

**SHUT OUT
academy**

**HOW GOALIES
FRUSTRATE
SHOOTERS
WITH THEIR
STEALTHY SPEED
& UNFLAPPABLE
CONFIDENCE.**

**GOALIE
TRAININGPRO.com**



**MARIA L. MOUNTAIN
EXERCISE PHYSIOLOGIST**



Maria L. Mountain, MSc, CEP
Certified Exercise Physiologist
Founder

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WARNING

There is inherent danger with any new exercise program. This program is provided for illustrative purposes only. You should consult your health care provider before starting or changing your exercise routine. Serious injury or death could occur. Consult with a qualified fitness professional to show you proper form for each exercise.

Join Us in the Members Only **ShutOut Lounge**

<https://www.facebook.com/groups/ShutoutLounge/>

The member's only lounge for goalies in the ShutOut Academy. Show us your new set up, ask about technique, motivate other goalies, tell us about your successes and of course, ask any questions about your training.

#OneDayBetter #NoWhiningAllowed

FEBRUARY 2021

Happy February to you!

First off - CONGRATULATIONS to the new recruits who have done such an amazing job coming in, getting your bearings, getting to work and becoming an awesome member of the SOA community. You are valued and we're glad to have you on our team.

Let's look ahead what's next - most of us are still off the ice - I think it was about 75% of you could not be on the ice in January - maybe that will change for some of us this month. Doesn't matter. Either way, we are going to get #onedaybetter - today, tomorrow and the day after that.

We can't control whether or not we are on the ice - but we can control whether or not we become a better goalie this week than we were last week. Let's get into it.

Have questions about technique? Don't have a piece of equipment? Need Advice?

Hop on ShutOut Lounge and we will look after you

Any questions about the program sent to my personal email or Facebook page will be copied and pasted to the Shutout Lounge so I can answer it for everyone.

PROPOSED TRAINING SCHEDULE - FEBRUARY 2021

OFF-SEASON

DAY	1	2	3	4	5	6	7
Week 1 & 3	FEB MOB FB1 + Optional STAMINA	JAN MOB SPEED	FEB MOB FB2 + Optional STAMINA	JAN MOB SPEED	FEB MOB FB1	JAN MOB STAMINA	OFF
DAY	1	2	3	4	5	6	7
Week 2 & 4	FEB MOB FB2 + Optional STAMINA	JAN MOB SPEED	FEB MOB FB1 + Optional STAMINA	JAN MOB SPEED	FEB MOB FB2	JAN MOB STAMINA	OFF

IN-SEASON

DAY	1	2	3	4	5	6	7
Each Week	FEB MOB + Optional SPEED	JAN MOB FB1	FEB MOB	JAN MOB + Optional SPEED	FEB MOB FB2	JAN MOB	OFF





WORKOUT LOG PAGES

**Print out the following pages, three hole punch them
& put them in a Training Binder**

This is an example of how to fill out your weekly workout log.

Record Dates Below

	Feb 1st	Feb 2nd	Feb 3rd	Feb 4th	Feb 5th	Feb 6th	Feb 7th
MOBILITY	MOB	MOB	MOB	MOB	MOB	MOB	
STRENGTH FB1/FB2		FB1			FB2		
SPEED	Speed			Speed			
STAMINA							

Example

	EXERCISE/DATE	Feb 2nd	Feb 5th			
A	DB Squat Lateral 3x8ea 2011	8/20lbs 8/30lbs 8/35lbs				
A1	Side Plank + Leg Lift 3x8ea (add 2 reps each week) 1011	8 each 8 each 8 each				
A2	Deep Squat + KB Pres 2x5ea 2012	5/30lbs 5/35lbs				



