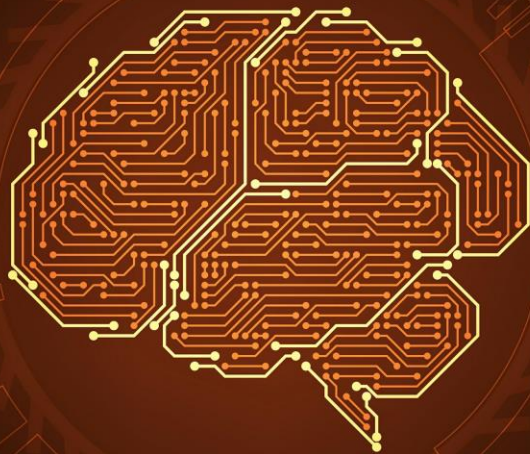


# MOTHERBOARD



FEBRUARY '18

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# FEBRUARY 2018 SCHEDULE



Date	Workout	Slope	My Score	Date	Workout	Slope	My Score
2/1	Chameleon   MTN2   Zenith	20		2/16	Expanding MTN   Cross-Fire   Centuar2	31	
2/2	Jacob's Ladder	32		2/17	Mesa   Red Rum   =	34	
2/3	Uplift   Matterhorn   Checklist (2)	15		2/18	U2   Uplift   Faded2	25	
2/4	Rippled   Reptilian2   Centaur3	42		2/19	Circuit Creation Contest	TBD	
2/5	U-Turn   MTN3   Xion2	29		2/20	Mongrel	16	
2/6	Denali	26		2/21	MTN4   Checklist   Reptilian2	32	
2/7	Faded4   Checklist (2)	31		2/22	March Mayhem Trials	28	
2/8	Chaos   Cavity   EL CYCLE	29		2/23	EL CYCLE Moles   Mini Jacob's   Vertex	26	
2/9	Rapture	40		2/24	Matterhorn   U   Rev MTN2	21	
2/10	Rippled   Gauntlet   MTN3	25		2/25	Zenith   Dark-Side   Mt. Neverest	32	
2/11	Cross-Fusion   Uplift   Mole-Hills	21		2/26	Chameleon   MTN3   Faded4	9	
2/12	Multitasking (new)   Centaur3   Xion2	31		2/27	Vertex   =ateral   Cavity	17	
2/13	Reptilian3   N   Hybrid2	16		2/28	Mesa   Find Muck   Bovine Gauntlet   Xion	22	
2/14	Heart-Throb	49					
2/15	Checklist (2)   Grounded MTN2   Vertex	34					

**Slope:** Difficulty ranking from 1-50. 1 has generally "easier" tasks often yielding lower scores, while 50 hosts "harder" tasks for higher scores.



# HOW TO READ THE MOTHERBOARD

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

## EQUALATERAL

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

## HYBRID2

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

1,1  
1,1,2,2  
1,1,2,2,3,3  
1,1,2,2,3,3,4,4  
1,1,2,2,3,3,4,4,5,5

## MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK
7. BOVINE
8. GATOR TO 3

Circuit keys noted in smaller font and or the Circuit Glossary.



SLOPE

- 1A, 2-4, 5A
- 1B, 2-4, 5B
- 1C, 2-4, 5C
- 1D, 2-4, 5D

- 1-2
- 1-4
- 1-6
- 1-8
- 1-10

- 1,2
- 1,2,3,3,4,4
- 1,2,3,3,4,4,5,5,5,6,6,6
- 1,2,3,3,4,4,5,5,5,6,6,6,7,7,7,8,8,8,8

## CHAMELEON

- 1A. HIGH Xs
- 1B. ALT. SQUONQ
- 1C. MONTAUK
- 1D. JACKALOPE

---

- 2. MOGUL (20) + RUN
- 3. SWAGGIN 1:1
- 4. TOES (20) + RUN

---

- 5A TURKEY
- 5B. W. CROOK
- 5C. AMAROK
- 5D. TORO

## MTN2

- 1. BONSAI 3-1-4-2-4-1
- 2. LYCAN (10) + RUN

---

- 3. HALO 2-1-3-1-4-1
- 4. MT. CLIMB (20) + RUN

---

- 5. APE SHOOT!
- 6. B.N.C.

---

- 7. MIEL'S WHEELS
- 8. ROW STROLL 6+

---

- 9. SCORPION TO 3/BACK
- 10. BUCKS

## ZENITH

- 1. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. GRIFTER (8) + SAPP

---

- 3. CYCLONE (12) + TZN
- 4. VIPER

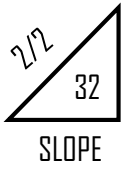
---

- 5. JAGGER (12) + RUN
- 6. HIKES

---

- 7. TRUMPET 9+
- 8. VENOM

1X  
2X  
3X  
4X



# JACOB'S LADDER

- 1
- 1,2
- 1,2,3
- 1,2,3,4
- 1,2,3,4,5
- 1,2
- 1,2,3
- 1,2,3,4
- 1,2,3,4,5
- 1,2
- 1,2,3
- 1,2,3,4
- 1,2,3,4,5
- 1,2
- 1,2,3
- 1,2,3,4
- 1,2,3,4,5
- 1,2
- 1,2,3
- 1,2,3,4
- 1,2,3,4,5
- 1,2
- 1,2,3
- 1,2,3,4
- 1,2,3,4,5

- 5. PROWLER
- 4. GALLOW 2-1-4-3-4-1
- 3. MONKEY
- 2. SKULLS (10) + TZN

---

## 5.1. YETI

---

- 4. SLUSKI
- 3. RDL (8) + TZN
- 2. VIP (10) + RUN

---

## 5.1. BOVINE

---

- 4. TROG
- 3. DEATH ROW 2-1-3-1-4-1
- 2. HANG (10) + RUN

---

## 5.1. DIABLO

---

- 4. SUPP (10)
- 3. GORGON (8) + RUN
- 2. W. GREMLIN

---

## 5.1. ENFORCER

---

- 4. B.O.R. (15) + TZN
- 3. BULLDOG
- 2. CURL WALK 6+

---

## 5.1. KOBOLD

---

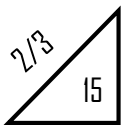
- 4. PINNED 2-1-3-1-4-1
- 3. RIBBITS (10) + RUN
- 2. STAMPEDE

---

## 5.1. STACKSHOT

---

- 4. QUICK FT. (20) + RUN
- 3. SKUFFLE
- 2. V-STEP (10) + RUN
- 1. SUICIDE 2-1-3-1-4-1



SLOPE

## UPLIFT

1. HOT COALS (10) + RUN
2. EN GARDE
3. TWO-STEP (20) + RUN
4. 3 PT. STANCE
5. BULLDOZER

1  
1,2,1  
1,2,3,2,1  
1,2,3,4,3,2,1  
1,2,3,4,5,4,3,2,1

## MATTERHORN

3 RIBBITS (10) + RUN

1 SL BUCKS

3 KITCHEN SINK (10) + TZN

---

3 SUICIDE 2-1-3-1-4-1

1 FLYING JACKAL

3 PISTON (10) + TZN

---

3 TOES (20) + RUN

1 REV PLATE PUSH

3 W. CROOK

---

3 PRIMATES 4-1-3-1-2-1

1 SHALD 1:1

3 SHUTTLE RUN 3-2-4-2-3-1

---

3 SAWED OFF (10) + TZN

1 JIGSAW

3 SQUONK

---

3 X PP

1 BUZZARD

3 HIKES

PERFORM IN A CHECKLIST  
PATTERN AND DO EACH TASK  
THE NUMBER OF TIMES LISTED.  
PATTERN REMAINS THE SAME.

