



FIELD A
MIXED

SOUTHERN
WARRIORS
2 0 2 2

EXPERIENCE
BUTTERFLY



EVENT
MIXED

AMRAP CAP: 14 MIN

FROM 00:00 TO 05:00

AMRAP

3 ROUNDS

10 PULL UP

15 DUMBBELL GOBLET SQUAT 22,5/15 KG

AMRAP

ONE DUMBBELL CLUSTER 22,5/15 KG

1' REST

8' AMRAP

16 TOES TO RING

54 SINGLE UNDER

8 SNATCH 40/25 KG

SCORE IS REP



FLOW

- The athlete waits in the starting line. On 3,2,1 go he will go to perform 10 pull ups, move to first section and perform 10 goblet squats with the dumbbell. He will return to the rig for a second round of 10 pull ups followed by 10 goblet squats. Finally he will return to the rig again for the third and final round.
- He will then move to the second section and perform the maximum number of clusters with the dumbbell.
- A one-minute rest will follow at the end of the first five minutes.
- The athlete starts from the starting line again. He takes to the rig and performs 16 toes to bar. He then goes to the first section and performs 32 double under. He will then go to second section to perform the 8 snatches. He will go back to the rig for the 16 toes to bar, then to first section for the double under. He will go to the barbell and move it one section. Here he will go to perform the 8 snatches again. This is continued in this manner until the end of the allotted time.



STANDARD

GOBLET

The athlete should hold a dumbbell by having his hands at collar height. In bottom position he/she should be with the iliac crest below the highest point of the knee and in top position he/she should have feet in line, knees locked, hips open and implement supported at collar height. In bottom position the weight cannot be unloaded in support of the knees. No part of the athlete's arms may rest on the legs. The dumbbell must mandatorily be held under the chin with both hands supporting the two heads of the dumbbell.

PULL UP

The athlete starts in hang position with feet off the ground and arms extended. In top position he or she should bring the chin clearly over the bar.



STANDARD

TOES THROUGH RING

The Athlete starts in hang position with arms outstretched and feet off the ground. On each rep he will have to bring his heels behind the vertical of the body. In top position, both feet should pass inside the rings.

SNATCH

The barbell starts from the ground and through a one fluid motion is brought into overhead. In top position the athlete should have feet in line, knees locked, hips open, elbows locked and barbell in midline on the body. In bottom position, touch and go allowed, bouncing prohibited. power, muscle, split, squat snatch are allowed. Hang snatch is not allowed.

SINGLE UNDER

The rope passes under the heels one for each jump made.



STANDARD

CLUSTER

Each repetition should start from the ground. The movement is a synthesis of a squat clean and a thruster. Each repetition should start from the floor and in bottom position the athlete should have the iliac crest below the highest point of the knee and then continue the movement according to the mechanics of the thruster ending in top position with feet in line, knees locked, hips open, elbows locked and dumbbell in midline on the body. during the ascent phase from bottom position to top position the athlete will not be allowed to flex the knees. The dumbbell should rest at least with one head on the shoulders and should be parallel to the floor.