WORKOUT LOG PAGES

Record Dates Below

MOBILITY							
STRENGTH FB1/FB2							
SPEED							
STAMINA							

MOBILITY							
STRENGTH FB1/FB2							
SPEED							
STAMINA							

MOBILITY							
STRENGTH FB1/FB2							
SPEED							
STAMINA							

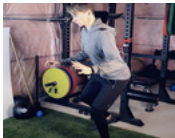



MOBILITY							
STRENGTH FB1/FB2							
SPEED							
STAMINA							

MOBILITY - FEBRUARY 2021

	EXERCISE/DATE					
A	Inline Traction 1 x 60s each 					
A1	Iliopsoas Release 1 x 15ea 					
A2	LAX On Back Extensor 1 x 120s 					
A3	LAX on TFL 1 x 30s each 					
A4	Tall V-Sit Rotation 1 x 3ea (4s inhale) 					
A5	Reach, Roll & Lift 1 x 6ea (3s each) 					
A6	CARS Knee 1 x 4ea 					
A7	Supine Hip IR 1 x 3 x 20s hold 					
A8	90/90 PRL Tall Sitting 1 x 3 (10s hold) 					
A9	Alternate RVH Balance 1 x 6ea (hold 3s) 					

SKILLS INTENSIVE - FEBRUARY 2021

You can do this with your mobility or at another time

	EXERCISE/DATE					
B	SL Pivot + Balance 1-2 x 6ea (hold 3s) 					
B1	Eyes - Side To Side 1-2 x 5ea 					
B2	Hand-Eye Switched On Colours 1-2 x 120s 					
B3	Eyes - Up Down 1-2 x 5ea 					
B4	Hand-Eye Switched On Colours 1-2 x 120s each 					

	EXERCISE/DATE		INSEASON	DO ONLY	GREEN	EXERCISES	
A	LAX Active Hip Flexor 1 x 3 x 15 (1010) 						
A1	Standing Hip Flexor Activation 1 x 4ea (hold 3s) 						
A2	Walking Quad Stretch 1x 3ea 						
A3	Best Stretch Ever 1 x 3ea 						
A4	Sumo Squat + OH Reach 1 x 3ea 						
B	DB or Landmine Lunge + Pass 3 x 4ea (X0X0) 						
B1	Chin Up or Bear Row 3 X 8ea (2012) 						
B2	SL Pivot w Rotary Stabilization 3(2) x 6ea (X0X3) 						
C	Push Up Rotate + Knee Drive 3 x 4ea (hold 2s) 						
C1	Super Dog w LAX 3(2) x 8ea (1013) 						
D	Knee Down Vertical Jump 3(2) x 4ea (expl) 						
D1	Conc/Ecc Adductor - Rotate AWAY 3 x 6ea (3030) 2 x 4ea (1010) 						
E	Neck Extension 1 x 5 (3s push) 						

	EXERCISE/DATE		INSEASON	DO ONLY	GREEN	EXERCISES	
A	LAX Upper Glute 1 x 30s each 						
A1	LAX Calves 1 x 30s each 						
A2	Walking Quad Stretch 1 x 3ea 						
A3	Down Back Shuffle 1 x 3ea 						
A4	High Kick + Inverted Reach 1 x 3ea 						
B	Bottom Half Split Squat 3(2) x 12ea (1010) 						
B1	Split Squat 3 x 6ea (3030) 2 x 4ea (1010) 						
B2	Pallof Press + Rotation 3(1) x 12ea (1010) 						
C	Alt Standing Press From Up Position (or DB Floor Press) 3 x 8ea (3011) 						
C1	Contra DB Row 3 x 8ea (2012) 						
C2	Squat Jump + Hold 3 x 4 (3 jumps + 5s hold) 						
D	RVH Rotary Stabilization 3 x 4ea (3030) 2 x 4ea (1010) 						
D1	VH Sling Rotate and Recover 3(2) x 6ea 						
E	Deep Neck Flexors 1 x 6-8 (3s hold) 						

STAMINA 1 - FEBRUARY 2021

This will be brutally hard

	EXERCISE/DATE					
A	Walking Quad Stretch 1 x 3ea 					
A1	Best Stretch Ever 1 x 3ea 					
A2	Down Back Shuffle 1 x 3ea 					
A3	Lateral Hop + Stick 1 x 3ea (hold 3s) 					
A4	Alternate Knee Recovery 1 x 3ea 					
B	AL Pivot To Lateral Hop 2 x 2 (30s hard: 10s easy) 					
B1	Knee Down Lateral Hop 2 x 30s 					
B2	AL Pivot To Lateral Hop 2 x 2(30s hard: 30s easy) 					
B3	Squat Jump + Hold 2 x 4(5+10s hold) 					
B4	AL Pivot To Lateral Hop 2 x 2(30s hard: 10s easy) 					
B5	Post Hold 2 x 30s each 					
B6	REST 2 minutes before starting set #2					

