

Butterfly Challenge

Here is the outline for your Butterfly Challenge workout. Remember that you should not experience pain while completing any of the exercises. When stretching, go to the point of a medium stretch and hold, do not force your movement. There can be bony issues at the hip joint which will limit range of motion, these anatomical issues cannot be changed with stretching.

Frequency	Exercise	Repetitions
5-7 days per week ➤ 5-minutes	Self Myofascial Release <ul style="list-style-type: none">• Glute Roll• Glute Active Release• Hip Flexor Roll• Adductor (groin) Roll	30 seconds each
Only 3 days per week ➤ 5-minutes	Strength/Activation <ul style="list-style-type: none">• Clamshell• Can Opener – resisted to non-resisted• Kneeling Single Leg Active Hip Internal Rotation	15-30 each 15+15 15 each
5-7 days per week ➤ 5-minutes	Static/PNF Stretching <ul style="list-style-type: none">• Supine Knee Pinch – 3 second hold• Supine Knee Pinch & Hold – 30 second hold• Seated Hip Internal Rotation – 3 second hold	10-15 1 10-15