## CHECKLIST (2)

1-12, 1-12

1. THRASHER
2. TIP-TOES (20) + RUN
3. C.H.B
4. BONSAI 3-1-4-2-4-1
5. OFFERING
6. MUGGER (12) + RUN
7. GARGOYLE
8. MOGUL MADNESS 10
9. SHWAGGIN 1:1
10. CRAZY LEGS
11. ARACHNID
12. ENFORCER





1,2,3,3  
2,3,4,4  
3,4,5,5  
4,5,6,6  
5,6,7,7  
6,7,8,8  
7,8,9,9  
8,9,10,10

## RIPPLED

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. PLATE SHAKE 9+
4. RAMBO (10) + RUN
5. STAMPEDE
6. TWISTED
7. 45°
8. D-B.O.R. (10) + TZN
9. HIKES
10. REV BULLDOG

## REPTILIAN<sup>2</sup>

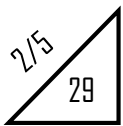
1. SQUIBBLE
  2. BENCHED (30) + TZN
  3. TARASQ
  4. SA PP
  5. MIEL'S WHEELS
- 
- 6A. BOULDER  
6B. JACK BOX  
6C. REVIVAL  
6D. REV HYDRA

1-5, 6A,6A  
1-5, 6B,6B  
1-5, 6C,6C  
1-5, 6D,6D

III  
222  
333...

## CENTAUR<sup>3</sup>

1. SKATES
2. SLAP JACK
3. TYSONS
4. PUSH UP (10) + RUN
5. FUZZARD
6. CYCLONE (12) + TZN
7. RAMPANT (10) + RUN
8. MOGUL PUSH
9. SPIKES
10. RIBBITS (10) + RUN



SLOPE

**U** 1-15, 15-1

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. MT. CLIMB (20) + RUN
4. COALITION (10) + TZN
5. TIPPY-TAP
6. VEXED (10) + RUN
7. BEAR
8. SKY HIGH 4-1
9. RAMBO (10) + RUN
10. JIGGY (20) + RUN
11. STAT. W. SQUAT (10) + TZN
12. SWASHBUCKLER
13. YETI
14. TROG
15. SLING SHOT 3-2-4-2-3-1

### MTN3

1. QUICK FT. (20) + RUN
2. BANDIT (20) + RUN
3. STORK (20) + TZN

---

4. W. GREMLIN
5. MANTIS (8) + RUN
6. POUNCER (10) + RUN

---

7. BONSAI 3-1-4-2-4-1
8. CROOK SHAKE 1:1
9. G.B.D. (15) + RUN

---

10. LEPRECHAUN
11. HACK-IT
12. OGRE (10) + TZN

1-3  
1-6  
1-9  
1-12

1,A  
1,2,B  
1,2,3,C  
1,2,3,4,D  
1,2,3,4,5,E  
1,2,3,4,5,6,F

1. HALO 2-1-3-1-4-1
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. KOBOLD
4. JABBERWOCKY
5. POTTY SHOT
6. REV BEAR

### XION2

- A. PETRA
- B. TRIFECTA 6+
- C. VENOM
- D. SHOT PUT
- E. CURL PRESS 5+
- F. PLATE PUSH

2/6

26

SLOPE

## DENALI

	A	B	C	D	E
1	QUICK FT. (20) + RUN	SUE STEP (20) + RUN	TWO-STEP (20) + RUN	HOT COALS (10) + RUN	COALITION (10) + TZN
2	SHUFFLE	ALI 22+	MIEL'S WHEELS	FROZEN CROOK 8	SQUONK
3	SWAGGIN 1:1	HALO 2-1-3-1-4-1	CHICKIN 2-1-3-1-4-1	ROW STROLL 6+	CURL MADNESS 3
4	TROMBONE 6+	BULLY	TRIFECTA 6+	TALL ORDER 6+	SKY HIGH 4-1
5	SQUAT JUMP (10) + RUN	JUNKIE JUMP (8) + RUN	LUMBERJACK (8) +RUN	RIBBITS (10) + RUN	SQUANTOES (20) + RUN
6	GORGON (8) + RUN	BULLDOG	REV VIPER	MONTAUK	YETI
7	F. LUNGE	FROZEN GREMLIN 8	W. STAT. SQUAT (10) + TZN	RDL (8) + TZN	SL OGRE (10) + TZN
8	CURL WALK 6+	SAWED OFF (10) + TZN	B.O.R. (15) + TZN	0-.B.O.R. (10) + TZN	STAT. ROW (6) + TZN
9	PLATE PUSH	SA PP	TWISTED	NEAPOLITAN	TAKE OFF!

## IN A CHECKLIST:

A,1 DOWN

1 ACROSS

A,2 DOWN

2 ACROSS

A,3 DOWN

3 ACROSS

A,4 DOWN

4 ACROSS

A,5 DOWN

5 ACROSS

A,6 DOWN

6 ACROSS

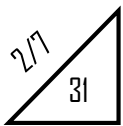
A,7 DOWN

7 ACROSS

A,8 DOWN

8 ACROSS

9 ACROSS (ONLY)



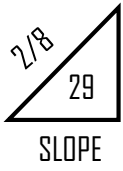
SLOPE

### FADED4

- |                             |       |
|-----------------------------|-------|
| 1. KAMIKAZE 4-3-4-2-4-1-4-1 | 1-20  |
| 2. TYSON                    | 5-20  |
| 3. TWO-STEP (20) + RUN      | 9-20  |
| 4. LYCAN (10) + RUN         | 13-20 |
| <hr/>                       |       |
| 5. SWAGGIN 1:1              | 17-20 |
| 6. TURKEY                   |       |
| 7. HANG (10) + RUN          |       |
| 8. KOBOLD                   |       |
| <hr/>                       |       |
| 9. BANDIT (20) + RUN        |       |
| 10. TOES (20) + RUN         |       |
| 11. STORK (20) + TZN        |       |
| 12. MONGOOSE                |       |
| <hr/>                       |       |
| 13. PINNED 2-1-3-1-4-1      |       |
| 14. VENOM                   |       |
| 15. G.B.D. (15) + RUN       |       |
| 16. TORO                    |       |
| <hr/>                       |       |
| 17. ROW STROLL 6+           |       |
| 18. W. GREMLIN              |       |
| 19. SA DIABLO               |       |
| 20. SUICIDE 2-1-3-1-4-1     |       |

