



BUTTERFLY EFFECT ONLINE 2020 - WEEK 1
SEPTEMBER 10TH THROUGH TO SEPTEMBER 16TH

EVENT 1

RX	INTERMEDIATE / MASTERS	BEGINNERS
12 MIN AMRAP ONE PARTNER WORKING, ONE PARTNER RESTING HOLDING BARBELL IN FRONT RACK POSITION (40KG) 45 Double Unders 10 Front rack step back lunges @ 40kg 10 Chest to Bar Pull Ups	12 MIN AMRAP ONE PARTNER WORKING, ONE PARTNER RESTING HOLDING BARBELL IN FRONT RACK POSITION (30KG) 45 Double Unders 10 Front rack step back lunges @ 30kg 10 Pull Ups	12 MIN AMRAP ONE PARTNER WORKING, ONE PARTNER RESTING BARBELL IN FRONT RACK POSITION (25KG) 90 single skips 10 Front rack step back lunges @ 25kg 10 Ring Rows

At the call of “3,2,1...go!” one athlete will clean one bar up and hold the bar in the front rack position. Athlete 2 can then commence working through 45 double unders (90 single skips for beginners), 10 front rack step back lunges (with a separate bar) and 10 chest to bar/pull ups/ring rows. Work may only be completed while the resting partner is holding the barbell in the front rack position. If the barbell is put down, the working partner must also stop. Work can recommence as soon as the bar is in the front rack position again. 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 12 minutes.

Your score is the total number of reps performed.



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.

FRONT RACK STEP BACK LUNGES

Each lunge begins with the weight racked on the front rack, the feet together, and the athlete standing tall. The athlete steps backwards into a lunge with the knee making contact with the ground at the bottom of the lunge. The athlete then steps the back leg forward 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 backwards lunge only. Forward lunges are not permitted.

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. Place a tape line where feet must remain. 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. Legs must be extended with feet together. 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. No thrusting of hips allowed. Body must remain tight to perform a strict movement.