



Marathon
Health™



RESERVE HEALTH

Here is a

basic list explaining mobility and the benefits that proper mobilization can have for individuals on a day to day basis. Consistency is key as well as feeling slight to moderate discomfort in the targeted area(s). If there is any excessive pain during/after the mobility activities do stop and rest or seek professional assistance.

Workout #1

Complete 3-6 sets of following circuit

- Run 400 m/0.25 mi
- [Burpee](#) 1 min
- [Speed Skaters](#) 1 min
- [Walking Lunges](#) for distance 50 ft
- [Inchworm with Pushup](#) for distance 50 ft (ie walk hands out then walk feet to meet hands)

Workout #2

Complete 3-5 sets, 8-12 reps for each exercise

- [Pull Ups](#)
- [Push Ups](#)
- [Plank Pull Throughs](#) (w/ KB or DB)
- [Bicep Curl to Overhead Press](#)
- [Reverse Fly](#)
- [Tricep Dips](#)

Workout #3

Complete 3-5 sets, 8-12 reps for each exercise

- [squat with elevated heels](#)
- [Stability Ball Hamstring Curl](#)
- [Deficit Calf Raise](#)
- [Curtsey Lunge](#)
- [Lateral Lunge](#)
- [180 Degree Jump Squat](#)

Workout #4

Bodyweight

- [Pushups](#) 50
- [Squat jumps](#) 50
- [Pull-ups](#) 50
- [Jackknife sit ups](#) 50

Partition reps as necessary

Workout #5

Single dumbbell. Complete each round with minimal rest between the exercises. Rest as needed between rounds.

- [Dumbbell single arm clean](#) 6
- [Single arm rack squat](#) 9
- [Single arm push press](#) 12
- [Cross chops](#) 15

Complete 4 rounds: round 1 Left side, round 2 Right side, round 3 Left side, round 4 Right side.

Workout #6

Bodyweight. Complete 45 sec of each exercise, then rest for 15 sec while transitioning to the next exercise.

- [Single leg box squats](#)
- [Inverted row](#)
- [Reverse Nordics](#)
- [Bench dips](#)

5 rounds

Workout #7

Upper body/Lower body

- [Kettlebell Deadlift \(double kettlebells\)](#) 3 set of 12 reps
- [Alternating Bicep Curl](#) 3 sets of 12 reps
- [Stability Ball Hamstring Curl](#) 2 sets of 12 reps
- [ISO-PULLBACKS](#) 2 sets of 15 reps
- [Alternating Lunges](#) 2 sets of 10 reps
- [Single Arm Overhead Press \(half-kneeling\)](#) 2 sets of 12 reps
- [Push Ups](#) 2 sets of 10 - 20 reps
- [Goblet Squat](#) 2 sets of 12 reps

Workout #8

Pre-Hab

- [Glute Bridge](#) 2 sets of 15 reps
- [Stability Ball Hamstring Curl](#) 2 sets of 12 reps
- [Monster Walks](#) 2 sets of 15 reps (2 step/left to right)
- [Opposite Arm & Leg - Exercise Ball](#) 2 sets of 12 reps
- [Horizontal Abduction - Alternating](#) 2 sets of 15 reps
- [Horizontal Pull Up](#) 2 sets of 12 reps
- [Quadruped Bird Dog](#) 2 sets of 15 reps
- [Single Leg Swords](#) 2 sets of 15 reps

Workout #9

“Dumbbell Only Exercise Routine”

Each exercise is to be performed for 30 - 45 seconds with 30 second rest between exercises. After performing 1 round of the exercise, rest for 1 - 2 minutes between starting the next round. Perform 3 rounds.

- [Dumbbell Hang Snatch \(Dual DB variation\)](#)
- [Bent row \(Dumbbell\)](#)
- [Dumbbell Reverse Lunge](#)
- [Hammer Curls \(Dumbbell variation\)](#)
- [Dumbbell Farmers Carry](#)

Workout #10

“ Shoulders and Arms Routine”

Perform each exercise for the number of sets indicated below.

- [Banded Shoulder Alternating Dislocations \(warm - up\) - 3 sets x 10 reps each side](#)
- [Seated Dumbbell Shoulder Press: 3-4 sets x 6 - 12 reps](#)
- [Shoulder Lateral Raise \(2-way\) : 3-4 sets x 10 -20 reps](#)
- [Alternating Bicep Curl : 3-4 sets x 6 - 20 reps](#)
- [Bicep Hammer Curl : 3-4 sets x 6 - 20 reps](#)
- [Dumbbell Shoulder Complex \(finisher\) : 3 - 4 sets x AMRAP \(as many reps as possible until failure\)](#)