### CHECKLIST (2)

- |                        |      |
|------------------------|------|
|                        | 1-15 |
| 1. WICCA               | 1-15 |
| 2. BONSAI 3-1-4-2-4-1  |      |
| 3. V-STEP (10) + RUN   |      |
| 4. TWEAKER             |      |
| 5. BUZZARD             |      |
| 6. RAMPAGE (12) + RUN  |      |
| 7. SL MANTIS (8) + RUN |      |
| 8. ANACONDA            |      |
| 9. CYCLONE (12) + TZN  |      |
| 10. POTTY SHOTS        |      |
| 11. PUSH UP (10) + RUN |      |
| 12. TARASQ             |      |
| 13. APE SHOOT!         |      |
| 14. YIKES!             |      |
| 15. SWASHBUCKLER       |      |



PERFORM IN A CHECKLIST  
DO EACH TASK NUMBER LISTED

### CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 1 W. GREMLIN
- 3 BANDIT (20) + RUN
- 2 HIKES
- 1 LYCAN (10) + RUN
- 4 SWAGGIN 1:1
- 3 VIP (10) + RUN
- 2 KITCHEN SINK (10) + TZN
- 1 BUTT KICKS
- 1 VENOM
- 3 ROW STOLL 6+
- 2 PUSH UP (10) + RUN
- 4 KOBOLD
- 1 DELAURA

- 1-10
- 1-4, 7-10
- 1-3, 8-10
- 1,2,9,10
- 1, 10

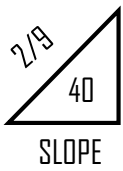
### CAVITY

- 1. X PP
- 2. OFFERING
- 3. MANTIS (8) + RUN
- 4. TROG
- 5. SL GORGON (8) +RUN
- 6. APE SHOOT!
- 7. O-PINNED 2-1-3-1-4-1
- 8. COBRA (10) + TZN
- 9. REV HYDRA
- 10. SPIKES

- 1-6, 6-1
- 2-5, 5-2
- 3,4,4,3

### EL CYCLE

- 1. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. SUPP (10)
- 3. AMAROK
- 4. SKULLS (10) + TZN
- 5. TYSON
- 6. SA DIABLO



1  
1,2  
1,2,3  
1,2,3,4

**MTN** **A.**

1. SHUFFLE
2. HOT COALS (10) + RUN
3. STAMPEDE
4. F. LUNGE

1,22,333,4444  
1,22,333  
1,22  
1

**C.**

- REV MT. NEVEREST**
- 1X BULLDOZER
  - 2X STORK (20) + TZN
  - 3X INFINITY (20) + RUN
  - 4X PRIMATES 4-1-3-1-2-1

# THE RAPTURE

1A, 1B  
2A, 2B  
3A, 3B

**CROSS FIRE** **B.**

1. ALI 22+
2. RAMBO (10) + RUN
3. BOVINE

- A. O-B.O.R. (10) + TZN
- B. INCH WORM

**MTN2**

1. POTTY SHOT HOPS
2. TROMBONE 6+
3. BUCKS 1-2
4. SLAP JACK 1-4

- ORDER**
- A.
  - B.
  - C.
  - D.

1-7,7-1 **U** **D.**

1. TAKE OFF!
2. JIGGY (20) + RUN
3. SUICIDE 2-1-3-1-4-1
4. RDL (8) + TZN
5. 3 PT. STANCE
6. MUGGER (12) + RUN
7. SA PP



## RIPPLED

1. EN GARDE
2. SUE-STEP (20) + RUN
3. ALT. SQUONQ
4. SWAGGIN 1:1
5. MIEL'S WHEELS
6. SAWED OFF (10) + RUN
7. MONGOOSE
8. HIKES
9. FUZZARD
10. SCORPION TO 3/BACK

1,2,3,3  
2,3,4,4  
3,4,5,5  
4,5,6,6  
5,6,7,7  
6,7,8,8  
7,8,9,9  
8,9,10,10

## GAUNTLET

1. YETI
2. DEATH ROW 2-1-3-1-4-1
3. SQUANTOES (20) + RUN
4. VEXUM
5. CHICKIN 2-1-3-1-4-1
6. TARASQ
7. SHOT PUT
8. W. LUNGE
9. TIPPY-TAP
10. HALO 2-1-3-1-4-1
11. TWO-STEP (20) + RUN
12. W. CROOK

PLATE PUSH  
TASK  
PLATE PUSH  
TASK....

## MTN3

1. RAMPAGE (12) + RUN
2. BONSAI 3-1-4-2-4-1
3. TYSON

---

4. RIBBITS (10) + RUN
5. C.H.B.
6. POTTY SHOTS

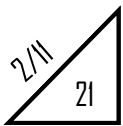
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7. B.N.C.
8. TALL ORDER 6+
9. SL OGRE (10) + TZN

---

10. MINOTAUR Ⓛ
11. JACKAL
12. SUICIDE 2-1-3-1-4-1

1-3  
1-6  
1-9  
1-12



SLOPE

1A, 2A, 3A, 4A, 5A  
1B, 2B, 3B, 4B, 5B  
1C, 2C, 3C, 4C, 5C

## CROSS FUSION

A.

1. HIGH Xs
2. TWO-STEP (20) + RUN
3. GORGON (8) + RUN
4. V-STEP (10) + RUN
5. HANG (10) + RUN

- A. SQUONQ
- B. JAGGER (12) + RUN
- C. STAT SWAG (20) + TZN

1. TRIFECTA 6+
2. STAMPEDE
3. QUICKSAND (L)

- 
1. APE SHOOT!
  2. THRASHER
  3. JUNKIE JUMP (8) + RUN

- 
1. PISTON (10) + TZN
  2. KAMIKAZE 4-3-4-2-4-1-4-1
  3. CRAY-CRAY

1  
1,2  
1,2,3  
1  
1,2  
1,2,3...

## MOLE HILLS

C.

1. MANTIS (8) + RUN
2. TYSON
3. CURL WALK 6+

- 
1. STACK SHOT
  2. B.D.R. (15) + TZN
  3. HAMSTRUNG

- 
1. MT. CLIMB (20) + RUN
  2. TROG
  3. REV PLATE PUSH

1  
1,2,1  
1,2,3,2,1  
1,2,3,4,3,2,1  
1,2,3,4,5,4,3,2,1

## UPLIFT

B.

1. RAZOR
2. BONSAI 3-1-4-2-4-1
3. BUCKS
4. FLAMINGO (6) + TZN
5. FANGS (5) + PUSH

1. SKIPS
2. EXPLOSIONS
3. UNLEASHED





## WARM UP CHECKLIST (2)

1. SUCIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. W. GREMLIN
4. RAMBO (10) + RUN
5. SWAGGIN 1:1

# MULTASKING

The idea for this circuit came to us from a junkie who was texting mid-workout claiming she was “multi-tasking”. We decided to kick mid-workout multitasking up a notch by giving you a simple math question at the end of each task, the correct answer will lead you to the next task. Upon completion of your workout you’ll receive 3 bonus tasks added to your score which equates to 40-60 points!

Too much thinking? Just want to show up and be told what to do? No problem. We’ll provide you the circuit in regular checklist format.

