



BUTTERFLY EFFECT ONLINE 2020 - WEEK 2
SEPTEMBER 17TH THROUGH TO SEPTEMBER 23RD

EVENT 2

SET A CLOCK TO 14 MINUTES

PART A

FOR TIME (WITH A 14 MINUTE TIME CAP)

10-9-8-7-6-5-4-3-2-1

Synchronised Power Snatch (RX 35kg / Intermediate & Masters 30kg / Beginners 25kg)

Synchronised Bar Facing Burpees

PART B

IN THE REMAINING TIME OF THE 14 MINUTES COMPLETE:

3RM Overhead Squat (Front Squat for Beginners)

At the call of “3,2,1...go!” both athletes complete 10 synchronised power snatch. Both bars must be overhead at the same time for each rep to count. On completion of the 10 reps, partners will perform 10 synchronised bar facing burpees over bar. Athletes can perform these over their individual bars however the bars should probably be side by side to make it easier to watch for synchronicity. Both partners chests must be on the ground at the same time for each rep to count. Continue in this fashion for 9 reps of each movement and then 8 reps of each movement etc. until you finish with 1 synchronised power snatch and 1 synchronised burpee. **RECORD THE FINISH TIME OF PART.** Score is the time taken to complete the workout. One second per incomplete rep is added to the 14 minute time cap should the workout not be completed in time.

On completion of Part A, in the remaining time of the 14 minutes move directly onto finding your 3 RM overhead squat (front squat for beginners). So if Part A was completed in 9 minutes, you have 5 minutes to find your heaviest lift.

The bar may be preloaded. Only one bar can be used.

RX/Intermediate and Masters athletes performing the overhead squat must take the bar from the ground. Beginners performing the front squat can take the bar from a rack. Athletes may have as many attempts as they want, adding and reducing the weight as required, and in any order within the 14 minute time cap.

The score is each athlete’s heaviest lift combined. E.g., athlete 1 completed 3 squats at 50kg, then 3 squats at 55kg and then a failed attempt at 60kg – her score is 55kg. Athlete 2 performs 3 squats at 30kg, 3 squats at 35kg and 3 squats at 40kg – her score is 40. The combined score therefore is 95kg.



MOVEMENT STANDARDS

SYNCHRONISED POWER SNATCH

The barbell begins on the ground. 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. Both athletes bars must be overhead at the same time for each rep to count. Should one athlete finish the rep before their partner, they must hold the bar in the overhead position until their partner has completed their rep and has their bar overhead.

SYNCHRONISED BAR FACING BURPEE

The burpee must be performed perpendicular and facing the barbell. 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. The athlete must jump over the barbell from both feet and land on both feet. Single-legged jumping or stepping over is not permitted (except for beginners). The barbell must be loaded with standard height bumper plates for the athlete to jump over. The rep ends when the athlete lands on both feet on the opposite side of the barbell. Before starting the next rep, the athlete must again be facing the barbell. Both athletes must have the chest on the ground at the same time for the rep to count.

OVERHEAD SQUAT

The barbell begins on the ground and 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 in the rack and athlete lifts the bar into 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.