

BUTTERFLY
CHALLENGE

3:0



YOUR STEP-BY-STEP 14-DAY ROAD MAP TO A WIDER BUTTERFLY FLARE, LOOSER HIPS AND MORE SAVES.



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EXERCISE PHYSIOLOGIST

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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.

READ THIS BEFORE YOU START

This program is NOT FOR CHILDREN UNDER 14.

I did not design this program for kids under the age of 14. I don't think the exercises will be harmful for kids under the age of 14, but please don't get your 8 or 10 year-old on this program. Just let them play the game and have fun. Seriously, that will be best for their long-term development. And while we're at it, get them playing other sports in the summer or doing martial arts or whatever.

If you insist that your child should do this program, then please take an active role to help make sure they do the exercises properly. Watch all the videos so you know exactly how it should look. But remember, you are the parent, not the coach, so just give some guidance, keep it fun.

This program is NOT A SUBSTITUTE FOR MEDICAL ADVICE.

If you have hip pain, go get it assessed by your preferred health care provider BEFORE you start this program. It is true that most goalies feel much better after doing the Butterfly Challenge, but for some specific hip and back conditions it can be exactly the WRONG thing to do and result in more pain and disability. That's not what I want, so get checked before you start.

This program is NOT A SUBSTITUTE FOR A SUPERVISED FITNESS PROGRAM.

If you are not familiar with proper form for a broad variety of exercises and/or you have not worked out since high school (or ever), then you should really invest in a qualified Strength & Conditioning Coach (look for one with their CSCS certification). Trust me, it is money well spent.

This program should NOT BE PAINFUL OR UNCOMFORTABLE.

None of the stretches in this program should give you pain. If they do, stop right away and get assessed by a sport physical therapist or your preferred health care provider. Make sure you READ THIS ENTIRE MANUAL and WATCH ALL THE VIDEO tutorials BEFORE you start the program. And remember that improving your mobility takes time, do not force the movements in this program, that will not help.

IT IS ALWAYS A GOOD IDEA TO CONSULT WITH YOUR HEALTH CARE PROVIDER PRIOR TO STARTING A NEW FITNESS PROGRAM.

Neither Maria Mountain, Revolution Conditioning nor GoalieTrainingPro.com shall assume liability for any injury or disability. This manual is intended for those who are familiar with proper exercise technique.

ARE YOU SERIOUS ABOUT IT?

I _____ committed to becoming the calm and consistent goalie I know I can be, to helping my team win more games and to improving my resistance to injury. I accept the 14-Day Butterfly Challenge and commit to taking this step toward being the goalie I want to be.

SIGN _____ **DATE** _____

Signature of
accountability
partner**

SIGN _____ **DATE** _____

** What the heck is an "accountability partner"?

Glad you asked... because they are a crucial piece of the puzzle if you want to succeed. It is someone you are sharing your goal of completing the Butterfly Challenge with. They don't have to do it as well, but it might be a good idea to pick another goalie you know and challenge each other.

Basically, it just needs to be someone who will ask you from time to time - "how is that Butterdish thing going", then you will say "you mean BUTTERFLY?" And they will say "BUTTER-schmutter" (people can be so ignorant 🙄). But even this exchange will remind you what you promised you would do and keep you on track.

Maybe you even bribe yourself a little.

If I complete the challenge then I will go see that movie I've been wanting to see.

Or if I DON'T complete the challenge I won't eat any pizza for a month (YIKES!!!)



WELCOME TO 3.0

Woohoo! Welcome to the Butterfly Challenge 3.0 you action taker you! Congratulations on taking your first small step to becoming the calm and consistent goalie you know you can be.

Do you realize how many of your competitors have visited www.GoalieTrainingPro.com and seen the exact same FREE program 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 too smart to fall into that trap. It probably won't work anyway!"

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 aren't 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 both know that if you aren't willing to invest about 10-minutes per day for 14-days to take one step toward your goal of becoming the best goalie you can be, that you really aren't interested in being any better than you are today.

We both know that if you aren't willing to do that, then you aren't interested in helping your team win more games.

AND WE BOTH KNOW THAT ISN'T YOU 🙌

You know that I have put this program together specifically to help goalies based on my 6-years of University studying Kinesiology, based on over 20-years as a Strength Coach, based on investing tens of thousands of dollars on continuing education and based on my work with goalies over the past 17-years.

You know that if you take just 14-days to work on your flexibility in these new and innovative ways that you will see improvement and that will help you win more games with fewer injuries.



Originally created in 2011, then updated to the 2.0 version in 2014, I figured it was time for another update. A lot has changed in how I help goalies develop Johnathan Quick-like flexibility :)

I have continued to travel thousands of miles to seek out the thought leaders in Mobility training from around the world. I have easily invested over \$11,000.00 learning these techniques, testing and refining them on goalies so you will not only have a wider butterfly flare but also looser hips that don't lock up on you and deeper splits, all while reducing your risk of career threatening hip and groin injuries - to help goalies perform better with fewer injuries.