This circuit will be provided to each turf in advance but will not be posted publicly on the Motherboard to keep the math equations from being crammed for the day before!

Give it a try. Use your mind and body at the same time. Go where the workout takes you rather than knowing the path in advance!

A.

III  
222  
333...

## CENTAUR3

B.

1. TARASQ
2. BENCHED (30) + TZN
3. VIP (10) + RUN
4. TRUMPET 9+
5. TURKEY
6. TWISTED
7. YIKES!
8. BOVINE

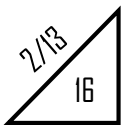
I, AA  
1,2, BB  
1,2,3, CC  
1,2,3,4, DD  
1,2,3,4,5, EE  
1,2,3,4,5,6, FF

1. BONSAI 3-1-4-2-4-1
2. RIBBITS (10) + RUN
3. CALF-IN-ATOR
4. B. LUNGE
5. LOWLY (10) + RUN
6. MONTAUK

## XION2

C.

- A. BOULDER
- B. MOGUL MADNESS 10
- C. W. CROOK
- D. SLING SHOT 3-2-4-2-3-1
- E. CHICKIN 2-1-3-1-4-1
- F. DIABLO



SLOPE

### REPTILIAN3

1-7, 8A 8A 8A  
1-7, 8B 8B 8B  
1-7, 8C 8C 8C

1. QUICK FT. (20) RUN
2. SHUFFLE
3. SWAGGIN 1:1
4. SQ. JUMPS (10) + RUN
5. HIKES
6. BANDIT (20) + RUN
7. PINNED 2-1-3-1-4-1

- 
- 8A. X PP
  - 8B. GARGOYLE
  - 8C. SLING SHOT 3-2-4-2-3-1

### N

1-10  
10-1  
1-10

1. POTTY SHOT
2. V-STEP (10) + RUN
3. MOGUL (20) + RUN
4. CURL WALK 6+
5. STATAROG (10) + RUN
6. ANACONDA
7. KOBOLD
8. VENOM
9. ROW STROL 6+
10. JACKALOPE

### HYBRID2

11  
11,22  
11,22,33  
11,22,33,44  
11,22,33,44,55

1. APE SHOOT!
2. K.O.D. (20) + TZN
3. RAMBO (10) + RUN
4. DIABLO
5. NEAPOLITAN



1  
1,2  
1,2,3  
1,2,3,4

## WARM UP MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TOES (20) + RUN
4. GORGON (8) + RUN

1  
1,2  
1,2,3  
1,2,3,4

THIS CHECKLIST 4X IS STACKED WITH SOME OF OUR FIERCEST CARDIO TASKS (FEATURED IN THE RED BOX) FOR SOME HEART POUNDING RESULTS!

# HEART-THROB

## CHECKLIST (4)

1-20  
1-20  
1-20  
1-20

1. CURL WALK 6+
2. HALO 2-1-3-1-4-1
3. SKULLS (10) + TZN
4. KOBOLD
5. SL OGRE (10) + TZN
6. MIEL'S WHEELS
7. O-PINNED 2-1-3-1-4-1
8. MANTIS (8) + RUN
9. B. LUNGE
10. POTTY SHOT

11. TALL ORDER 6+
12. W. CROOK
13. REV PLATE PUSH
14. TYPHON
15. EXPLOSIONS
16. TAKE OFF!
17. POUNGER (10) + RUN
18. TROG
19. MOGUL 6 TO FROG
20. STAT. TYSON (20) + RUN



## CHECKLIST (2)

1-14  
1-14

1. EN GARDE
2. INFINITY (20) + RUN
3. SKUFFLE
4. W. GREMLIN
5. STAT. SWAG (20) + TZN
6. JIGGY (20) + RUN
7. SPIKES
8. MONGOOSE
9. TARASQ
10. VIP (10) + RUN
11. AMAROK
12. POTTY SHOT
13. SWASHBUCKLER
14. FLAMINGO (6) + TZN

## GROUND

### MTN2

1-2  
1-4  
1-6  
1-8  
1-10

1. YETI
2. MONKEY

---

3. PLATE PUSH

---

4. BULLDOG

---

5. REV MASTODON

---

6. TWISTED

---

7. SHOT PUT

---

8. REV B.N.C.

---

9. CRAY-CRAY

---

10. M.F.T.

## VERTEX

1  
1,22  
1,2,3,333  
1,2,3,4,444  
1,2,3,4,5,5555

1. STAMPEDE
2. OGRE (10) + RUN
3. F. LUNGE
4. TALL ORDER 6+
5. RIBBITS (10) + RUN



A.

## EXPANDING

1. SL GORGON (8) + RUN

2. VIPER

3. CHICKIN 2-1-3-1-4-1

4. TWO-STEP (20) + RUN

5. EN GARDE

6. MT. CLIMB (20) + RUN

7. LYCAN (10) + RUN

8. HIKES

9. MOGUL PUSH

10. REVIVAL

1. TURKEY

2. JACKALOPE

3. DEATH ROW 2-1-3-1-4-1

4. BUZZARD

5. BONSAI 3-1-4-2-4-1

6. SUPP (10)

7. CYCLONE (12) + TZN

8. TOES (20) + RUN

9. VIP (10) + RUN

10. INCH WORM

5,6  
4-7  
3-8  
2-9  
1-10

B.

## CROSS-FIRE

1. TROG

2. INFINITY (20) + RUN

3. JUNKIE JUMP (8) + RUN

4. C.H.B.

A. BENCHED (30) + TZN

B. CRAZY LEGS

C. BULLY

D. HALO 2-1-3-1-4-1

1A, 1B, 1C, 1D  
2A, 2B, 2C, 2D  
3A, 3B, 3C, 3D  
4A, 4B, 4C, 4D

C.

## CENTAUR2

11  
22  
33...

11. SQUIBBLE

12. HOT COALS (10) + RUN

13. YETI

14. TRIFECTA 6+

15. RDL (8) + TZN

16. K.O.D. (20) + TZN

17. TAKE OFF!

18. SUICIDE 2-1-3-1-4-1

19. APE SHOOT!

20. PRIMATES 4-1-3-1-2-1



SLOPE

## MESA

1. BONSAI 3-1-4-2-4-1
2. SKATES
3. MT. CLIMB (20) + RUN
4. TYSONS
5. TRUMPET 9+
6. RIBBITS (10) + RUN
7. MUGGER (12) + RUN
8. CYCLONE (12) + TZN
9. KOBOLD
10. MIEL'S WHEELS
11. RDL (8) + TZN
12. ROTATING SQUAT

1,2,3  
2,3,4  
3,4,5  
4,5,6  
5,6,7  
6,7,8  
7,8,9  
8,9,10  
9,10,11  
10,11,12

