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

BUNS 'N' GUNS

10 MIN TIME CAP			
ADVANCED	**INTERMEDIATE/MASTERS**	**ELEVATE**	**HYBRID**
• 18 BMU • 21 Squat Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 14 BMU • 18 Squat Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 10 BMU • 15 Squat Clean + 20 Cal bike (2 on barbell – 1 on bike)	• 21 Toes to Bar • 21 Pull Ups • 21 Squat Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 18 Toes to Bar • 18 Pull Ups • 18 Squat cleans + 20 Cal bike (2 on barbell – 1 on bike) • 15 Toes to Bar • 15 Pull Ups • 15 Squat clean + 20 Cal bike (2 on barbell – 1 on bike)	• 10 Toes to Bar • 10 Pull Ups • 21 Squat Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 8 Toes to Bar • 8 Pull Ups • 18 Squat Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 6 Toes to Bar • 6 Pull Ups • 15 Squat Cleans + 20 Cal bike (2 on barbell – 1 on bike)	• 42 Knee Raises • 21 Power Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 36 Knee raises • 18 Power Cleans + 20 Cal bike (2 on barbell – 1 on bike) • 30 Knee raises • 15 Power Cleans + 20 Cal bike (2 on barbell – 1 on bike)

All barbells used will be a 15kg barbell with the following weights:

ADVANCED – 60KG
INTERMEDIATE – 40KG
ELEVATE – 35KG
HYBRID – 25KG

Gymnastics repetitions may be **shared as desired**, and **not all athletes are required to complete gymnastics reps**.
Non-working athletes will stand approximately 3 metres from the rig and must tag in and out when rotating through the gymnastics movements.
Rig height will be lowered where possible. Risers or j-hooks will be provided where possible. No other equipment is to be placed under the rig.
Elevate Athletes* No synchronisation of gymnastics required . You may sub gymnastics movements with burpee bar touches. 1 x burpee bar touch = 1 x PU or TTB

Hybrid barbells (25kg) are not permitted to be dropped and must be returned to the ground in a controlled manner.
*The **bike** used will be dependent on the event location (Rogue, Assault, or Concept2). Some locations may utilise a Ski-Erg. Athletes will be notified via email.

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THE BUTTERFLY EFFECT

WORKOUT DESCRIPTION

Time Cap: 10 minutes
At the call of **3, 2, 1, go**, athletes will begin the workout by completing the prescribed number of **gymnastics repetitions** for their division:

- **Advanced:** Bar muscle-ups
- **Intermediate, Masters & Elevate:** Toes-to-bar and pull-ups
- **Hybrid:** Knee raises

Gymnastics repetitions may be **shared as desired**, and **not all athletes are required to complete gymnastics reps**.

Upon completion of the gymnastics work, **two athletes** will move to the barbell and complete the **squat cleans** (power cleans for Hybrid). This means:

While the two athletes are completing the cleans, the **third athlete** will complete **20 calories on the bike***. Athletes can change out if desired.

Once **both the cleans and the bike** are complete, the team will return to the rig to complete the **next prescribed number of gymnastics repetitions**, again sharing the work as desired. Upon completion of the second set of gymnastics work, the team will move to the **second round of cleans and bike work**.

The above flow is repeated for a **final round**, performing the prescribed repetitions each time.

Athlete Flow (order may be chosen by the team).

Time is recorded when both the cleans and the bike are completed in the **third round**.

Scoring:

Score is **recorded 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

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. No part of the foot may 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. Grips can be used. Chalk will be provided

PULL UPS

This is a standard chin-over-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 bottom, the arms must be fully extended. At the top, the chin must break the horizontal plane of the bar. Grips can be used. Chalk will be provided

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. Grips can be used. Chalk will be provided

BURPEE BAR TOUCH - Elevate

The athlete performs a standard burpee by lowering the chest and thighs to the floor, ensuring both make clear contact with the ground at the bottom. The athlete then pushes up from the floor, jumps or steps the feet forward, and rises to a standing position. From there, the athlete must jump and touch the bar with both hands simultaneously. The rep is counted when both hands make contact with the bar at the same time and full hip extension is shown. The athlete must face the bar during the movement. Stepping up from the burpee is permitted. There is no requirement to pass through full hip extension before jumping.

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. Grips can be used. Chalk will be provided

SQUAT CLEAN

The barbell starts on the ground and must be lifted to the shoulders, with the athlete passing through a full squat where the hips drop below the knees. The athlete then stands to full extension with hips and knees fully locked out and the elbows positioned in front of the bar.

POWER CLEAN

The barbell starts on the ground and must come up to the shoulders, with the hips and knees fully extended and the elbows in front of the bar.

BIKE/SKI

The bike seat may be adjusted to any height, and any damper setting is permitted (C2). If using a Ski-Erg, the handles must be controlled to the top on every repetition.