



## **BUTTERFLY EFFECT 2.0 - WEEK 1**

17:00PM AEST, NOVEMBER 16<sup>TH</sup> THROUGH TO NOVEMBER 21<sup>ST</sup>

### **WOD 3 – HANGIN’ TOUGH**

**This workout is made up of 2 parts.**

**\* SET A CONTINUOUS RUNNING CLOCK FOR 25 MINUTES**

#### **PART A - 6 mins to find your 1RM Clean & Jerk**

Barbell must start empty. At the call of “3, 2, 1....go” athletes can load the bar to their desired weight. Collars must be used for safety.

Score is each athlete’s heaviest lift combined. E.g., athlete 1 completed 1 C & J at 35kg, then 1 C & J at 40kg and then a failed attempt at 45kg – her score is 40kg. Athlete 2 performs 1 C & J at 40kg, 1 C & J at 45kg and 1 C & J at 50kg – her score is 50. The combined score therefore is 90kg.

Athletes may have as many attempts as they want and in any order within the 6 minute time cap.

**\* 1 MIN REST**

**THE TEAM CAN EITHER USE THE SAME BAR AND LOAD IT TO THE APPROPRIATE WEIGHT FOR PART B OR CAN CHOOSE TO HAVE A SEPARATE PRELOADED BAR.**

**THEN:**



## **PART B (FROM 07:00-25:00) -**

**For time (18 minute time cap)**

### **ADVANCED**

**For Time:**

9 Rounds:  
9 Bar Muscle Ups  
11 Clean & Jerks @ 47.5kg  
9 Back Squats @ 47.5kg

### **INTERMEDIATE**

**For Time:**

9 Rounds:  
9 Chest to Bar  
11 Clean & Jerks @ 35kg  
9 Back Squats @ 35kg

### **BEGINNERS**

**For Time:**

9 Rounds:  
18 Jumping Pull Ups  
11 Clean & Jerks @ 25kg  
18 Back Squats @ 25kg

For this workout, the work is to be shared with your partner however you choose with only one person working at a time.

At the call of "3, 2, 1...go" one athlete will commence the bar muscle ups/chest to bar/jumping pull ups changing whenever needed until the 9 reps are complete. (18 reps for beginners). The team will then move on to 11 clean & jerks between them (11 for beginners) and then 9 back squats between them (18 for beginners). They will continue in this fashion for 9 total rounds or until the time cap of 18 mins is reached.

Score is total time taken to complete and if all rounds are not completed, one second per unfinished rep is to be added on to the total time of 18:00. **(i.e. Should you complete 251 reps of the total 261 at the end of the 18 min time cap your score will be 18:10)**



## **MOVEMENT STANDARDS**

### **CLEAN & JERK**

The clean and jerk starts with the weight on the floor and finishes with the barbell fully locked out overhead with the arms, hips, and legs extended, and the bar over the center of the athlete's body when viewed from profile. The barbell must pass through the front-rack position before going overhead; snatching is not permitted. A muscle clean, power clean, split clean, or squat clean may be used, as long as the barbell comes up to the rack position on the shoulders. Once racked, a press, push press, split jerk, or push jerk may be used to lock the barbell out overhead.

### **BAR MUSCLE UP**

In the bar muscle-up, the athlete must begin with, or pass through, a hang below the bar with arms fully extended and the feet off the ground. Kipping the muscle-up is acceptable. The heels may not rise above the height of the bar during the kip. At the top, the elbows must be fully locked out while the athlete supports their body above the bar with the shoulders over or in front of the bar. Only the hands, and no other part of the arm, may touch the pull-up bar to assist the athlete in completing the rep.

### **CHEST TO BAR**

This is a standard chest-to-bar pull-up. Dead hang, kipping or butterfly pull-ups are allowed as long as all the requirements are met. The arms must be fully extended at the bottom, with the feet off the ground. At the top, the chest must clearly come into contact with the bar below the collarbone.

### **JUMPING PULL UP**

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is standing tall. At the bottom, the arms must be fully extended. Overhand, underhand or mixed grip are all permitted. At the top, the chin must break the horizontal plane of the bar.

### **BACK SQUAT**

The movement commences with the bar on the athlete's back. The partner is allowed to place the bar on their team mate's back. Alternatively, the bar may be cleaned up, pressed overhead and brought down onto the back.

At the bottom of the squat, the hip crease must pass below the knees. At the top, hips and knees must be fully extended. Racks are not permitted.