



BUTTERFLY EFFECT ONLINE 2020 - WEEK 3
SEPTEMBER 24TH THROUGH TO SEPTEMBER 30TH

EVENT 3

FOR TIME (WITH A 20 MINUTE TIME CAP)

**10 ROUNDS ALTERNATING (5 ROUNDS EACH)
YOU GO – I GO**

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

RX	INTERMEDIATE / MASTERS	BEGINNERS
150 metre row 8 Dumbbell Devils Press @15kg 6 Dumbbell box step overs @15kg (dual held by side) to a 20" box *10M ROW = 1 REP	150 metre row 10 Dumbbell Devils Press @10kg 8 Dumbbell box step overs @10kg (dual held by side) to a 20" box *10M ROW = 1 REP	150 metre row 8 Dumbbell Devils Press @10kg 6 Dumbbell box step overs @10kg (one dumbbell held anyway) to a 20" box *10M ROW = 1 REP

At the call of "3,2,1...go!" athlete 1 commences the 150 metre row, 8 devils press and 6 dumbbell box step overs.

PLEASE NOTE:

*** INTERMEDIATE AND MASTERS ARE TO PERFORM 10 DEVILS PRESS AND 8 DUMBBELL STEP OVERS EACH ROUND.**

*** BEGINNERS ONLY USE ONE DUMBBELL FOR THE STEP OVERS**

As soon as athlete 1 has finished athlete 2 can start rowing to commence her first round. Continue in this fashion until each athlete has completed 5 rounds each.

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

ROW

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.

DUMBBELL DEVILS PRESS

Athletes will start each repetition with the dumbbells on the ground. Then, with the athlete's hands on the dumbbells, they'll perform a burpee, with chest making contact with the floor. From here, the athlete will jump to their feet, never taking their hands from the dumbbells. Next, the athlete shall snatch or swing both dumbbells from the floor simultaneously, and finish with both locked out overhead, with hips, knees, shoulders, and arms at full extension. This shall indicate a completed repetition.

Please note, the athlete may "swing" the dumbbells between their legs to help to build momentum to get them overhead, but the athlete may NOT pause at the shoulders and press the dumbbells.

DUMBBELL BOX STEP OVERS

Athletes must start with the dumbbells in their hands at the athlete's side, with both feet in contact with the ground. **BEGINNER ATHLETES ONLY USE ONE DUMBBELL HELD HOWEVER THE ATHLETE CHOOSES.** The athlete will then, leading with one leg, step from the ground onto the box while holding the dumbbells. They then step down on the other side of the box which counts as one rep. Both feet must touch the top of the box and both feet must touch the ground on the other side. The athlete can face the box or step up sideways. Full extension on top of the box is not required. The athlete must also refrain from using their hand or the dumbbell in contact with the box or any legs to assist them with their step-up.