

# 1,000 LIKES PROGRAM



**IronOctopus**  
FITNESS

[www.ironoctopusfitness.com](http://www.ironoctopusfitness.com)

# Welcome to the 1,000 Likes Program, a quick and easy, #intelligentcrosstraining based program to thank you for being a fan of Iron Octopus Fitness!

The 1,000 Likes Workout that you have in front of you is part of an exercise program that is available through the Intelligent Cross Training Academy. These pieces are taken from the BLOCK pathway which is designed to build strength and stability for solid, grounded blocking and big, heavy hits.

You can sign-up to learn more about Intelligent Cross Training and the Intelligent Cross Training Academy [HERE](#).

## Equipment Needed

The minimum amount of equipment you'll need are: 2 sets of dumbbells (one heavy and one lighter), access to a piece of cardio equipment or an outdoor space with about 200m available to run in, and some items to lay on the ground as cones.

If you have access to only 1 set of dumbbells, they should be in a moderate range (10-30 lbs). Ideally you'll be able to use a "light" set (8-15 lbs) and a "heavy" set (15-30 lbs). This will allow you to switch between them depending on the movement and what muscles you're working.

If you have access to an entire gym's worth of equipment, you get to be a little bit more creative! You can use variable dumbbells, kettlebells, or barbells to make your workout more challenging.

## Who is this for?

You! Roller derby skater and badass extraordinaire. And amazing fan of Iron Octopus Fitness.

The 1,000 Likes Program was designed with you in mind no matter what your #derbygoals might be. That being said, this is an intermediate to advanced program. If you are not at that level with your cross training, you can still give this program a shot, but will probably have to modify quite a bit.

**AND YOU KNOW WHAT?** That's okay! Stay objective, keep your goals in mind, and look for little wins along the way. Adjust things to where you are currently at and do your best.

# Safety, Warm Ups, & Cool Downs

If you want to workout until you puke or pass out, this isn't the program for that. I want your workouts to be fun so that you keep doing them. There's no need to make yourself sick or miserable to make yourself stronger/more powerful/faster.

Everybody is different. This is your chance to practice mindfulness and really tune-in to what is happening with your body during your workouts. You know yourself WAY better than I ever could, so trust yourself to adjust the program as you need to.

There are no provided rest times in these workouts on purpose. Work as hard as you can until you need a break, take a rest until you're ready, then work as hard as you can again. Do what works for you and use the data to inform you of how you're improving or what areas you might still be struggling with.

For warm-ups, I recommend a combination of cardio (walking or light jogging), dynamic movements, and foam rolling. You can check out my [pre-bout dynamic warm-up](#), if you want some ideas. Modify the moves as needed, focusing on the muscles and movements that you'll be using most that day. Pay attention to areas that you know you are typically tight or inflexible and err on the side of longer warm-ups until you start to figure out what works best for you.

Cool downs are important too, so DON'T SKIP IT! Do some light walking to bring your heart rate down a bit and get your blood flowing again. Then move into the stretches that you need or like to do. If you want something quick and easy, here is [Roller Derby Athletics' "How to Stretch Everything in 8 Minutes"](#) video.

## The program:

Complete each of the following exercise once per week, each week, for a month. Every time you re-do a workout, try to lift more or go faster than you did before. Take care to schedule your lower body work AWAY from practices days when possible.

The 1,000 LIKES program has 3 different workouts. A workout that focuses on your lower body only, upper body only, or total body strength.

The upper and lower body workouts are structured similarly: 2 supersets split up by 1 straight set of a more dynamic exercise. For the upper and lower body BLOCK workouts, you'll complete 10 reps of the first superset exercise followed immediately by 10 reps of the second superset exercise. Repeat this process 3 times (for a total of 4), then move onto the first dynamic straight set where you'll do 20 reps. You'll repeat that process for the next superset and dynamic straight set to finish the workout. If a dynamic straight set is a one-sided exercise -- like lunges -- you'll complete 20 reps on each side (for a total of 40 lunges).

The total body workout is made up of 3 supersets. You'll complete 6 reps of each exercise and 4 sets of each superset. I call these 24s because you'll do 24 total reps of each exercise before moving on to the next superset. Since you are doing fewer sets, you may find you need to double up your dumbbells to make it more challenging. GO FOR IT!

All of the workouts end with an optional cardio finisher. These are designed to maximize the work on each muscle group and also work on other pieces of the athletic puzzle: speed, power, agility, and core work. If you choose not to do these workouts, you'll still be getting a good strength session in. Don't let yourself feel guilty!

When determining how much to lift, you should find that doing the 6 or 10 reps are CHALLENGING, but that you could \*probably\* squeeze out one more rep with decent form. The weight that you can do that with is the right weight. But don't get too caught up in that. You can adjust as you go!

Thanks again for all your support of Iron Octopus Fitness and...

