Workouts for the following locations: Phuket, Hervey Bay, Hobart, Newcastle, East Gippsland, Ballarat, Palmerston North, Worcester, Wollongong, Mansfield, Wodonga, Surrey, Napier, Melbourne, Bangkok, Dunedin, Townsville, Nelson, Perth and KL

THE BUTTERFLY EFFECT

SHIFT WORK

ADVANCED	INTERMEDIATE/MASTERS	ELEVATE/HYBRID
3 ROUNDS FOR TIME • 15 Calorie row + 15 sync one arm alternating devils press 22.5kg • 30 x 3 Person unison lateral jumps (Lateral Jump Distance= 22cm) • 15 x 1m Burpee broad jump (5 consecutive each athlete any order)	3 ROUNDS FOR TIME • 15 Calorie row + 15 sync one arm alternating devils press 15kg • 30 x 3 Person unison lateral jumps (Lateral Jump Distance= 22cm) • 15 x 1m burpee broad jump (5 consecutive each athlete any order)	3 ROUNDS FOR TIME • 15 Calorie row + 15 sync one arm alternating devils press 10kg • 30 x 3 Person unison lateral jumps (Lateral Jump Distance = 22cm) • 15 x 1m Burpee broad jump (5 consecutive each athlete any order)
In the event of an overall tie at the conclusion of the competition, this workout will be used as the tiebreaker.		

Workout Description

Time Cap: 10 minutes

At the call of **3, 2, 1, go**, **Athlete 1** will begin a **15-calorie row** while the other two athletes complete **15 synchronised single-arm devils press**.

After all three athletes have completed their assigned work, the team will move to the sticker to perform 30 lateral jumps over the marked line in unison, with a jump distance of **22 cm**.

All athletes must start and finish on the **same side of the line**, remaining as synchronised as possible. Athletes may face the same direction, or one athlete may face a different direction from their teammates.

Upon completion, **one athlete** will complete **5 x 1-metre burpee broad jumps** over the sticker, ensuring **no part of the body touches the sticker**. Once finished, **Athlete 2** will complete the same work, followed by **Athlete 3**.

Hybrid athletes are permitted to step/leap over the sticker. All other divisions must perform the burpee broad jumps with a **two-foot take-off**.

The team will repeat the above sequence **two additional times**, with **Athlete 2 rowing in Round 2** and **Athlete 3 rowing in Round 3**. **Athletes are not permitted to row more than once** during the workout. **Time is recorded** upon completion of the **fifteenth burpee broad jump in the third round**.

Scoring:
If a team does not complete the workout within the 10-minute time cap, their **score will be the total number of repetitions completed**.

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THE BUTTERFLY EFFECT

MOVEMENT STANDARDS

SYNC ONE ARM ALTERNATING DEVILS PRESS

The synchronised one-arm Devils press begins with the dumbbell on the floor. Athletes perform a burpee with one hand remaining on the dumbbell, ensuring both the chest and thighs make contact with the floor at the bottom of the movement.

From the bottom position, the athlete stands and lifts the dumbbell from the ground with the same hand in one continuous movement to an overhead position. The repetition is complete when the arm is fully locked out overhead with the hips and knees fully extended.
Athletes must alternate arms every repetition, switching sides each rep. For the repetition to count, both athletes must reach overhead lockout at the same time. If one athlete finishes early, they must wait and re-synchronise before beginning the next repetition.

No reps will be given for:

- Lack of synchronisation
- Failure to keep one hand on the dumbbell during the burpee
- Failure to alternate arms
- Incomplete overhead lockout

UNISON LATERAL JUMPS

The movement begins with all three athletes standing on one side of the marked line on the sticker, facing one another. Athletes may all face the same direction, or one athlete may face toward their teammates.

All athletes will jump laterally over the marked line in unison, taking off with two feet together and landing with two feet together at the same time. This constitutes one repetition. The team will then jump back over the line for the next repetition and continue in this manner.

Throughout the movement, all athletes must remain on the same side of the line and move together in time. This is a fast movement, so athletes must take care to maintain synchronisation.

A no rep will be called if athletes are not moving in unison or if any athlete steps on the line. The team will be required to repeat that repetition.

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THE BUTTERFLY EFFECT

MOVEMENT STANDARDS

BURPEE BROAD JUMP

The athlete begins standing on one side of the marked line. The athlete may jump or step their feet back to the ground, with chest and thighs touching the floor at the bottom of the burpee.

The athlete may then jump or step their feet back in and must perform a two-foot take-off to jump over the 1-metre line (Hybrid athletes may leap over the line). This constitutes one repetition.

The athlete will then turn to face the line from the opposite side and repeat the movement for the next repetition.

The athlete's hands must remain behind the sticker, and no part of the foot may touch the sticker at take-off or landing. Any contact with the sticker will result in a no rep, and the repetition must be repeated.

ROWER STANDARDS

The rower damper may be set to any setting. The athlete's hands must start off the handle at the beginning of the row.

Athletes are not permitted to change out during the 15-calorie row, and each athlete may only row once during the workout.

The handle must be returned to the cradle under control at the completion of the row. Any intentional release or throwing of the handle will result in a time penalty.