete the next.
1. [Bent row \(Dumbbell\)](#) : 4 sets x 10 - 20 reps
  - a. Leave no reps in reserve (weight should be challenging enough to where all reps should be performed with optimal form)
2. [Lat Pulldown](#): 4 sets x 10 - 20 reps
  - a. Leave no reps in reserve (weight should be challenging enough to where all reps should be performed with optimal form)
3. [Standing Cable Curl](#): 4 sets x 6 - 10 reps
4. [Bayesian Curl](#): 4 sets x 10 20 reps