PERFORM EACH TASK TWICE  
FORWARD TASK TO 4, REV TASK TO 1  
FORWARD TASK TO 4, REV TASK TO 1

## RED RUM

- |                 |                |
|-----------------|----------------|
| 1. GREMLIN      | REV GREMLIN    |
| 2. BEAR         | REV BEAR       |
| 3. POTTY SHOTS  | HIKES          |
| 4. F. LUNGE     | B. LUNGE       |
| 5. THRASHER     | TORD           |
| 6. BOVINE       | REV BOVINE     |
| 7. SWASHBUCKLER | PIRATE         |
| 8. MASTODON     | REV MASTODON   |
| 9. CURL WALK 6+ | TRIFECTA 6+    |
| 10. WALRUS      | REV PLATE PUSH |
| 11. TURKEY      | BUTT KICKS     |
| 12. BULLDOZER   | DIABLO         |

1,2,1,3,1,4,1,5,1,6  
2,3,2,4,2,5,2,6  
3,4,3,5,3,6  
4,5,4,6  
5,6

## =IBRIDIOUS

1. MOGUL (20) + RUN
2. GRYPHON (8) + PUSH
3. PARATROOP (10) + RUN
4. TROG
5. BUCK UPS
6. TYPHON



SLOPE

1-10, 10-1

1-10, 10-1

1

1,2,1

1,2,3,2,1

1,2,3,4,3,2,1

1-10

3-10

5-10

7-10

9,10

## ALL REPS FIRST THEN + RUN

### U2

1. QUICK FT. (40)
2. MOGUL (40)
3. HOT COALS (20)
4. LYCAN (20)
5. JUNKIE (16)
6. PUSH UP (20)
7. TOES (40)
8. G.B.D. (30) 15/SIDE
9. HANG (20)
10. VIP (20)

## GLUED PLATE

### UPLIFT

1. STAT. CURL (6) + TZN
2. B.O.R. (15) + TZN
3. SHWAGGIN 1:1
4. ROW STROLL 6+

## FADED2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. YETI

---

3. HIKES
4. BOULDER

---

5. POGOTO (6) + TZN
6. SLUSKI

---

7. MONTAUK
8. SKUFFLE

---

9. NEAPOLITAN
10. REV VIPER

---

2/19

TBD

SLOPE

# CIRCUIT CREATION CONTEST WINNERS

EVERY NOW AND THEN WE RECEIVE GREAT SUGGESTIONS FOR NEW CIRCUIT PROGRESSIONS, MACH-V, AND 1 AND ALPHABET SOUP ARE JUST A FEW EXAMPLES OF CIRCUITS CREATED BY JUNKIES THAT WENT ON TO BE REGULARLY FEATURED CIRCUITS. HERE'S YOUR CHANCE TO SHOW OFF YOUR CREATIVITY!

- CREATE A NEW PROGRESSION OR THEME FOR A WORKOUT.
- PLEASE PROVIDE YOUR SUGGESTED TITLE, PROGRESSION KEY, FULL NAME, HOME TURF AND LOGIC BEHIND YOUR CREATION.
- ACTUAL TASKS FOR THE WORKOUT ARE NOT NEEDED AS THEY WILL BE INSERTED FOR CONTINUITY WITH THE OTHER CIRCUITS AND WORKOUTS FOR THE DAYS SURROUNDING.
- ONLY ORIGINAL PROGRESSIONS WILL BE CONSIDERED; HYBRID (MESHING CIRCUITS) PERMISSIBLE.
- ALL SUBMISSIONS SHOULD BE SENT VIA EMAIL TO [MOTHERBOARD@SYPHUSTRAINING.COM](mailto:MOTHERBOARD@SYPHUSTRAINING.COM) BY 2/10/18
- WINNERS WILL BE FEATURED ON FEBRUARY 19<sup>TH</sup>, 2018.



SLOPE

# MONGREL

1 ACROSS  
1 ACROSS  
2 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
4 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
4 ACROSS  
5 ACROSS  
1 ACROSS  
2 ACROSS  
3 ACROSS  
4 ACROSS  
5 ACROSS  
6 ACROSS  
A DOWN  
B DOWN  
C DOWN  
D DOWN

	A	B	C	D
1	SHUFFLE	TWO-STEP (20) + RUN	SWAGGIN 1:1	V-STEP (10) + RUN
2	MIEL'S WHEELS	HANG (10) + RUN	CURL WALK 6+	VEXED (10) + RUN
3	SQUONO	LYCAN UP (10) + RUN	TROMBONE 6+	VIPER
4	JACKAL	LEPRECHAUN	STORK (20) + TZN	VENDM
5	TWEAKER (L)	AMAROK	OFFERING	VEXUM

1  
1,2  
1,2,3  
1,2,3,4

## MTN

1. POUNCER (10) + RUN
2. CHICKIN 2-1-3-1-4-1
3. STATARASQ (16) + RUN
4. MINOTAUR (L)



A.

## MTN4

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. HIGH Xs
4. V-STEP (10) + RUN

---

5. BULLY
6. ALT. SQUONQ
7. X PP
8. SPIKES

---

9. MANTIS (8) + RUN
10. STAT. ROW (6) + TZN
11. MIEL'S WHEELS
12. B. LUNGE

---

13. TALL ORDER 6+
14. BULLDOG
15. MOGUL PUSH
16. WICCA

1-4  
1-8  
1-12  
1-16

B.

## CHECKLIST

1-20

1. TYSONS
2. W. GREMLIN
3. 90° (10) + TZN
4. YAK
5. CHICKIN 2-1-3-1-4-1
6. STACK SHOT
7. SLAP JACK
8. YIKES!
9. RDL (8) + TZN
10. GRECO
11. JAGGER (12) + RUN
12. BOVINE
13. JACK BOX
14. SKULLS (10) + TZN
15. KAMIKAZE 4-3-4-2-4-1-4-1
16. FUZZARD
17. JACK ASS
18. APE SHOOT!
19. TARASQ
20. HALO 2-1-3-1-4-1

C.

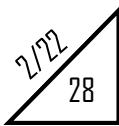
## REPTILIAN2

1. COALITION (10) + TZN
2. RAZOR
3. SL PUSH UP (10) + RUN
4. RIBBITS (10) + RUN
5. SA PP

---

- 6A. REV BEAR
- 6B. WINDOW WASHER
- 6C. AMAROK
- 6D. REV B.N.C.

