



BUTTERFLY EFFECT 2.0 - WEEK 1
NOVEMBER 1ST THROUGH TO NOVEMBER 7TH

WOD 1 – COUNT ON ME

ADVANCED

12 min AMRAP

2, 4, 6, 8, 10, 12, 14 ETC. REPS OF:
Synchronised Overhead Alternating Static Lunge @ 35Kg
Synchronised Toes to Bar
Synchronised Bar Facing Burpees

INTERMEDIATE

12 min AMRAP

2, 4, 6, 8, 10, 12, 14 ETC. REPS OF:
Synchronised Front Rack Alternating Static Lunge @ 35Kg
Synchronised Toes to Bar
Synchronised Bar Facing Burpees

BEGINNERS

12 min AMRAP

2, 4, 6, 8, 10, 12, 14 ETC. REPS OF:
Synchronised Alternating Static Lunge
Synchronised Knee Raises
Synchronised Bar Facing Burpees (can step over)

NOTE Prior to starting this workout, the beginners pairs will have to set up a bar with bumper plates for their bar facing burpees.

At the call of “3,2,1...go!” the athletes will each pick their bar up to either the overhead position if advanced or front rack position if intermediate to commence their alternating static lunges (beginners are not using a bar for the lunges so can just commence lunging). Athletes start with both feet parallel and step forward into a lunge until the knee touches the ground and then return to the starting position. They then step forward with the opposite foot until the knee touches the ground and return to the start position. Each lunge constitutes one rep. For example, a lunge on the right leg and then a lunge on the left leg will be 2 reps. Athletes must be in the finish position (stand the lunge up with feet parallel) at the same time for it to constitute a synchronised movement. The partners knees do not need to touch the ground at the same time. Athletes CANNOT lunge backwards. Once both athletes have performed 2 reps, they move over to the pull up bar and complete 2 synchronised toes to bar (or knee raises for beginners). Both athletes toes must touch the bar between the hands at the same time to constitute a rep (beginners knees must be raised above the midline at the same time to constitute a rep). Once the 2 reps have been completed, the athletes move over to one of the bars and perform 2 bar facing burpees. Athletes must step or jump both feet out, chests must touch the floor at the same time, step or jump both feet back and jump over the bar (beginners may step over the bar).



The workout continues in this fashion increasing the reps by 2 each time until the time cap is complete. Score is total number of completed reps.

MOVEMENT STANDARDS

SYNCHRONISED TOES TO BAR

In the Toes to Bar the athlete must go from a full hang to having the toes touch the pull up bar at the same time inside the hands. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep. For the rep to count, both athletes feet must make contact with the bar at the same time.

SYNCHRONISED KNEE RAISES

Athletes must start from full hang to having the knees come up at the same time above the crease of the hip. At the start of each rep, the arms must be fully extended with feet off the ground, and the feet must be brought back behind the bar and the rest of the body, before commencing 2nd rep. For the rep to count, both athletes knees must be in the final raised position at the same time.

SYNCHRONISED BAR FACING BURPEE

The burpee must be performed perpendicular and facing the barbell. The athlete can jump or step feet back so she is lying on the ground. The chest and thighs touch the ground at the bottom at the same time as their partner. The athlete can then either jump or step feet back up from the burpee. The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (except for beginners). The barbell must be loaded with standard height bumper plates for the athlete to jump over. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell. Both athletes must have the chest on the ground at the same time for the rep to count.

SYNCHRONISED OVERHEAD ALTERNATING STATIC LUNGE

Each lunge begins with the weight overhead, the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the forward leg back bringing the feet back together with the weight remaining overhead for the duration of the repetition. The rep ends with the weight still overhead and the athlete standing tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep. For the rep to count, both athletes must be in the finish position with the weight overhead and standing tall with feet together at the same time. This movement is a forward lunge only. Backwards lunges are not permitted.



SYNCHRONISED FRONT RACK ALTERNATING STATIC LUNGE

Each lunge begins with the weight racked on the shoulders, the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the forward leg back bringing the feet back together. The rep ends with the weight still in the front rack position and the athlete standing tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep. For the rep to count, both athletes must be in the finish position with the weight in the front rack position and standing tall with feet together at the same time. This movement is a forward lunge only. Backwards lunges are not permitted.

SYNCHRONISED ALTERNATING STATIC LUNGE

This movement is a normal lunge with no weight. Each lunge begins with the feet together, and the athlete standing tall. The athlete steps forward into a lunge with the trailing knee making contact with the ground at the bottom of the lunge. The athlete then steps the forward leg back bringing the feet back together. The rep ends with the athlete standing tall with the hips and knees fully extended. The athlete then continues the same movement with the opposite leg, alternating every rep. For the rep to count, both athletes must be in the finish position standing tall with feet together at the same time. This movement is a forward lunge only. Backwards lunges are not permitted.