



BUTTERFLY EFFECT ONLINE 2019 - WEEK 3
JULY 18TH THROUGH TO JULY 24TH

EVENT 3 – KILLING TIME

ADVANCED / INTERMEDIATE/MASTERS	BEGINNERS
FOR TIME (WITH A 22 MINUTE TIME CAP)	FOR TIME (WITH A 22 MINUTE TIME CAP)
Buy In: 50 Sync Burpees	Buy In: 40 Sync Burpees
Then Split Reps as Required:	Then Split Reps as Required:
80 Thrusters (bar cannot touch the ground) 70 Box Jump Overs 20" (<i>Step up permitted for Masters</i>) 60 Toes To Bar 40 Power Snatch (bar cannot rest on the ground) 30 Overhead Squats (bar cannot touch the ground) 20 Bar Muscle Ups / Chest to Bar	80 Thrusters @ 15KG (bar cannot touch the ground) 70 Box Jump Overs 20" (can step up) 60 Knee Raises 40 Kettlebell Swings 16KG 30 Front Squats @ 15KG (bar cannot touch the ground) 20 Power Snatch @ 15KG (bar to start from below the knees and cannot touch the ground)
<u>* IF THE BAR IS PUT DOWN IN THE MIDDLE OF THE THRUSTER, SNATCH OR OVERHEAD SQUAT, OR DURING THE TRANSITION FROM THE SNATCH TO THE OVERHEAD SQUAT, STOP AND PERFORM 3 SYNC BURPEES. THESE DO NOT COUNT TOWARDS YOUR SCORE.</u>	<u>* IF THE BAR IS PUT DOWN IN THE MIDDLE OF THE THRUSTER, FRONT SQUAT OR POWER SNATCH, OR DURING THE TRANSITION FROM THE FRONT SQUAT TO POWER SNATCH, STOP AND PERFORM 3 SYNC BURPEES. THESE DO NOT COUNT TOWARDS YOUR SCORE.</u>
ADVANCED – 35kg & Bar Muscle Ups INTERMEDIATE – 30Kg & Chest to Bar MASTERS – 30Kg & Chest to Bar <i>(Masters may substitute toes to bar with 3 x knee raises if required – i.e. 3 knee raises = 1 rep)</i> <i>(Masters may substitute overhead squats with 2 x front squats if required – i.e. 2 front squats = 1 rep)</i> <i>(Masters may substitute chest to bar with 2 x jumping chest to bar if required – i.e. 2 jumping chest to bar = 1 rep)</i>	

At the call of "3,2,1...go!" both athletes will perform 50 synchronised burpees (40 for beginners). Both athletes chests must touch the ground at the same time. On completion of the burpees, athlete 1 will commence the thruster reps. Partners can swap in and out as desired, however during the barbell movements, the bar may not touch the ground. If athlete 1 needs a break, she has to hand the bar to her partner. If the bar is dropped, both athletes need to perform a penalty of 3 synchronised burpees. These burpees do not count towards your score.



Once the thrusters are complete, the athletes move on to the box jump overs performing 70 total reps, and switching as desired. Master and beginners may step up if preferred. They will then move on to toes to bar (knee raises for beginners) and complete the 60 reps between the pair. Masters are able to substitute this movement if they are unable to do toes to bar. The substitute is 3 times the amount of knee raises so 3 knee raises = 1 rep. If both partners are doing knee raises, that will be a total of 180 knee raises to equal the 60 reps. One partner is allowed to do toes to bar and the other knee raises, ensuring that the partner doing the knee raises counts one rep every 3 knee raises.

Partners then move on to complete 40 power snatch (or kettlebell swings for beginners), 30 overhead squats (front squats for beginners), and then finish with 20 reps of bar muscle ups/chest to bar/power snatch dependent on division. Masters may substitute chest to bar for 2 times the amount of chest to bar (2 jumping chest to bar = 1 chest to bar). The bar may not be put down during the transition between the snatch and overhead squats (or front squat and snatch for beginners).

After the synchronised burpees, there is no minimum work requirement.

The bar will have to touch the ground with the power snatch for the advanced, intermediate and masters division but it must be touch and go. If the partner rests the bar on the ground, the burpee penalty will be applied. The power snatch for beginners will have to start from just below the knees as they will be using an empty barbell.

Score is the time taken to complete the workout.

MOVEMENT STANDARDS

SYNCHRONISED BURPEE

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 and finish the movement off with a jump and clapping hands overhead. Both athletes must have the chest on the ground at the same time for the rep to count.

THRUSTERS

The movement begins with the bar on the ground. The bar is then cleaned up to the shoulders. A full squat clean into the thruster is allowed when the bar is taken from the floor. The hip crease must clearly pass below the top of the knees in the bottom position. Stand from the squat, push the bar overhead, ending with the arms locked out directly over the middle of the body with elbows, knees and hips fully extended and feet in line with each other. On completion of a rep, the bar is brought back down to the front rack position in preparation for the next rep.

BOX JUMP OVERS

JUMPING: Athletes must jump from the ground onto the box with two feet. They may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required

STEPPING: As above except athlete may STEP onto box. Full extension on top of the box is not required



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.

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.

POWER SNATCH

The barbell begins on the ground for advanced, intermediate and masters athletes (however may not rest on the ground – reps must be touch and go). If you begin with an empty barbell, or a barbell that only has plates smaller than standard bumper plates, each repetition must begin with the barbell clearly below the knees. The barbell must come to full lockout overhead with the hips, knees and arms fully extended, and the bar directly over the middle of the body.

KETTLEBELL SWING

Starting from the ground the KB is swung upwards. At the top of the swing, the kettlebell must be fully inverted (bell over the handle), centred over the feet with the hips and knees fully extended and the arms straight. At the bottom, the wrists must touch the thighs and the bell must pass behind the heels.

OVERHEAD SQUAT

The athlete must get the bar overhead by any means preferred – snatch, press, jerk etc. While the bar remains locked out overhead, the athlete descends into a full squat with the hip crease must be below the knee at the bottom. The hips and knees must fully open at the top with the barbell locked out overhead

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.

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 CHEST TO BAR

For jumping chest to bar, the bar should be set up so it is 6 inches above the top of the athletes head when standing tall. A box/plates under the pull up bar is permitted to allow athletes to reach if necessary.

Athletes must start with arms at full extension. Anywhere from the bottom of the clavicle to the chest must clearly come into contact with the bar.