## Let's get kraken!

### A FINAL DISCLAIMER

The information in this program is offered for educational purposes only and contains opinions held by the author. There is an inherent risk when anybody partakes in an exercise program, especially for a full contact sport such as roller derby. Anybody who reads the information contained in {NO NAME PROGRAM} or associated documentation should check with a physician before initiating any activities and should not diagnose based off of any information contained within this program.

Iron Octopus Fitness assumes no liability for injury due to your voluntary participation in this program. Training and exercise may be dangerous if performed incorrectly. This is purely an educational program meant to help guide roller derby skaters toward their goals.

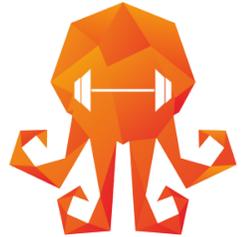
# LOWER BODY#1

## EQUIPMENT NEEDED:

2 sets of dumbbells (1 HEAVY & 1 LIGHTER)

Stop Watch

Bench or Chair



ORDER	EXERCISE	NOTES
<b>A1</b>	Step Ups	Bench or chair height, dumbbells at sides
<b>A2</b>	Sumo Squats	Legs 2 shoulder-width apart, toes turned out 45°
<b>B</b>	Walking Lunges	Big, controlled steps; keep core braced and push through heels
<b>C1</b>	Single Leg Box Squat	Bodyweight, bench or chair height, keep chest up
<b>C2</b>	RB Glute Kickback	Use small band around stationary object; kick directly back to a 45° squeezing through glute
<b>D</b>	Walking Lunges	Big, controlled steps; keep core braced and push through heels

## FINISHER (optional)

Complete each exercise for the allotted reps. Set timer and stop at 10 minutes. Keep track of how many rounds you complete.

- + Jump Squats {15}
- + Jumping Lunges {10 each side}
- + Shin Box {10 each side}
- + Lateral Lunge {10 each side}

GO AS HARD AS YOU CAN & REST WHEN NEEDED!

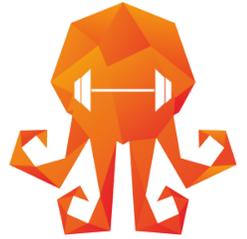
## BLOCK :: STRENGTH WORKOUT

# UPPER BODY#1

## EQUIPMENT NEEDED:

2 sets of dumbbells (1 HEAVY & 1 LIGHTER)

Stop Watch



ORDER	EXERCISE	NOTES
<b>A1</b>	Double Bentover Row	Heavy weight, bend at hips, low back straight
<b>A2</b>	1-arm Floor Press	Brace through core, avoid rotating towards the weight as you lower it
<b>B</b>	Bear Crawl	30 yards total; keep core tight and braced -- don't arch or sag through back
<b>C1</b>	Hand Release Pushup	Squeeze through shoulders at bottom; drop to knees, if necessary
<b>C2</b>	Front Raise	Palms down, keep ribs down
<b>D</b>	Bear Crawl	30 yards total; keep core tight and braced -- don't arch or sag through back

## FINISHER (optional)

Complete each exercise for the allotted reps or time. Set timer and stop at 10 minutes. Keep track of how many rounds you complete.

- + Jump Squats {10}
- + Squat Pulse {10}
- + Clock Walks 10 to 2 {5}
- + Sprint Starts {5}
- + Plank Hold {30 seconds}

GO AS HARD AS YOU CAN & REST WHEN NEEDED!

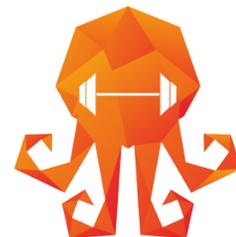
# TOTAL BODY#1

## EQUIPMENT NEEDED:

2 sets of dumbbells (1 HEAVY & 1 LIGHTER)

Stop Watch

Bench or Chair



ORDER	EXERCISE	NOTES
<b>A1</b>	Bulgarian Split Squat	1 foot back on bench or box, dumbbells at side
<b>A2</b>	Push Press	Push out of slight squat, using momentum to move dumbbells up, punch hard through top
<b>B1</b>	Lateral Lunge + Pulse	Lower to side, add 1 pulse, then stand to top
<b>B2</b>	Bench Dips	To make it harder, straighten legs; easier, bend them
<b>C1</b>	Glute Bridge + Pulse	Push through heels, add 1 pulse, then lower
<b>C2</b>	1-Arm Floor Press	Work to keep torso still, push straight up as you exhale and row back down

## FINISHER (optional)

Complete each exercise for 20 seconds, then rest for 10 seconds and move onto the next exercise.

- + Mountain Climbers
- + Jump Squats
- + Pledge Planks
- + Skater Hops

REST FOR 1 MINUTE (or until ready to go again at 100%) & REPEAT!  
Complete the circuit a total of 4 times.