STAMINA 2 - FEBRUARY 2021

**You can do this one on the bike, elliptical, stairmaster - -
running, whatever (Elliptical is probably my preference)**

	EXERCISE/DATE					
A	Easy warm up 3-5 minutes					
B	30s Hard: 30s Very Easy 1 x 4					
B1	60s Very Easy 1 x 1					
B2	60s Hard: 60s Very Easy 1 x 2					
B3	60s Very Easy 1 x 1					
B4	20s Hard: 40s Very Easy 1 x 6					
B5	60s Very Easy 1 x 1					
B6	60s Hard 1 x 1 DONE					

SPEED 1 - FEBRUARY 2021


	EXERCISE/DATE					
A	LAX Glutes 1 x 30s each					
A1	LAX Calves 1 x 30s each					
A2	Walking Quad Stretch 1 x 3ea					
A3	Walking Leg Cradle 1 x 3ea					
A4	High Kick to Inverted Reach 1 x 3ea					
A5	High Knees Skip Lateral 1 x 3ea					
A6	Lateral Shuffle To Lateral Lunge 1 x 3ea					
B	Pivot Push w Rotary Lead 1-2 x 4ea					
B1	Lateral Push Arch 1-2 x 1 each way					
B2	Eyes Closed Single Leg Balance 1-2 x 30s each					
B3	Multi Numbers w Switched On 1-2 x 4 (15s on:45s off)					
B4	Tall Butterfly Shadow Saves 1-2 x 60s					
B5	Knee Recovery Resisted Push w Rotary Lead 1-2 x 4ea (REST 120s)					

TURNING PRO COACHING + CAMP



This is for goalies who are looking for that straight line to success. It includes:

- 12-months of custom off-ice training program design based on your specific needs, schedule, equipment availability
- Monthly coaching call so we can assess what is going well, what we need to work on and how to manage your schedule
- Access to the Turning Pro training app where your workouts will be uploaded
- Video tutorials for each exercise in the app and of course you will record your workouts - you can also print a paper copy from the app if you prefer
- Unlimited SMS support using the messaging feature in our private training app
- Nutritional guidance to support your training efforts



Carter Hutton
NHL Goalie

"AFTER USING MARIA'S PROGRAM I HAVE HAD THE SMOOTHEST TRANSITION FROM THE GYM TO THE ICE OF MY PROFESSIONAL CAREER. HER ATTENTION TO DETAIL OF MY SPECIFIC NEEDS ELEVATED MY STRENGTH AND CONDITIONING, ELIMINATED A CHRONIC INJURY AND IMPROVED MY FLEXIBILITY"

TURNING PRO COACHING & CAMP

Want to double your results on the ice?
Interested in working privately
with Maria online?

[Here's Where To Start](#)



January 2021

ABOUT THE COACH

Whether she's training Olympic Gold Medalists, kids at hockey camps, or Stanley Cup champs, Maria Mountain has one goal: to help athletes live their dreams.

After earning her MSc in Kinesiology, Maria helped heal injured athletes at Fowler Kennedy Sport Medicine Clinic, trained varsity teams at the University of Western Ontario, and finally landed her dream job as head coach at a huge training centre. She was learning every day, but the biggest lesson was the hardest to swallow: the big box fitness industry was more about profits than people.



Unhappy with the way things were, Maria opened her own gym in London, Ontario in 2005. At Revolution Sport Conditioning, Maria designs quality training programs for top-notch athletes – like Stanley Cup Winner Andy McDonald and Olympic Gold Medalists Scott Moir and Tessa Virtue – and works with plenty of amateurs who just want to train like pros. Online, Maria helps hockey players around the world win more games with fewer injuries at GoalieTrainingPro.com. When she's not chugging beer from the Stanley Cup (true story!), Maria can be found running, skiing, or riding her Honda CBR in and around London.

Maria and her programs have been seen in and on



THE GOALIE GUILD

