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

SPLIT DECISIONS

10 MIN TIME CAP			
ADVANCED	**INTERMEDIATE/MASTERS**	**ELEVATE**	**HYBRID**
INDIAN FILE: 1 ROUND - EACH ATHLETE • 16 **OH** stationery Alt lunge 1 x 22.5kg DB • 16 DB hang snatch left arm @ 22.5kg • 16 Box jump overs @ 24" • 16 DB hang snatch right arm @ 22.5kg • 16 **OH** stationery Alt lunge 1 x 22.5kg DB	INDIAN FILE: 1 ROUND - EACH ATHLETE • 16 **OH** stationery Alt lunge 1 x 15kg DB • 16 DB hang snatch left arm @ 15kg • 16 Box jump overs @ 20" • 16 DB hang snatch right arm @ 15kg • 16 **OH** stationery Alt lunge 1 x 15kg DB	INDIAN FILE: 1 ROUND - EACH ATHLETE • 16 **OH** stationery Alt lunge 1 x 10kg DB • 16 DB hang snatch left arm @ 10kg • 16 Box jump overs @ 20" • 16 DB hang snatch right arm @ 10kg • 16 **OH** stationery Alt lunge 1 x 10kg DB	INDIAN FILE: 1 ROUND - EACH ATHLETE • 16 stationery Alt lunge 1 x 10kg DB • 16 DB hang snatch left arm @ 10kg • 16 Box jump overs @ 20" (can step) • 16 DB hang snatch right arm @ 10kg • 16 stationery Alt lunge 1 x 10kg DB

Time Cap: 10 minutes

At the call of 3, 2, 1, go, Athlete 1 will commence the workout and complete the following sequence:

- 16 overhead stationary alternating lunges. *The athlete may hold the dumbbell in either arm and may change arms at any time. Hybrid have stationery alternating lunges and may hold the dumbbell where desired – please refer to movement standards.*
- 16 dumbbell hang snatches with the left arm.
- The athlete will place the dumbbell on the ground and complete 16 box jump overs.
- The athlete will then return to the dumbbell and complete 16 dumbbell hang snatches with the right arm.
- The athlete will finish the round with 16 overhead stationary alternating lunges *(stationery alternating lunges for Hybrid)*.

Upon completion of the final overhead lunge, Athlete 1 will tag Athlete 2, who will complete one full round of the same sequence. Athlete 2 will then tag Athlete 3, who will complete the final round.

Time is recorded once Athlete 3 completes the final overhead stationary lunge.

SCORING

Scored for time. 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

OVERHEAD STATIONERY ALTERNATING LUNGE - Advanced, Intermediate, Masters and Elevate:

Each lunge begins with the athlete standing tall, feet together, with the weight held overhead with one arm. The athlete steps into a lunge, lowering the trailing knee until it makes contact with the ground at the bottom of the movement. The athlete then steps the lead foot back to return to a standing position with feet together, maintaining the weight overhead for the entire repetition.

The repetition is complete when the athlete is standing tall with hips and knees fully extended and the weight still held overhead. The athlete will alternate legs each repetition. **Backward lunges are permitted. Athletes can change arms as desired.**

STATIONERY ALTERNATING LUNGE - Hybrid

Each lunge begins with the athlete standing tall, feet together, holding the dumbbell **either on the shoulder (hand around the handle)** or in the **goblet position**. The athlete steps into a lunge, with the trailing knee making contact with the ground at the bottom of the movement. The athlete then steps the working leg back to return to a standing position with feet together.

The repetition is complete when the athlete is standing tall with hips and knees fully extended and the dumbbell maintained in the chosen position for the duration of the rep. The athlete will alternate legs each repetition. **Backward lunges are permitted.**

DUMBBELL HANG SNATCH – All Divisions

The movement starts from the **hang position** (just above or just below the knees) and finishes with the dumbbell directly overhead. The dumbbell must be lifted overhead in one motion. The non-lifting hand and arm may not be in contact with the body during the repetition. At the top, the arms, hips, and knees must be fully locked out with the dumbbell clearly over the middle of the athlete's body when viewed from profile. Once the athlete has reached lockout, the repetition will count. The athlete may choose to do a split style snatch. However, both feet must return and be in line under the athlete's body while the dumbbell is locked out overhead for the repetition to count.

BOX JUMP OVER - Advanced, Intermediate, Masters and Elevate:

Athletes must jump onto the box from the ground, landing with both feet. You may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required

BOX STEP OVER: Hybrid

Athletes may step onto the box, ensuring both feet touch the surface. You may then jump or step down on the other side of the box which counts as one rep. Full extension on top of the box is not required. Hybrid Athletes are permitted to jump or step.