So here is a competitive 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.

BEFORE YOU GET STARTED...

I want to make sure you have a very basic understanding of how you will maximize your mobility on the ice. Don't you dare skip reading this part. It is important and I promise that I won't geek out and start talking about afferent and efferent nervous pathways (which actually play a huge role in dictating how flexible you are not that you mention it 🤓).

I will make it like an easy-reader version:

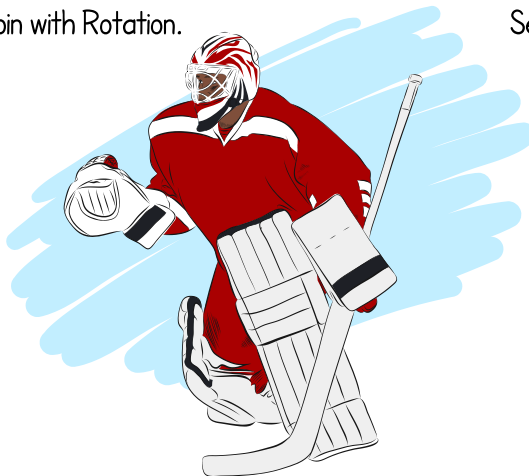
See goalie do some 1/2 Kneeling Groin with Rotation.

Rotate goalie rotate.

See goalie get more flexible hips.

See goalie smile from ear to ear:

Go goalie go.



See goalie stone shooter after shooter:

Sad, sad shooters.

See goalie get mobbed by his teammates after another shutout.

Happy, happy teammates.

Happy, happy goalie.



GOALIE ADDS 20 CM TO BUTTERFLY FLARE IN 14 DAYS

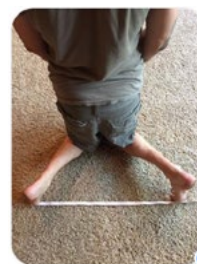


81cm. That was a waaaaay bigger improvement than I was expecting. It's really pretty crazy. Can't thank you enough for the challenge Maria. And congrats to all you Lab Rats that stuck with it. Now I just need to stay with it!!!

Start: 61cm

End: 81 cm

Almost 8" total. Now I just need to stop the puck 🤓



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.

I promise to keep the sessions to less than 15-minutes (most will be around 10-minutes) and we will cover all four pillars in that time so here they are:

1. Consistency
2. Myofascial Release
3. Asymmetrical Stretching
4. Respect YOUR 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". In the context of flexibility if you need to be more flexible, then you must work on your flexibility consistently.

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.

MYOFASCIAL RELEASE

The first thing you need to know about fascia is that it is a connective tissue web that surrounds every single muscle fibre and integrates to form your tendons. It is a complete network that flows throughout the entire body.

It is also 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, your 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's because those fascial adhesions are robbing you of your flexibility and mobility. That is why I have included self-myofascial release as a pillar of your 14-day Butterfly Challenge.



“WIDER BUTTERFLY PLUS GETS DOWN EASIER”

Stephen McIntyre So When my son Darian started this he measured 78cm, just measured him again and he is now at 104cm, that's a gain of 26cm or just over 10 inches. I must say I am super impressed with the entire program, and he will continue it daily through the upcoming season. Not only has his butterfly gotten wider, the ease in which he now gets down is super impressive. Thank you Maria for this program, season starts tomorrow



ASYMMETRICAL STRETCHING

Here is another flexibility secret that 95% of you 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.

I know you HATE to even think about it, but I have a point here, trust me.

Was your weight even on both feet? Were you square in your shoulders and hips? Were your hands perfectly positioned in front of you?

Probably not; in fact you were probably performing some sort of asymmetrical movement - like performing lateral push with your right leg while reaching 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.

GOALIE GAINS 15 CM AT THE AGE OF 53



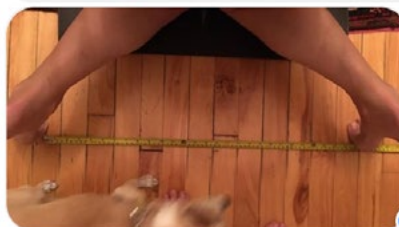
Heather Reid-Landry Wow! I went from 67cm to 82cm, gaining 15cm 😊. Being a young 53 year old who was never big on stretching, I was expecting to gain just a few because of a perceived lack of flexibility. I'm absolutely thrilled! Thanks, Maria!!! I'm a stretching convert now! Lol. I'm glad I did this challenge! The hips and knees feel great. It's been fun reading everyone else's successes too. Cheers!



IMPROVEMENT IN HIP PAIN WITH 10 CM GAIN



Katherine Rubin Started at 59cm, finished the challenge at 69cm! Increase of 10cm! Before the challenge, it was common for me to experience some pain in my hips (I see an osteopath). Now I feel amazing both on and off the ice! Thanks for the opportunity [Maria](#)! Good job everyone! ¹⁰⁰



RESPECT YOUR ANATOMY

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

#TRUTH: 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" with all the pieces 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 very well at all.

