

## **“Retribution Chipper”**

**Individual Time Cap = 25 minutes and XY Time Cap = 40 minutes  
(aka – get it done)**

### **RX Version**

50 Kettlebell Snatches 1.5 pood/1.0 pood  
40 Hand Release Push-ups  
30 Chest to Bar Pull-ups  
20 Burpee to Plate  
10 Overhead Barbell Lunge 135#/95#

### **Masters 40**

50 Kettlebell Snatches 1.5 pood/1.0 pood  
40 Hand Release Push-ups  
30 Chest to Bar Pull-ups/30 Chin over bar pull-ups (women)  
20 Burpee to plate  
10 Overhead Barbell Lunge 135#/95#

### **Masters 50**

50 Kettlebell Swings (American) 1.5 pood/1.0 pood  
40 Hand Release Push-ups  
30 Chin over bar pull-ups  
20 Burpee to Plate  
10 Overhead Barbell Lunge 115#/45#

### **Scaled**

50 Kettlebell Swings (American) 1.5 pood/1.0 pood  
40 Hand Release Push-ups  
30 Chin over bar pull-ups/30 jumping pull-ups (women)  
20 Burpee to Plate  
10 Overhead Barbell Lunge 95#/45#

### **Teen**

50 Kettlebell Swings (American) 1.0 pood/.5 pood (18-20#)  
40 Hand Release Push-ups  
30 Chin over bar pull-ups/30 jumping pull-ups (women)  
20 Burpee to Plate  
10 Overhead Barbell Lunge 65#/45#

### **Beginner**

50 Kettlebell Swings (Russian) 1.0 pood/.5 pood (18-20#)  
40 Hand Release Push-ups  
30 Jumping Pull-ups  
20 Burpee to Plate  
10 Overhead Plate Lunge 45#/25#

**XY:** Rx and Scaled use the same weights above, however: you must hold a barbell at all times. For RX it is a 65# barbell, for scaled it is a 45# Barbell. Held in the rack position by the women, and the overhead position by the men. Overhead is arms straight, barbell overhead in a line with shoulders, hips and knees. Rack is across the shoulders. Arms can be in the traditional OLY rack position, or in the powerlifting front squat position (double cross overhand grip), or any grip you can devise to hold the barbell across the front of the shoulders. NOT THE BACK. The athletes will take turns in each movement. Decide which will start with the barbell, and which will start with the chipper. Once athlete 1 completes the first 50 reps in the chipper, athlete 2 will pass the barbell to athlete 1 and

begin their 50 reps. This continues back and forth until the work is done. At any point that the barbell is dropped from the rack position or overhead position, NO WORK CAN BE DONE. Any time the barbell is dropped to the ground, both athletes must do 5 burpees to a plate. Work resumes when the barbell is in the correct position.