

# Retribution Couplet #2

## Score Card For All Divisions

### World Wide WOD Retribution

Name: \_\_\_\_\_ Division: \_\_\_\_\_

#### All Individuals – 6 Minute AMRAP

Dead-lifts and Box Jumps OR Step Ups for all divisions – 4/4, 8/8, 12/12, 16/16 ... adding 4/4 until infinity.

**RX. Masters 40 : 315#/205# -30"/24"**

**Masters 50: 255#/135# - 24"/20"**

**Scaled: 225#/115# - 24"/20"**

**Teen. Beginner: 155#/95# - 24"/20"**

**Rounds Completed: 4/4 8/8 12/12 16/16 20/20 24/24 28/28**

**Individual:**

**TOTAL REPS: \_\_\_\_\_**

**XY:**

#### XY – 12 Minute AMRAP

Loads are the same as the RX and Scaled above; Read Description for details.

**ATHLETE 1 REPS : 4/4 8/8 12/12 16/16 20/20 24/24 28/28 32/32 36/36 40/40**

**ATHLETE 2 REPS : 4/4 8/8 12/12 16/16 20/20 24/24 28/28 32/32 36/36 40/40**

(The above numbers will be the same give or take one rep if ending on box steps, but can be very different if ending on dead-lifts (read description))

**TOTAL REP COUNT FULL WOD: \_\_\_\_\_**



**GLOBAL AFTERMATH  
IS BACK THIS YEAR  
BETTER THAN EVER...**

**AUGUST 9th 2014**