



**BUTTERFLY EFFECT ONLINE 2020 - WEEK 4**  
**OCTOBER 1<sup>ST</sup> THROUGH TO OCTOBER 7<sup>TH</sup>**

**EVENT 4**

<b>RXD</b>	<b>INTERMEDIATE/MASTERS</b>	<b>BEGINNERS</b>
<p><b>FOR TIME (WITH A 22 MINUTE TIME CAP)</b></p> <p>50 Wall balls @ 6kg to 9ft            40 Toes to Bar            30 Squat Cleans @ 45kg            20 strict handstand push ups            10 bar muscle ups            20 strict handstand push ups            30 squat cleans @ 45kg            40 toes to bar            50 wall balls @ 6kg to 9ft</p> <p>Split Reps as Required            One athlete working at a time</p>	<p><b>FOR TIME (WITH A 22 MINUTE TIME CAP)</b></p> <p>50 Wall balls @ 6kg to 9ft            40 Toes to Bar            30 Squat Cleans @ 35kg            20 handstand push ups            10 chest to bar pull ups            20 handstand push ups            30 squat cleans @ 35kg            40 toes to bar            50 wall balls @ 6kg to 9ft</p> <p>Split Reps as Required            One athlete working at a time</p> <p><b><u>Masters may make the following substitutions if required:</u></b>  <i>Toes to bar - 3 x knee raises</i>  <i>Handstand push ups - 3 x 10kg dual Dumbbell push press</i>  <i>Chest to bar - 3 x jumping pull ups</i></p> <p><b><u>3 substituted reps = 1 rep</u></b></p>	<p><b>FOR TIME (WITH A 22 MINUTE TIME CAP)</b></p> <p>50 Wall balls @ 4kg to 9ft            120 Knee Raises            30 Squat Cleans @ 25kg            60 dual dumbbell shoulder to overhead @ 10kg            30 jumping pullups            60 dual dumbbell shoulder to overhead @ 10kg            30 squat cleans @ 25kg            120 Knee Raises            50 wall balls @ 4kg to 9ft</p> <p>Split Reps as Required            One athlete working at a time</p>

At the call of “3,2,1...go!” both athletes will work through the movements in order splitting the reps as required. There is no minimum work requirement. **ONLY ONE ATHLETE WORKING AT A TIME.**

Masters are able to substitute movements if they are unable to do perform the movements as prescribed. This is in place solely for those who are unable to do the prescribed movement. The substitutes are as follows:

Toes to Bar – 3 knee raises can be substituted for one toes to bar. So if athletes choose to do knee raises, they will need to perform 120 for each set of 40 toes to bar. This will count as 40 reps.

Handstand push ups – 3 x 10kg dual dumbbell push press can be substituted for one handstand push up. 3 push press constitute 1 rep (60 push press = 20 handstand push ups). This will count as 20 reps.

Chest to Bar – 3 x jumping chest to bar can be substituted for one chest to bar. 3 jumping chest to bar constitute 1 rep (30 jumping chest to bar = 10 chest to bar). This will count as 10 reps.

For all of the substitutes, if an athlete chooses to do the substituted movement, they will need to perform 3 reps to count as 1 rep. One athlete can perform the substituted movement while the other performs the prescribed movement, however an athlete can not change to the substituted movements if they started with the prescribed movement.

Score is the time taken to complete the workout.



## **MOVEMENT STANDARDS**

### **WALL BALLS**

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.

### **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.

### **SQUAT CLEANS**

The barbell starts on the ground and must come up to the shoulders with the athlete passing through a full squat with hips below knees. The athlete then stands up with the hips and knees fully extended and the elbows in front of the bar.

### **HANDSTAND PUSH UPS**

Athletes are to mark a box one metre long against the wall and 50 centimetres out from the wall. Hands and fingertips are to remain within this box when performing the handstand push up. Begin the handstand push up with arms locked out, heels in contact with the wall, hips open, and body in line with the arms. Only the heels may be touching the wall at the start and finish of each rep. The rep is credited upon returning to the starting position **WITH ARMS FULLY LOCKED OUT**. At the bottom, the head **must make contact with the ground**. If the head and hands are on a different surface, the surface must be level. The feet do not need to remain in contact with the wall for the duration of the movement but the heels must touch the wall at the beginning and end of each rep. Kipping is allowed for Intermediate and masters athletes.

### **DUMBBELL SHOULDER TO OVERHEAD**

Stand holding a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other. Dip your knees, and then explosively push up with your legs as you press the weights straight over your shoulders. The rep is counted when the dumbbells are overhead **which arms and legs locked out**. Lower the dumbbells back to the starting position.



### **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 PULL UP**

For jumping pull-ups, the bar should be set up so it is at least 6 inches above the top of the athlete's head when the athlete is 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 so the athlete will need to hold on to the bar and bend her knees until her arms are fully locked out. This is the starting and finishing position for each rep. The athlete will jump so the chin breaks the horizontal plane of the bar. The athlete will then return to the bottom position with the arms fully extended. Overhand, underhand or mixed grip are all permitted.