THIS IS KIND OF HOW OUR HIPS DEVELOP.

So, if you feel pinching or a "block" 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 or block.

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; not a pinch.



THE PROGRAM

Okay, here it is, the actual program. I have set it up as Day One and Day Two in order to keep the workouts under 15-minutes for sure. If you have the time and the desire, there is no harm doing both the Self-Myofascial Release and the Movement Training each day. You will see an image beside each workout in the chart, click on the image to see a video tutorial of each exercise.

SCHEDULE

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SMR	Active Stretch	SMR	Active Stretch	SMR	Active Stretch	SMR

WEEK 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Active Stretch	SMR	Active Stretch	SMR	Active Stretch	SMR	Active Stretch

SMR DAY 1

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




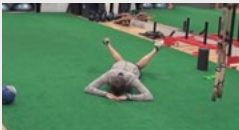



When you see **"Ball"** that means you will use a lacrosse ball, tennis ball, even medicine ball to target those areas - I like the lacrosse ball the best.

Just click the image beside each workout in the chart to see a video tutorial of each exercise.

TOOL	AREA	EXERCISE	TIME
BALL	Bottom Of Foot		30s
BALL	LATS		30s
BALL	TFL		30s
BALL	Active Hip Flexor		2x10
BALL	Active Glutes		2x10
NONE	Adductor with Leg On Bench		6x each (3 seconds down and 3 seconds up)
NONE	Breathing - shoes on abdomen and chest		6 breaths (4 seconds in through nose, 4 second hold, 6 seconds out through mouth)

MOVEMENT DAY 2

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

STRETCH	EXERCISE	DURATION
Rockback T-Spine Rotation		4 each
Rock Back SuperDog		6 each (hold 3s)
Supine Hip IR		10 (hold 5s)
Supine Hip Flexor Activation		5 each (hold 5s)
Prone Hip IR		10 (hold 5s)
Tall Half Kneeling Groin + Rotation		6 each (hold 3s)
90/90 Static Stretch		30s each
Ninja Flow		3 each - slowly

I FINISHED THE CHALLENGE! WHAT NEXT? - START HERE

First of all CONGRATULATIONS!

You are one of the 5%. As I told you before, thousands of goalies have seen and even downloaded this free program. But they decide to continue letting their team down, to continue risking injury every time they step on the ice, to continue playing below their potential.

To me it is not okay, but it is what it is - not everyone has the drive to be the best and I actually have no 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 (and then the next step and then the next step after that) toward achieving their goals and becoming the goalie they envision 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 3.0 - you will continue to marginal improvements over time. Your body will get accustomed to the demand so after a couple of months, you will just be maintaining. Your body needs variety to continue adapting.
- You can search www.GoalieTrainingPro.com to find more goalie specific off-ice drills and exercises that will help your speed and stamina on the ice and try to piece something together yourself. That is also free.
- 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 run you about \$85-170 per hour for a good coach.
- You can check out the complete done-for-you goalie specific training programs I designed for you [HERE](#). It will cost you \$1 to check them out.

And if you are thinking "a-HA... I KNEW she was going to try and sell me something", what did you expect? You know when you go to the Costco and they give you sample of some amazing perogi or whatever? It's delicious right? You want more. Well, they don't give you a whole bag of perogies to take home, do they? And that doesn't make you mad does it? Either way it makes you happy. If you loved it, you bought a whole bag so you could continue to enjoy them. If you liked it but didn't want a whole bag, at least you had a nice little free snack :) Am I right or am I right?

Whatever you decide to do, promise me one thing. Promise me you won't stop. Promise me you won't accept a plateau, keep taking a strategic approach to your incremental gains today, tomorrow, next week, next month... you get the idea.

I KNOW YOU HAVE IT IN YOU!

ABOUT THE COACH



Maria Mountain, MSc is a full-time strength coach, speaker and goalie training consultant. She is the founder of GoalieTrainingPro.com, the leading authority for effective, scientifically supported off-ice training that actually helps goalies like you, perform better on the ice.

She has helped goalies at every level from AA, Jr, ECHL, European Pro, Adult League, AHL and the NHL play to their potential, win more games and experience fewer injuries. She's the one goalie coaches call when they need the right off-ice exercises to help goalies move the way they need to move on the ice.

Her systems surprise even elite goalies who have been 'working hard' for years, when they discover that working on the right things, the things that translate on to the ice has been the missing link in their development.

“NO MORE KNEE OR GROIN PAIN PLUS 10 CM GAIN IN BUTTERFLY



Jamie Sliger 23" (59cm) at the start...did foam roll and stretches every night. Hips feel great and no more knee or groin pain (last season injuries). Finished with 27" (69cm) for a gain of 4" (10cm). Very impressed with this program. Thanks **Maria Mountain!**

