

### **“Retribution Couplet #1”**

#### **RX Version – 8 Minute AMRAP**

Wall Balls (20#/14# to a 10’/9’ target) and Snatches (135#/95#) – 10/2, 14/4, 18/6, 22/8, 26/10 adding 4/2 until infinity.

Scored by total reps completed in 8 minutes.

#### **Masters 40 - 8 Minute AMRAP**

Wall Balls (20#/14# to a 10’/8’ target) and Snatches (115#/75#) – 10/2, 14/4, 18/6, 22/8, 26/10 adding 4/2 until infinity.

Scored by total reps completed in 8 minutes.

#### **Masters 50/Scaled - 8 Minute AMRAP**

Wall Balls (20#/14# to a 10’/8’ target) and Snatches (95#/65#) – 10/2, 14/4, 18/6, 22/8, 26/10 adding 4/2 until infinity.

Scored by total reps completed in 8 minutes.

#### **Teen - 8 Minute AMRAP**

Wall Balls (20#/14# to a 10’/8’ target) and Snatches (75#/55#) – 10/2, 14/4, 18/6, 22/8, 26/10 adding 4/2 until infinity.

Scored by total reps completed in 8 minutes. The snatch for a barbell loaded with less than full size plates travels below the knees for the initiation of each rep.

#### **Beginner - 8 Minute AMRAP**

Wall Balls (20#/14# to a 9’/8’ target) and Snatches (65#/45#) – 10/2, 14/4, 18/6, 22/8, 26/10 adding 4/2 until infinity.

Scored by total reps completed in 8 minutes. The snatch for an empty barbell travels below the knee cap for the initiation of every rep.

#### **XY – 6 Minute AMRAP 2 Minute Rest 4 Minute AMRAP**

Loads are the same as the RX and Scaled above. There are two barbells, and two wall balls. Once again the WOD is altered to tie the partners together a bit. In this WOD for the first 6 minutes both partners work on their own to max capacity. In the 2 minute rest, they will total their score. In the second 4 minute AMRAP the partners will be listed as the Chipper Partner and the AMRAP Partner. The Chipper Partner is the one who had more reps in the first 6 minutes. Total the AMRAP partners wall ball reps (the lesser rep count of the two partners). The Chipper Partner will start the second 4 minute AMRAP as an AMRAP of Snatches First, followed by Wall Balls. Their rep count of each, is the number of wall balls the AMRAP partner got in the first 6 minutes. So, this should become an AMRAP of Snatches for the chipper partner in many cases. In other words, if the AMRAP partner got 42 wall balls (finished the round of 18). Then the Chipper partner has 4 minutes to do 42 snatches followed by 42 wall balls, back and forth (probably not getting too far into this in most cases).

The AMRAP Partner simply starts back over at the top of the first 6 minutes, 10/2, 14/4, etc.