1-5, 6A 6A  
1-5, 6B 6B  
1-5, 6C 6C  
1-5, 6D 6D



SLOPE

# MARCH MAYHEM - TRIALS

1.	<b>SPRINT</b>			25.	<b>OZARK</b>	<b>ATTACK-IT</b>	ROQ
2.	<b>EN GARDE</b>			26.	<b>BONSAI 3-1-4-2-4-1</b>	<b>SUICIDE 2-1-3-1-4-1</b>	496
3.	<b>HIKES</b>			27.	<b>CHICKIN 2-1-3-1-4-1</b>	<b>WARRIOR</b>	502
4.	<b>ROW STROLL 6+</b>			28.	<b>SKATES</b>	<b>SKATES</b>	538
5.	<b>SWAGGIN 1:1</b>			29.	<b>YETI</b>	<b>TAKE OFF!</b>	541
6.	<b>HIGH KNEES</b>			30.	<b>FROGS</b>	<b>SQUIBBLE</b>	568
7.	<b>CURL WALK 6+</b>			31.	<b>TARASQ</b>	<b>STAT. CURL (6) + TZN</b>	589
8.	<b>ALT. SQUONK</b>			32.	<b>MOGUL PUSH</b>	<b>RAZOR</b>	604
9.	<b>NEAPOLITAN</b>			33.	<b>TORD</b>	<b>SHOT PUT</b>	634
10.	<b>HALO 2-1-3-1-4-1</b>			34.	<b>STAMPEDE</b>	<b>TARZAN</b>	678
11.	<b>BUZZARD</b>			35.	<b>MONTAUK</b>	<b>YAK</b>	680
12.	<b>BEAR</b>			36.	<b>SL INCH</b>	<b>MINDTAUR</b>	707
13.	<b>CRAZY LEGS</b>			37.	<b>POTTY SHOT</b>	<b>3 PT. STANCE</b>	764
14.	<b>HOPSCOTCH</b>			38.	<b>GALLOW 2-1-4-3-4-1</b>	<b>SHUTTLE RUN 3-2-4-2-3-1</b>	778
15.	<b>TYSONS</b>			39.	<b>JACK BOX</b>	<b>FLYING JACKAL</b>	783
16.	<b>STACK SHOT</b>			40.	<b>SPIKES</b>	<b>PLATE PUSH</b>	834
17.	<b>YIKES!</b>			41.	<b>GROWLER</b>	<b>GARGOYLE</b>	855
18.	<b>BULLY</b>			42.	<b>JACKALOPE</b>	<b>REV HYDRA</b>	876
19.	<b>DIABLO</b>			43.	<b>TYPHON</b>	<b>DELAURA</b>	904
20.	<b>GREMLIN</b>			44.	<b>TRUMPET 9+</b>	<b>APE SHOOT!</b>	928
21.	<b>B. LUNGE</b>			45.	<b>PRIMATES 4-1-3-1-2-1</b>	<b>GARGANTUAN</b>	943
22.	<b>W. LUNGE</b>						967
23.	<b>TURKEY</b>						
24.	<b>BUCKS</b>						
	<b>BUTT KICKS</b>						
	<b>STAMPEDE</b>						
	<b>ALI 22+</b>						
	<b>CURL PRESS 5+</b>						
	<b>W. GREMLIN</b>						
	<b>HIGH Xs</b>						
	<b>TROMBONE 6+</b>						
	<b>CROOK</b>						
	<b>X PP</b>						
	<b>Q-PINNED 2-1-3-1-4-1</b>						
	<b>BULLDOG</b>						
	<b>BOVINE</b>						
	<b>SA PP</b>						
	<b>SLALOM</b>						
	<b>TROG</b>						
	<b>SLING SHOT 3-2-4-2-3-1</b>						
	<b>VEXUM</b>						
	<b>KOBOLD</b>						
	<b>BOULDER</b>						
	<b>SUICIDE 2-1-3-1-4-1</b>						
	<b>CROAKIN</b>						
	<b>QUICKSAND</b>						
	<b>SKIPS</b>						
	<b>REV GARGOYLE</b>						



SLOPE

## EL CYCLE MOLE HILLS

1. SHUFFLE
  2. MOGUL (20) + RUN
  3. TOES (20) + RUN
  4. SWAGGIN 1:1
- 
1. TROMBONE 6+
  2. PLATE PUSH
  3. YIKES!
- 
1. KITCHEN SINK (10) + TZN
  2. CURL WALK 6+
  3. W. CROOK
  4. G.B.D. (15) + RUN

1-4, 4-1  
2,3,3,2  
 1-3, 3-1  
2,2  
 1-4,4-1  
 2,3,3,2

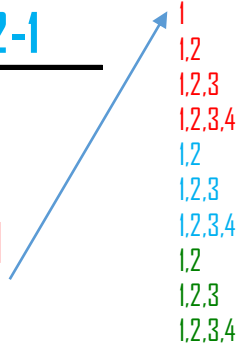
## MINI JACOB'S LADDER

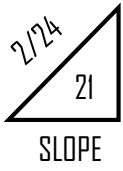
4. JACK BOX
  3. SHALO 1:1
  2. VIP (10) + RUN
- 
4. 1. 45°
  3. RAMPAGE (12) + RUN
  2. SAWED OFF (10) + TZN
- 
- 4.1. PRIMATES 4-1-3-1-2-1
  3. COBRA (10) + PUSH
  2. KOBOLD
  1. QUICK FT. (20) + RUN

1  
 1,2,2  
 1,2,3,3,3  
 1,2,3,4,4,4,4  
 1,2,3,4,5,5,5,5,5

## VERTEX

1. GRECO
2. TRIFECTA 6+
3. ABD. MANTIS (8) + RUN
4. SQUONQ
5. NEAPOLITAN





PERFORM IN A CHECKLIST  
DO EACH TASK NUMBER OF TIMES LISTED

### MATTERHORN

4 HOT COALS (10) + RUN

1 BULLY

2 JIGGY (20) + RUN

---

4 EN GARDE

1 LYCAN (10) + RUN

2 HIKES

---

4 ROW STROLL 6+

1 BULLDOZER

2 SQ. JUMP (10) + RUN

---

4 SWAGGIN 1:1

1 SHUTTLE RUN 3-2-4-2-3-1

2 OGRE (10) + TZN

---

4 SKUFFLE

1 GATOR TO 3

2 HACK-IT

U

1-12, 12-1

1. TURKEY

2. SUE-STEP (20) + RUN

3. K.O.D. (20) + TZN

4. MASTODON

5. JIGSAW

6. BUCKS

7. FROZEN CROOK 8

8. RAMBO (10) + RUN

9. VENOM

10. B.O.R. (15) + TZN

11. HALO 2-1-3-1-4-1

12. MONGOOSE

### REV MTN2

1. BANDIT (20) + RUN

2. VEXUM

---

3. B. LUNGE

4. YETI

---

5. OFFERING

6. TROG

---

7. POTTY SHOT

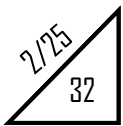
8. INCH WORM

---

9. TOES (20) + RUN

10. PETRA

1-10  
1-8  
1-6  
1-4  
1-2



SLOPE

1,2  
1,2,33,44  
1,2,33,44,555,666  
1,2,33,44,555,666,7777,8888

## ZENITH

1. SUICIDE 2-1-3-1-4-1

2. SHUFFLE

3. MT. CLIMB (20) RUN

4. PLATE SHAKE 9+

5. MONKEY

6. TALL ORDER 6+

7. SQ. JUMP (10) + RUN

8. CRAZY LEGS

1X

2X

3X

4X

## DARK SIDE

1. REV BULLDOG

2. W. GREMLIN

3. VIP (10) + RUN

4. GORGON (8) + RUN

5. SUE-STEP (20) + RUN

## MT. NEVEREST

1X DECALF

2X TWISTED

3X CURL WALK 6+

4X JACKALOPE

1-5  
1-4,5  
1-3,4,5  
1-2,3,4,5  
1,2,3,4,5  
1-5

DIABLO

W. LUNGE

VIPER

RESURRECTION

FROGS

1  
1,22  
1,22,333  
1,22,333,4444  
1,22,333,4444,555555



1A. 2-6, 7A  
1B. 2-6, 7B  
1C. 2-6, 7C  
1D. 2-6, 7D

## CHAMELEON

- 1A. KAMIKAZE 4-3-4-2-4-1-4-1
- 1B. ROW STROLL 6+
- 1C. YETI
- 1D. ARACHNID

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2. QUICK FT. (20) + RUN
3. V-STEP (10) + RUN
4. PLATE SHAKE 9+
5. HIKES
6. BANDIT (20) + RUN

