BUTTERFLY CHALLENGE 2.0

GET A WIDER BUTTERFLY FLARE AND LOOSE FEELING HIPS IN THE NEXT 14-DAYS
Butterfly Challenge 2.0
HockeyTrainingPro.com

Your step-by-step 14-day roadmap to a wider butterfly flare, looser hips and more saves.

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The GoalieTrainingPro.com MISSION
It is my Mission with www.GoalieTrainingPro.com to help 10,000 goalies win more games with fewer injuries; even if you do not have the genetic gifts of your competitors.
DISCLAIMER – READ THIS NOW!

The Butterfly Challenge is designed for active individuals who are injury free and in good general health. This program is not designed for children under the age of 14. This program is not designed for sedentary individuals. This program is not intended to replace medical advice or the advice of your medical practitioner.

The information in this manual is for informational purposes only; any training program carries inherent risk so you should obtain medical clearance to participate before beginning your workouts. Even with medical clearance, this is an advanced training program and such training initiatives may be dangerous if performed incorrectly. There is no substitute for the guidance of a qualified and certified strength and conditioning coach.

Neither Maria L. Mountain, nor Revolution Sport Conditioning shall assume liability for any injury; this manual is intended to assist those athletes who are familiar with proper exercise technique. If you are uncertain of proper execution for any exercise, you must obtain proper coaching from a certified and experienced expert.

Remember the goal is to improve performance and reduce the risk of injury.
Welcome to 2.0

Since creating the original Butterfly Challenge in 2011, I decided it was time for an update. I have travelled thousands of miles (and spent thousands of dollars) learning the newest techniques to help goalies perform better with fewer injuries. I want to share the techniques that have stood the test of time (so far) and give you the advantage over your competitors who are still doing the same old stretches – and still not seeing any changes in their flexibility on the ice where it counts.

First of all CONGRATULATIONS for being an action taker! Do you realize how many of your competitors have visited www.GoalieTrainingPro.com and seen the exact same FREE offer that you did? Do you realize how many of them thought – “Huh – they are probably just trying to sell me something, no way am I falling for that! I am way to smart to fall into that trap.”

Let me tell you a secret, which I think you already know; they are the same goalies that are never responsible for a loss or it is never their fault when they find themselves parked on the bench game after game instead of standing guard in the blue paint. Of course they are not responsible, they are the guys or gals who are getting ‘screwed’ by the coach or the defense or the GM – certainly not their fault. You see, deep down they don’t believe in themselves. Deep down they don’t want to try and become better, because if they try and fail – then what?

Silly isn’t it? You and I know that if you take just 14-days to work on your flexibility in some new and innovative ways that we will see improvement and that will help you win more games with fewer injuries.
We both know that if you commit yourself to a **goalie specific off-ice training program** that you will see amazing returns on the ice, a shrinking GAA, a soaring save percentage and more fun when you actually play the game.

That is why you are moving up in the ranks of goalies in your league while the other guy is at very best holding steady (for now) or more likely on his way down.

Enjoy the next 14-days. Enjoy how you feel on the ice at the end of the 14-days. Keep taking action to make yourself the best goalie you can be and thanks for helping me work toward my **Mission** of helping 10,000 goalies win more games with fewer injuries...even the ones who don’t have the genetic gifts and natural talent of their competitors.

Before I give you the straight goods, I want to make sure you understand why you are doing what you are doing. I didn’t just go through my catalogue of over 700 exercises and randomly draw these ones out.

There is a method to the program, just like there is a method to your positioning on the ice, it is not random, it is deliberate.
The 4 Pillars of Flexibility for Goalies

There are four pillars of flexibility for hockey goalies and just like the pillars that hold up a Greek temple, they are all important – you cannot take one away and maintain the integrity of the structure. So please do not skip the ones that you do not like, if you want the benefits, you build all four pillars.

Player Loses 35lbs and Shocks Coach

Hey Maria,

I hope all is going well. I am still training and am now down to 190 from my original weight of 225. I saw my coach and he was utterly shocked at how in shape I looked. I also just received a call to play for one of the top junior teams in New England. My conditioning is helping me so much because I am battling with other goalies to get to the top spot. I just wanted to thank you for all the help and I will be using your workouts for a long time.

Connor C.
Age 16
Rhode Island
I promise to keep the sessions to less than 15-minutes and we will cover all four pillars in that time so here they are:

1. Consistency
2. Myofascial Release
3. Asymmetrical Stretching
4. Anatomy

Now let’s look at each one individually.

Consistency

One of my favorite phrases summarizes the importance of consistency and that phrase is “you become what you practice”. I love it because it applies not only to physical training, but also mental training. If you let yourself whine all the time, whether in your head or out your mouth, then you will continue to be a whiner.

