

“Retribution Couplet #2”

RX Version – 6 Minute AMRAP

Dead-lifts (315#/205#) and Box Jumps/Step Ups (30”/24”) – 4/4, 8/8, 12/12, 16/16 ... adding 4/4 until infinity.

Scored by total reps completed in 6 minutes.

Masters 40 – 6 Minute AMRAP

Dead-lifts (315#/205#) and Box Jumps/Step Ups (30”/24”) – 4/4, 8/8, 12/12, 16/16 ... adding 4/4 until infinity.

Scored by total reps completed in 6 minutes.

Masters 50 – 6 Minute AMRAP

Dead-lifts (255#/135#) and Box Jumps/Step Ups (24”/20”) – 4/4, 8/8, 12/12, 16/16 ... adding 4/4 until infinity.

Scored by total reps completed in 6 minutes.

Scaled– 6 Minute AMRAP

Dead-lifts (225#/115#) and Box Jumps/Step Ups (24”/20”) – 4/4, 8/8, 12/12, 16/16 ... adding 4/4 until infinity.

Scored by total reps completed in 6 minutes.

Teen/Beginner – 6 Minute AMRAP

Dead-lifts (155#/95#) and Box Jumps/Step Ups (24”/20”) – 4/4, 8/8, 12/12, 16/16 ... adding 4/4 until infinity.

Scored by total reps completed in 6 minutes.

XY – 12 Minute AMRAP

Loads are the same as the RX and Scaled above. There are two barbells, one box, and one 45# plate for RX and one 25# plate for scaled. The box height is 24” for RX and 20” for scaled. The two athletes begin dead-lifts together, but they do not need to be synchronized, so if they are ending on Dead-lifts, one partner can get ahead on those for more reps. Then they will synchronize box STEP UPS while holding a plate, where athlete 1 will step up and down holding the plate, pass it across for athlete 2 to step up and down while holding the plate, they pass the plate back and forth on EACH rep until the two have achieved their 4 reps each. Back to the dead-lift bar, and then continue this process of plate passing for each step up.

THE PLATE MUST PASS WHILE BOTH ATHLETES HAVE TWO FEET ON THE GROUND.

The Score is total reps completed in 12 minutes.