



IronOctopus
FITNESS



8 Quickie Training Days

Goal.

Quick training days with minimal equipment (for most of them). Focused on giving you options when it comes to how and when to train (or make use of the not-so-great hotel fitness area that you're stuck with).

Suggested Schedule.

THERE ISN'T ONE! These workouts are for you to pick and choose from so that you have lots of options for training and moving when you need them.

Notes.

Remember that sleep and nutrition take precedence over training. If you need to forgo training in order to eat a healthy meal or take a short nap, DO IT.

Work on the following nutritional habits:

- Eat a source of protein with every snack/meal.
- Get some carbs in your belly 60-90 minutes before practices & training.
- Drink lots of water!

This program contains multiple formats of quick workouts. Here are some definitions for terms you might be unfamiliar with:

AMRAP = as many rounds as possible; complete as many full rounds of the circuit as you can in the time challenge provided for you. (You can also always set your own time challenge depending on what you actually have time for.)

CIRCUIT = exercises that you complete one right after the other; once you reach the end of the list of exercises, you'll start back at the top for a new round.

All of these training days are rest as needed. That means that you can take a break when you need it (although try to save them for the bottom of the rounds), then get back into it as soon as you feel able.

We're focusing on form over load. Don't worry too much about HOW MUCH you're lifting, but rather that you're doing the move properly. It will require you to think a lot about what you're doing and which muscles/body parts are moving, but it will make a huge difference in the long run! We want your body to know exactly how to move safely even when you're fatigued on skates.



Warm-up.

These training days can be done without a traditional warm-up. However, the warm-up below can help with hip stability and can be done on training days, practice days, or as active recovery. Or skipped altogether.

WARM UP
Prone Breathing (8-10 breaths)
Serratus/Lat Foam Roll
Adductor Foam Roll
Deadbug (10 per side) Clamshells (10 per side) Lying Hip Abductions (10 per side) Side Plank (20s L/R/L)
x2

Add the mini bands for clamshells and hip abductions when you feel ready (ideally by week #3). You ARE doing the side plank twice as much on the left side. Not a typo.



#1) Driving Miss Daisy

*Complete as many rounds as you can in 20 minutes (or whatever you have time for).
Take breaks as need, but try to save them for the bottom of a round.*

EQUIPMENT SUGGESTED: Resistance Band, Weight Plate (or textbook or anything heavy you have around the house)

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Curtsy Lunge	10 per side
Push-ups	8-10
Single-Leg Glute Bridge	10 per side
Band Pull-Apart	20
Steering Wheel Carry	30-50 steps
AMRAP = 20 minutes	



#2) Peach Party

Complete as many rounds as you can in 15 minutes (or whatever you have time for).
Take breaks as need, but try to save them for the bottom of a round.

EQUIPMENT SUGGESTED: Dumbbells, bench/chair

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
B-Stance Romanian Deadlift	15 per side
Superserson	10
Contralateral Superserson	10 per side
Ipsilateral Superserson	10 per side
Feet Elevated Glute Bridge	10
Side Plank Reach Through	10 per side
AMRAP = 20 minutes	

Use the weight you have. If you don't have access to dumbbells or other equipment, use something from around your house OR just use your own bodyweight. It will still give you a great training day!



#3) Butts, Butts, Butts

Complete 4 rounds of the circuit. Take breaks as need, but try to save them for the bottom of a round.

EQUIPMENT SUGGESTED: Dumbbells

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Pulse Squat (3 pulses at bottom)	10
Slider Curtsy Lunge	10 per side
Single-Leg Transverse Hop	10 per side

Complete 4 rounds total.

Use the weight you have. If you don't have access to dumbbells or other equipment, use something from around your house OR just use your own bodyweight. It will still give you a great training day!



#4) Up & Down

Complete 4 rounds of the circuit. Take breaks as need, but try to save them for the bottom of a round.

EQUIPMENT SUGGESTED: Dumbbells, bench/chair

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Goblet Squat	10
Push-ups (incline is okay!)	10
Feet Elevated Glute Bridge	10
Single Arm Bentover Row	10 per side

Complete 4 rounds total.

Use the weight you have. If you don't have access to dumbbells or other equipment, use something from around your house OR just use your own bodyweight. It will still give you a great training day!



#5) Speed Row

Complete 5 rounds of the circuit. Take breaks as need, but try to save them for the bottom of a round.

EQUIPMENT SUGGESTED: Suspension Trainer

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Touchdown Squat	10
180° Drop Squat	5 per side
Sumo Squat	10
TRX Inverted Row	10
TRX Reverse Fly	10
Supersperson	10
Contralateral Supersperson	10 per side
Ipsilateral Supersperson	10 per side

Complete 5 rounds total.

[Here's a quick tutorial](#) for setting up a “suspension trainer” at home using only a bed sheet. It works pretty well. You can also typically find over the door TRX/suspension trainers in most sporting goods sections.



#6) Major Tom

Perform four rounds of this circuit, beginning with four repetitions of each exercise in the first round, three repetitions of each in the second round, two repetitions each in the third, and finally a single repetition of each movement.

Add weight at the bottom of each round to make each set heavier than the one before it. You will end with your heaviest and hardest set. This isn't a lot of repetitions so do it heavy!

EQUIPMENT SUGGESTED: Barbell

TIME: < 10 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Deadlift	4/3/2/1
Hang Clean	4/3/2/1
Front Squat	4/3/2/1
Push Press	4/3/2/1
Complete 4 rounds total.	



#7) Alright. I did it.

Complete 4 rounds of the circuit. Take breaks as need, but try to save them for the bottom of a round.

EQUIPMENT SUGGESTED: Kettlebell or dumbbell

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Rotational Deadlift	10 per side
Kettlebell Skater Swing	10 per side
Transverse Lunge	10 per side
3-count Mountain Climbers	10
Complete 4 rounds total.	

Use the weight you have. If you don't have access to dumbbells or other equipment, use something from around your house OR just use your own bodyweight. It will still give you a great training day!



#8) Death by Core

Complete 4 rounds of the circuit. Take breaks as need, but try to save them for the bottom of a round.

EQUIPMENT SUGGESTED: Bodyweight

TIME: < 20 minutes

[Watch the training day here.](#)

EXERCISE	REPS
Forward Lunge	5 per side
Reverse Lunge	5 per side
Lateral Lunge	10 per side
Push-ups	5
Incline Push-ups	8
Bench Dips	10
Toe Reach	10
Knees Up, Hips Up	10
Suitcase Sit Up	10
Complete 4 rounds total.	