If on the other hand you choose to think positive thoughts and keep battling through any adversity, you will become a positive mover. So in the context of flexibility if you need to be more flexible, then you must work on your flexibility on a consistent basis.

Stretching for one hour every two weeks (or every two months) when you get on your ‘must do the splits’ kick is like trying to keep a nice looking lawn by mowing, weeding and watering it only twice per summer. It might look pretty good for a few days but there is no long-term benefit.
There was a nice research study published in The Journal of Strength & Conditioning Research entitled “The Effects of Intermittent Stretching Following a 4-Week Static Stretching Protocol: A Randomized Trial” (Volume 23, Number 8 pp 2217-2222). Sounds fascinating doesn’t it – as a matter of fact, yes it was. Let me tell you about it.

Basically the research study looked at two groups. For the first four weeks of the study, both groups completed hamstring stretches where they held the stretch for 30 seconds, relaxed for 10 seconds and then stretched again for 30 seconds. They did this stretching protocol daily for the first four weeks. Both groups showed some great improvements in hamstring flexibility.

After the initial four weeks then one group stopped stretching altogether. The other group kept up with the same stretching protocol, but they only did it 2-3 days per week.

Now for the best part of it…the results! The group that stopped stretching went right back to the baseline – where they were before they ever started stretching. The group that kept up with stretching for only 2-3 sessions per week maintained the flexibility gains from the first four weeks of daily stretching.

Any questions about the importance of consistency? Didn’t think so. Notice that these participants did not have to stretch their hamstrings for 10-minutes to see some great improvements in flexibility, they got all that benefit in only one minute per day.

The program I have designed for you is going to take you a little longer than a minute, it will take you about 5-10 minutes – but it is goalie specific, so cut me some slack. Would you get better results with a more comprehensive goalie specific stretching routine that takes a little longer? Probably, but let’s just focus on the consistency first okay?
Myofascial Release

If you do not have any idea what myofascial release is, get ready to have your mind blown! Before I tell you all about the importance of myofascial release, let me show you what it can do for you – but this is a participation demonstration so I need you to go get either a tennis ball, lacrosse ball, baseball, golf ball (you get the idea). Then you need to take off your shoes and socks (you may want to give warning to others in the room before you do this).

Now you are going to stand up and put your feet side by side (touching one another) with your knees perfectly straight. Bend forward to touch the floor, or your knecaks as the case may be for some of you. Basically we want to see how close to the floor you can get. If you can touch the floor then see if you can touch your knuckles to the floor or your palms? Make a mental note of your current range of motion.

Not Just for the Young Guns

Well, if things keep getting better like they did today I’ll be back on the “Call Dave” list. I love your program because it is off-ice workouts. I get zero time to do drills except for taking shots before the game. Just showing up in great condition is my best weapon. I closed the door on almost all of the A players and got lots of praise from the players. Being the age that I am I have been self judging the limitations of each exercise as I don’t want to injure myself but as I continue with the program I gain more flexibility! I love the results so far and I’m looking forward to the next instalments.

Dave C.
Men’s League Goalie
Now put your foot on the ball. You will roll your foot on the ball travelling from the base of your toes to the base of your heel. Apply enough pressure that you can feel it, but not so much pressure that it is painful to you. Roll your right foot on the ball for 60 seconds. Then switch and roll your left foot on the ball for 60 seconds.

Now re-evaluate your forward bend. I bet you get about 2-3 inches further – some of you may get even more.

**THAT** is what myofascial release can do for you! Did you stretch at all? No. Did you practice touching your toes? No. Did you release some of the thick fascial band on the bottom of your foot (plantar fascia) – Yes you did! And did that have a rather dramatic and immediate impact on your flexibility? Yes, it did! And did it feel kind of good? Yes, it did!

Now I can tell you a little bit about **what fascia is** and how it works. Fascia is a continuous connective tissue matrix that is found throughout the body – it surrounds muscles, it helps suspend our organs, it is in tendons and ligaments, it meshes from one muscle to the next to create myofascial systems.

Fascia also contains 10 times more sensory nerves than the actual muscle tissue – so it is constantly gathering information about how the body is position, what stresses are being transmitted through the body and in which direction. Fascinating eh?

The other thing you need to know about fascia is that it is the slowest tissue to lay down a pattern (like the splits or a wide butterfly flare) and the slowest to let go of old patterns – like tight hip flexors or a crummy slouchy posture.
So now you know what it is and some of what it does, you next question is ‘How do I treat my fascia if I want to be a better goalie?’ The simpler answer is myofascial release using a foam roll, lacrosse ball, medicine ball or even a PVC pipe for the very brave.