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- 7A. SKUFFLE
- 7B. REV VIPER
- 7C. ENFORCER
- 7D. SL BUCKS

## MTN3

1-3  
1-6  
1-9  
1-12

1. SUICIDE 2-1-3-1-4-1
2. F. LUNGE
3. W. GREMLIN

---

4. SUE-STEP (20) + RUN
5. HALO 2-1-3-1-4-1
6. VIP (10) + RUN

---

7. CYCLONE (12) + TZN
8. SQUONQ
9. PIRATE

---

10. SLAP JACK
11. STATARASQ (16) + RUN
12. QUICKSAND (L)

## FADED4

1-16  
5-16  
9-16  
13-16

1. JACKAL
2. MONGOOSE
3. SHUTTLE RUN 3-2-4-2-3-1
4. APE SHOOT!

---

5. JUNKIE JUMP (8) + RUN
6. SWAGGIN 1:1
7. RAMPANT (10) + RUN
8. PLATE PUSH

---

9. SL MANTIS (8) + RUN
10. CURL PRESS 5+
11. 3 PT. STANCE
12. LYCAN (10) + RUN

---

13. GIMPY DOG
14. PINNED 2-1-3-1-4-1
15. MUGGER (12) + RUN
16. ALT. SQUONQ



SLOPE

## VERTEX

1  
1,22  
1,2,333  
1,2,3,4444  
1,2,3,4,55555

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. TWO-STEP (20) + RUN
4. CRAZY LEGS
5. TURKEY

## =ATERAL

1,2,1,3,1,4,1,5,1,6  
6,5,6,4,6,3,6,2,6,1  
2,3,2,4,2,5  
5,4,5,3,5,2  
3,4  
4,3

1. W. STAT. SQUAT (10) + TZN
2. JAGGER (12) + RUN
3. MIEL'S WHEELS
4. BENCHED (30) + TZN
5. HIKES
6. DELAURA

## CAVITY

1-10  
1-4, 7-10  
1-3, 8-10  
1,2,9,10  
1,10

1. RAMBO (10) + RUN
2. TYSON
3. KNEELING CURL (6) + TZN
4. SUICIDE 2-1-3-1-4-1
5. REV PLATE PUSH
6. MATTADOR Ⓛ
7. SAWED OFF (10) + TZN
8. MT. CLIMB (20) + RUN
9. POTTY SHOT
10. TROG





**A.**

## MESA

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. SQUONK
4. V-STEP (10) + RUN
5. SWAGGIN 1:1
6. PARATROOP (10) + RUN
7. PUSH UP (10) + RUN
8. POTTY SHOT
9. TRIFECTA 6+
10. NEAPOLITAN

1,2,3  
2,3,4  
3,4,5  
4,5,6  
5,6,7  
6,7,8  
7,8,9  
8,9,10

**B.**

## FIND MUCK

- 4321 RAMPAGE (12) + RUN
- 321 HIKES
- 21 SL BOULDER
- 1 O-PINNED 2-1-3-1-4-1

RAMPAGE 4X    RAMPAGE 3X    RAMPAGE 2X    RAMPAGE 1X  
 HIKES 3X        HIKES 2X        HIKES 1X  
 SL BOULDER 2X    SL BOULDER 1X  
 O-PINNED 1X

**D.**

1. MOGUL MADNESS 10
2. JIGGY (20) + RUN
3. BANDIT (20) + RUN
4. EXPLOSIONS
5. JACK BOX
6. TROG

**C.**

## BOVINE GAUNTLET

1. PEG LEG (8) + RUN
2. SHOT PUT
3. SUICIDE 2-1-3-1-4-1
4. ALI 22+
5. BUTT KICKS
6. SPIKES
7. FROZEN LUNGE 5
8. SL OGRE (10) + TZN

BOVINE, TASK  
BOVINE, TASK..

## XION

- A. SCURL 1:1
- B. REV GROWLER
- C. O-B.O.R. (10) + TZN
- D. FUZZARD
- E. REVIVAL
- F. X PP

1,A  
1,2,B  
1,2,3,C  
1,2,3,4,D  
1,2,3,4,5,E  
1,2,3,4,5,6,F

# THE MODIFICATION INDEX

The following pages hold the Modification Index. This section includes both the Alpha-Mod and Tier-Mod. The Alpha-Mod lists all of our tasks in Alphabetical order along with their tier. The Tier-Mod section groups all tasks by their valuation/difficulty.

## **How to Find a Modification:**

- Search the task you're wishing to modify by looking it up in the Alpha-Mod **FIRST**
- Find the Tier associated with that task
- Flip to the Tier-Mod list
- Find the correct Tier associated with that task
- Find another task in the same Tier as your modification
- Have the Mod approved by your **PRO**

