



BUTTERFLY EFFECT ONLINE 2019 - WEEK 1
JULY 4TH THROUGH TO JULY 10TH

EVENT 1 – POWER HOUSE

FOR TIME (WITH A 20 MINUTE TIME CAP)

10 ROUNDS EACH
YOU GO – I GO

EACH PARTNER COMPLETES A FULL ROUND CONSISTING OF THE FOLLOWING BEFORE CHANGING OVER:

5 Power Cleans
5 Front Squats
5 Shoulder to Overhead
10 Chest to Bar / Pull ups / Ring Rows

ADVANCED – 45KG & Chest to Bar
INTERMEDIATE / MASTERS – 35KG & Pull-ups
(Masters may substitute 20 ring rows: 2 ring rows = 1 rep)
BEGINNERS – 25KG & Ring Rows

At the call of “3,2,1...go!” athlete 1 will pick up the bar and commence her 5 power cleans, 5 front squats, 5 shoulder to overhead and then move to the rig to perform 10 chest to bar/pull ups or ring rows dependent on division. If Masters athletes are unable to perform pull ups, they may substitute the 10 pull ups for 20 ring rows. Every 2 ring rows will constitute 1 rep (therefore 20 ring rows = 10 reps). Once a full round has been completed, athlete 2 will start her round of 5 power cleans, 5 front squats, 5 shoulder to overhead and 10 chest to bar/pull ups/ring rows. The athletes will continue in this manner until both athletes have completed 10 rounds each or the 20 minute time cap is reached.

Score is the time taken to complete the workout. One second per incomplete rep is added to the 20 minute time cap should the workout not be completed in time.



MOVEMENT STANDARDS

POWER CLEAN

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

FRONT SQUAT

The barbell begins on the ground and athlete must clean the barbell up to the front rack position to start the movement. At the bottom, the crease of the hips must pass below the height of the kneecap. At the top, the knees and hips must be completely open with the barbell in control.

SHOULDER TO OVERHEAD

Each rep of the shoulder to overhead begins with the barbell on the shoulders and finishes with the weight fully locked out overhead and over the middle of the body. The athlete may use any type of shoulder to overhead movement (Strict Press, Push Press, Push Jerk, Split Jerk), but the ending position of overhead with the elbow, shoulder, hips and knees fully extended, and feet in line must be achieved before the rep is complete.

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.

PULL-UPS

This is a standard chin-over-bar pull up. Dead hand, 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 bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar.

RING ROWS

Start with feet directly beneath the rings. Set the rings up between chest and belly button height. Grab the rings and extend your arms creating a 45 degree angle between yourself and the floor. From this position keeping your midline locked in, pull yourself up so the rings hit your armpits. From here recoil back down extending your arms back down to the starting position.