You see adhesions can develop between the fascia of your skin and the fascia of your muscles and even the fascia within the muscle. These adhesions prevent you from improving your flexibility. You may be stretching the underlying muscle consistently, but you are not seeing the results. You feel cheated because you are trying to do the right thing, but it is not paying off. That is because those fascial adhesions are robbing you of your flexibility and mobility. That is why I have included foam rolling as a pillar of your 14-day flexibility fix.

**Asymmetrical Stretching**

Here is another flexibility secret that 95% of the goalies out there are completely missing. Think of your movements in the crease. Think of your body position when you make most of your saves. Think of your body position when you make those dramatic saves that draw gasps from the crowd.

Is your weight even on both feet? Are you always square in your shoulders and hips? Are you always positioned with your hands in the ready position? No. There is the ‘ideal’ and then there is what actually happens when the puck drops.
Now think of the position you were in the last time you ‘tweaked’ your groin or your lower abs. Was your weight even on both feet? Were you always square in your shoulders and hips? Were you always positioned with your hands in the ready position? Probably not; in fact you were probably performing some sort of asymmetrical movement – like performing lateral push with your right leg while reaching w for the puck with your left arm.

These asymmetrical movement patterns can very quickly put overload on the myofascial system (remember it is not just the muscles you need to worry about – you also tear the fascia when you strain a muscle).

You don’t have to stretch like a contortionist, but remember we are looking for every advantage over our competition, so your Butterfly Challenge will include some asymmetrical stretching patterns to more closely mirror the specific demands of your position.

Anatomy

This one may come across as a bit of a downer for some of you. I am sorry, but I have to tell the truth. I am not here to sell you hype, I am here to make you better.

Not every goalie is going to be able to do the splits or have a beautiful wide butterfly flare. For some of you it is anatomically impossible. For some of you, trying to force it will result in injuries to your hips, such as femoroacetabular impingement syndrome and perhaps even labral tears, which quite often require surgical repair.
You see, we are not put together the way your car was – it is not an assembly line where everyone knows, this nut goes with this bolt and all the pieces are neatly arranged in bins by type and size.

The way we develop would be more like trying to assemble a car where the bins contained nuts and bolts of all different sizes and shapes. You would dig into one bin and pull out a bolt then dig into the other bin for a nut that may or may not fit perfectly. Sometimes yes, sometimes sort of and sometimes not at all.

This is kind of how our hips develop. So if you feel pinching in the hip when you go through mobility exercises – please do not try to force it. You need to go visit the best sport physiotherapist that you can find and have him or her assess your hips to see why you are getting that pinch. Perhaps it is something that can be worked out using manual therapy – that would be awesome or the physiotherapist may refer you to a doctor for some imaging to look at the structure of your hips.

When you stretch, you should feel a ‘stretching’ sensation – not pain or a pinch.

“Since my training with the goalie coach and the increased ice time I have had to tweak my game because the quickness has helped me get over quicker, so I have to be more patient in the save movements.”

Tyler E.
College Goalie
The Program…

Day One – Self Myofascial Release

Perform each release technique for only 30 seconds on each side. This entire flexibility routine will only take 6-minutes.

When you see “Ball” that means you will use a lacrosse ball, tennis ball, even medicine ball to target those areas – I like the lacrosse ball the best.

When you see “Roller” that means you will use a foam roll, PVC pipe (this will be quite painful when you start) or any other round relatively firm tool – I know some people have used 2L water bottles (I would empty the water first).

<table>
<thead>
<tr>
<th>Tool</th>
<th>Area</th>
<th>Exercise</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball</td>
<td>Bottom of Foot</td>
<td></td>
<td>30 seconds each side</td>
</tr>
<tr>
<td>Ball</td>
<td>Active Glutes (butt)</td>
<td></td>
<td>30 seconds each side</td>
</tr>
<tr>
<td>Ball</td>
<td>Hip Flexors</td>
<td></td>
<td>30 seconds each side</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tool</th>
<th>Area</th>
<th>Exercise</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roller</td>
<td>Lats</td>
<td></td>
<td>30 seconds each side</td>
</tr>
<tr>
<td>Roller</td>
<td>Iliotibial Band</td>
<td></td>
<td>30 seconds each side</td>
</tr>
<tr>
<td>Roller</td>
<td>Groins</td>
<td></td>
<td>30 seconds each side</td>
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</tbody>
</table>

Watch the program.
### Day Two – Active Stretching

This entire flexibility routine will take less than 15-minutes to complete. Perform one repetition of each movement. Remember, you are not trying to force your range of motion; you are just trying to stretch.

