



BUTTERFLY EFFECT ONLINE 2019 - WEEK 2
JULY 11TH THROUGH TO JULY 17TH

EVENT 2 – SHAKE YOUR THANG

This workout is made up of two parts

SET A 30 MINUTE RUNNING CLOCK

PART A (FROM 0:00 – 20:00)

AS MANY ROUNDS AND REPS AS POSSIBLE IN 20 MINUTES OF: -

60 Double Unders (2 x single skips for beginners – 120 skips = 60 reps)
30 Wall Balls @ 6kg (4kg for beginners)
16 Push Ups (knee push ups for beginners)
200m Row (each 50m is 1 rep – i.e. 200m = 4 reps)

At the call of “3,2,1...go!” one athlete commences the 60 double unders (or 120 single skips for beginners). Once reps are complete the pair move on to the 30 wall balls, then 16 push ups (knee push ups for beginners) and 200m row. Partners can swap in and out as desired - they might choose to complete all reps of one movement or break the movements up. There is no minimum work requirement. They will continue in this fashion until the clock reaches 20 minutes.

Your score is the total number of reps performed

THEN

PART B (FROM 20:00 – 30:00) - 10 MINUTES TO FIND YOUR 1-REP MAX DEADLIFT

At the 20 minute mark, both partners have 10 minutes total to find a 1-rep max deadlift. The bar can start loaded and collars must be used for safety.

Athletes may have as many attempts as they want, adding and reducing the weight as required, and in any order within the 10 minute time cap.

The score is each athlete’s heaviest lift combined. E.g., athlete 1 completed 1 deadlift at 50kg, then 1 deadlift at 60kg and then a failed attempt at 70kg – her score is 60kg. Athlete 2 performs 1 deadlift at 70kg, 1 deadlift at 80kg and 1 deadlift at 85kg – her score is 85. The combined score therefore is 145kg.



MOVEMENT STANDARDS

DOUBLE UNDER

This is the standard double-under in which the rope passes under the feet twice for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

SINGLE SKIPS

The rope passes once under the feet for each jump. The rope must spin forward for the rep to count. Only successful jumps are counted, not attempts.

WALLBALL

In the wall ball shots, the medicine ball must be taken from the bottom of a squat, hip crease below knee, and thrown to hit the required target. The measured target which is marked with tape is reached when the ball is OVER the line. If the ball hits low or does not hit the target, it is no rep. If the ball is not caught between reps, it must come to a full stop on the ground. Catching the ball bouncing off the floor is not permitted.

PUSH UPS

A straight body position must be maintained throughout the push-up. No snaking, sagging or pushing up from the knees is allowed. The elbows must be locked out at the top with the feet no wider than shoulder width. At the bottom, the chest (nipple line or above) must touch the floor.

For knee push ups, the hands are under the shoulder with the knees on the ground. At the bottom, the chest (nipple line or above) must touch the floor. There is no snaking or sagging allowed.

ROWING

Concept 2 Rower must be used. Any damper setting is allowed. Athlete must start in the seat and no holding of the paddle until 3-2-1 GO is complete. Athlete must exit the machine on their own with no assistance.

DEADLIFT

Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout.