



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.

- [Lunges Alternating Front-to-Back](#) 10 x 2
  - [Transverse Rotation in Tandem Stance](#) 15 x 2
  - [Single Arm Single Leg Press](#) (Tubing/Cable Column) 15 x 2
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- [Swiss Ball Crunch](#) 25 x 2
  - [Slam Ball](#) 15 x 2
  - [Push Ups](#) 20 x 2
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- [T-Spine Open Book](#) 6 x 2
  - [Child's Pose](#) 30 seconds x 2

#### Workout 2.

- [Plank to Elbow Pullback](#) 15 x 2
  - [Straight Arm Pullback Variations](#) (Tubing/Cable Column) 15 x 2
  - [Bear Crawl](#) 15 steps x 2
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- [Bicep Curl to Overhead Press](#) (DB/Tubing) 10 x 2
  - [PT Ball Stir the Pot or Saws/Laterals](#) 15 x 2
  - [Walk In Wind \(WIW\)](#) 60 seconds x 2
  - [X Band Squat w/band](#) 15 x 2

#### Workout 3.

- [Up and Down Plank or Hand Plank Step Ups](#) 10 x 2/side
  - [Bilateral External Rotation \(w/ band\)](#) 15 x 2
  - [Back Flies](#) 15 x 2
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- [ISO-Lateral Rows](#) 15 x 2
  - [Inchworms](#) 5 x 2
  - [Jump Rope](#) 60 seconds x 2
  - [Alternating Prisoner Reverse Lunge](#) 15 x 2

#### Workout 4.

- [Superman Extension](#) 10 x 2
  - [Sandbag Ground to Shoulder](#) 10 x 2 /side
  - [Straight Arm ISO-Pullback](#) 15 x 2
  - [Squat to Lateral Step Up](#) 10 x 2/side
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- [Bridge March](#) 15 x 2
  - [Plank to Medicine Ball Exchange](#) 15 x 2
  - [Single Arm Chest Press on Foam Roll](#) 12 x 2

#### Workout 5.

- [Romanian Deadlift](#) 10 x 2
  - [Inverted Row](#) 12 x 2
  - [Dumbbell Push Up](#) 10 x 2
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- [Dying Bug w/Arms](#) 20 x 2
  - [Opposite Arm/ Leg Lift in Hand Plank](#) 10 x 2
  - [Pallof Press](#) 20 x 2
  - [Lateral Hops](#) 30 x 2

#### Workout 6.

- [Push Up to Renegade Row](#) 10 x 2
  - [Kettlebell Deadlift \(double kettlebells\)](#) 10 x 2
  - [Lateral Hand Plank Walk](#) (2 Step) 10 x 2
  - [Bicep Curl](#) 12 x 2
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- [Tricep Pulldown \(Alternating\)](#) 20 x 2
  - [Step Up](#) 15 x 2
  - [Tempo Crunch](#) 20 x 2

#### Workout 7.

- [Air Squat / Bodyweight Squat](#) x10
- [Push Ups](#) x8
- [Alternating Lunges](#) x6/Leg
- [Pull Ups](#) x4
- [Hanging Knee Raises](#) x2

AMRAP in 30 min

#### Workout 8.

- [Reverse Lunge](#) (DB) 8/8
- [Shoulder Press](#) (DB) 8/8
- [Dumbbell Farmers Carry](#) 30 seconds
- [Plank](#) 1:00 + [Side Plank](#) 30 sec each side

4 rounds

#### Workout 9.

- [Chest Press](#) x12
- [Deficit Straight Leg Deadlifts](#) x12
- [Tricep Pushdown](#) x12
- [DB Hammer Curl](#) x 12
- [Lateral Dumbbell Raise](#) x 12

3 rounds

#### Workout 10.

- [Hamstring Curl](#) x60 seconds
- [Bulgarian Split Squat](#) x60 seconds
- [Glute Bridge](#) x 60 seconds
- [Donkey Kicks](#) x 60 seconds
- Weighted [Step Up](#) x 60 seconds
- [Jump Rope Double Under](#) x 60 seconds
- [Sumo Squat March](#) x 60 seconds

3 rounds