<table>
<thead>
<tr>
<th>Stretch</th>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supine Hip Internal Rotation</td>
<td>10 x 3 second hold</td>
<td></td>
</tr>
<tr>
<td>Prone Hip Internal Rotation</td>
<td>10 x 3 second hold</td>
<td></td>
</tr>
<tr>
<td>½ Kneeling Groin + Rock Back</td>
<td>10 each side</td>
<td></td>
</tr>
<tr>
<td>Hip Flexor + Quad</td>
<td>50 seconds</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stretch</th>
<th>Exercise</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Way Hamstring</td>
<td>30 seconds each position</td>
<td></td>
</tr>
<tr>
<td>T-Spine Rotation</td>
<td>8 each way</td>
<td></td>
</tr>
<tr>
<td>90/90 Hip Stretch</td>
<td>30 seconds each way</td>
<td></td>
</tr>
<tr>
<td>Eccentric Adductor</td>
<td>3 each side - lower over 5 seconds</td>
<td></td>
</tr>
<tr>
<td>Standing Adductor + Rotation</td>
<td>5 each side</td>
<td></td>
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</tbody>
</table>
## Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>SMR</td>
</tr>
<tr>
<td>Day 2</td>
<td>Active Stretch</td>
</tr>
<tr>
<td>Day 3</td>
<td>SMR</td>
</tr>
<tr>
<td>Day 4</td>
<td>Active Stretch</td>
</tr>
<tr>
<td>Day 5</td>
<td>SMR</td>
</tr>
<tr>
<td>Day 6</td>
<td>Active Stretch</td>
</tr>
<tr>
<td>Day 7</td>
<td>SMR</td>
</tr>
<tr>
<td>Day 8</td>
<td>Active Stretch</td>
</tr>
<tr>
<td>Day 9</td>
<td>SMR</td>
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<tr>
<td>Day 10</td>
<td>Active Stretch</td>
</tr>
<tr>
<td>Day 11</td>
<td>SMR</td>
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<tr>
<td>Day 12</td>
<td>Active Stretch</td>
</tr>
<tr>
<td>Day 13</td>
<td>SMR</td>
</tr>
<tr>
<td>Day 14</td>
<td>Active Stretch</td>
</tr>
</tbody>
</table>
Summary

So let’s make this commitment right now – to stick with this program no matter what it takes for the next 14-days. Is a bump in your save percentage worth 10-15 minutes?

Is this all you need to do to reach your potential? No, players in my private online Elite Goalie Strength & Conditioning program (please don’t email asking me to join – it is over $2,000 to join and it is currently full of goalies ready to move up to the next level) spend 20-40 minutes working on their flexibility as part of their comprehensive off-ice training programs. But this is a great start – so let’s take this first step right now.

I __________________________ am committed to helping my team win more games and improving my resistance to injury. I accept this 14-day challenge to complete the 14-Day Butterfly Challenge For Goalies and take the first step toward being the goalie I want to be. (yes – I actually want you to sign your name)
I finished the challenge! What next?

Well, first of all **CONGRATULATIONS!** You are one of the 5%. As I told you before, thousands of goalies have seen the offer for this free flexibility program and only about 30% of them take me up on it. That’s right 70% of the goalies out there decide to continue letting their team down, to continue risking injury every time they step on the ice, to continue playing below their potential.

That’s okay – not everyone has the drive to be the best and I actually have not interest in training goalies who are not interested in becoming better and better season after season.

I want to work with goalies like you, the ones who are willing to take one step toward achieving their goals and becoming the goalie they envision being when they close their eyes.

So you have taken this one step, what’s next?

**The truth is, there are lots of ways to go, here are a few options:**

• You can keep doing the Butterfly Challenge 2.0 – you will continue to see improvements for some time.
• You can search [www.HockeyTrainingPro.com](http://www.HockeyTrainingPro.com) to find more goalie specific off-ice drills and exercises that will help your speed and stamina on the ice.
• You can hire a strength and conditioning coach to design a goalie specific training program for you that includes work for flexibility, stability, strength, speed and stamina – that will likely run you about $85-170 per hour for a good coach.
• You can check out the done-for-you goalie specific training programs available [HERE.](#)
ABOUT THE COACH…

Maria Mountain, MSc is the owner of Revolution Sport Conditioning located in London, Ontario, Canada. Since starting out as a fitness coach in 1994, Maria has developed a reputation for helping athletes perform at the highest level in their chosen sport.

She has shared her expertise with collegiate athletes as the head strength coach to the men’s and women’s hockey, basketball, volleyball and track and field teams. You have seen some of Maria’s clients competing at the Olympics, in the NHL, MLB, AHL and CFL.

Her career highlights include watching her client Andy McDonald hoist the Stanley Cup for the Anaheim Ducks, Jeff Francis pitching for the Colorado Rockies in the World Series, Figure Skaters Scott Moir and Tessa Virtue win the Olympic Gold medal in Vancouver 2010 and two silvers in Sochi 2014.

The online resource for goalie training: www.goalietrainingpro.com
Maria’s sport conditioning studio - www.revolutionconditioning.com