## ALPHA - MOD I N D E X

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
313	5.A	Boulder Push	5.A	Crook Shake	4.C	Explosions	2.A	Halo 2-1-3-1-4-1	4.A
3 Pt. Stance	2.D	Bovine	3.B	Crooked Bully	4.C	F. Lunge	3.A	HamStrung	5.C
45 Degree Lunge	3.D	Brazen (6) + Run	4.C	Crooked Chickin !!	4.C	Flamingo (6) + TZN	3.B	HANG (10) + Run	2.C
90 Degree Piston (10) + TZN	4.A	Bridged Benched (30) + TZN	4.C	Crooked Pin	4.A	Flying Jackal	5.B	Hang Madness6	4.B
Abduct. Mantis (8) + Run	4.A	BTown Bump (6) + TZN	4.A	Cross Overs	1.A	Flying Monkey	4.B	Heave Ho	3.D
Abduct. Push Up (8) + Run	4.B	Buck Up	4.B	Cross-Bear	3.A	Frogs	2.D	Hellion	5.C
Airplanes	3.D	Bulldog	3.B	Crucifixion	4.B	Frozen Crook	4.B	High Knees	1.B
Ali Shuffle (Ali) 22+	2.C	Bulldozer	3.A	CUJD	6.B	Frozen Gremlin	4.C	High Xs	1.B
Alt. Squonq	1.D	BullFrog	5.A	Curious George	4.B	Frozen Lunge	4.C	Hikes	2.B
Amarok	2.D	Bullsh!t	5.B	Curl Madness	5.B	Frozen Pipes (3/8)	6.A	Hip Twists	1.A
Anaconda	5.B	Bully	2.A	Curl Press 5+	2.C	Frozen Push Up	4.C	Hippie (10) + Run	2.D
Anteater	3.A	Bunyan	4.C	Curl Walk	2.B	Frozen Sawed Off	4.C	Hooked (10) + Run	2.D
Ape Shoot!	2.A	Butt Kicks	1.A	Cyclone (12) + Tzan	3.C	Frozen W. Crook	5.B	Hop Scotch	2.A
Arachnid	4.C	Buzzard	3.B	Cyclops (6) + Tzan	3.D	Gallow 2-1-4-3-4-1	1.C	Hot Coals (10) + Run	2.A
Asphyxiation	5.A	Caduceus	5.C	Death Row 2-1-3-1-4-1	4.A	Gargantuan	4.A	Hurl and Twist	4.C
Assault 4-2-4-3-4-1	1.C	Calf-in-ator	4.B	Debacle (6) + TZN	4.C	Gargoyles	3.A	Hydra	3.B
Attack It	5.C	Captain Hook	4.C	DeCalf	4.C	Gator to 3	4.C	Inch Worm	4.C
Aurox	6.C	Cerb (5) + Sapp	5.A	DeLaura	3.D	GBD (15) + Run	2.C	Inch Worm + Push Up	6.B
B. 45	3.D	C.H.B.	5.A	Demonic (8) + TZN	4.A	Gimpy Dog	4.A	Infinity (20) + Run	2.A
B. Bunyan	4.C	Chickin 2-1-3-1-4-1	4.B	Denser	3.D	Gimpy Mayhem	4.C	Iron Will	5.B
B. Lunge	3.C	Chimera	4.B	Devastator	6.B	Gorgon (8) + Run	4.A	Jabberwocky	5.C
B.O.R. (15) + TZN	3.B	Chimp (8) + Run	4.B	DeViL	5.B	Gorgon Push Up (8) + Run	4.C	Jack Box	5.C
Ball N Chain (BNC)	4.B	Chupacabra	5.C	Diablo	5.A	Grapple (6) + Push	4.C	Jackal	4.A
Bandit (20) + Run	2.A	Coalition (10) + TZN	2.B	Diabolical	6.A	Greco	5.A	Jackalope	3.C
Bandit Mayhem	4.C	Cobra (10) + Push	4.C	Double Boulder	6.B	Gremlin	1.B	Jack-Ass	5.C
Banshee	3.D	Conan 3/back	6.A	Double Push	5.C	Grifter (10) + Push	4.A	Jagger (10) + Run	3.B
Bayok (6) + Run	4.A	Conquistador	6.A	Double Push	5.C	Grootslang	6.C	Jangle Leg3	6.A
Bear Crawl	3.B	Corrective Push Up Madness	3.C	Double Rev Inch	6.A	Growler	2.D	Jen-erator (10) + TZN	3.C
Benched (30) + TZN	4.C	Crap Shoot	3.A	Double Rev P Push	5.B	Gryphon (8) + Push	5.A	Jester	5.C
Big Bucks	4.B	Cray-Cray	4.A	Double Venom	4.C	Gryphon Madness	5.C	Jiggy (20) + Run	2.C
BOA	5.B	Crazy Legs	3.D	DRAGO to 3	6.C	Hack-It	6.A	Jiggy Madness6	4.C
Bonsai 3-1-4-2-4-1	1.C	Croakin	3.C	Drop Kicks	5.A	HAG	4.A	JigSaw	4.C
BOR Madness3	3.D	Crockpot (6) + TZN	4.C	En Garde	1.B	Half Blaked	6.A	Jigsaw6 Mayhem	5.B
		Crook	1.D	Enforcer	3.A				

# ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
Jog	1.A	Minotaur	6.B	Orca	6.C	Rahaim Step (10) + Run	2.D	Rev Pouncer (10) + Run	4.A
Johnny Appleseed	6.A	Mocker	5.C	Ozark	5.C	Rambo (10) + Run	2.C	Rev Scorpion to 3/back	6.B
Jounce 2-1-3-1-4-1	5.B	Mogul Madness10	3.D	P.O.D. (:10) + TZN	3.C	Ramp Up (8) + Run	3.D	Rev Yak	3.D
Jumping Jacks (20) + Run	1.D	Mogul Mayhem	4.C	Paratroopers (10) + Run	2.C	Rampage (12) + Run	2.A	Rev. Arachnid	5.B
Junkie Jump (8) + Run	3.B	Mogul Push	3.D	Patty Cake (20) + run	3.B	Rampage Mayhem	5.A	Rev. Zookeeper	5.B
KAA (10) + Push	5.C	Mogul to Frog	6.A	Peg Leg (8) + Run	4.B	Rampant (10) + Run	2.B	Revival (Rev. Resurrect)	6.A
Kamikaze 4-3-4-2-4-1-4-1	1.D	Moguls (20) + Run	2.A	Pele	1.C	Rampant Madness	3.D	Ribbits (10) + Run	2.C
Keg Toss (8)+ Run	3.D	Mongoose	2.D	Petra	4.C	Rampant Mayhem	5.A	Rigamortis	4.C
King Kong	5.A	Monkey Crawl	2.D	Pinned	3.D	Ravage	6.A	Rooster (10) + TZN	4.A
Kitchen Sink (10) + TZN	4.B	Montauk	3.B	Pipsqueak	1.C	Razor Push	3.D	Rooted Groot (8) + Push	6.B
Kneeling Curl (6) + Tzn	2.C	Mother Buzzard	5.C	Pirate	5.A	RDL (8) + TZN	4.A	Rotating Squat	3.C
Kobold	2.A	Mr. Atlas to 3/back	6.A	Piston (10) + TZN	3.A	Resurrection	5.C	Row Madness3	5.B
KOD (20) + TZN	3.B	Mt. Climb (20) + Run	2.A	Plate Push	2.D	Rev 313	5.C	Row Stroll 6+	2.B
K-Step (20) + Run	2.B	Mt. Climb Madness	3.B	Plate Shake 9+	2.A	Rev Ball N Chain (REV BNC)	5.A	Rump Roast	6.A
Ladder 2-1-3-2-4-3-4-3-4-2-3-	1.D	MTN Man	4.C	Pogato (6) + TZN	4.C	Rev Bear Crawl	3.D	S.A. Boulder	5.C
Leaps	1.A	Mugger (10) + Run	2.C	Potty Shot	2.B	Rev Bovine	4.A	SA Diablo	5.A
Leprechaun	2.C	Mukwonago	4.A	Potty Shot Hops	5.A	Rev Bulldog	3.D	SA Diablo	5.A
Lieutenant Dan	6.A	MuskRat	3.B	Potty Squat	2.C	Rev Buzzard	5.A	SA Greco	5.A
Lowly (10) + Run	2.D	Neapolitan	3.B	Potty to Bulldog	4.C	Rev Gargoyle	4.B	SA P.P.	3.B
Lumberjacks (8) + Run	3.B	Nemesis	6.B	Pouncer (10) + Run	4.A	Rev Gator to 3	5.C	Samurai	4.C
Lycan (10) + Run	2.C	Night Crawler	5.A	Primates 4-1-3-1-2-1	3.B	Rev Gremlin	1.C	Sawed Off (10) + Tzan	3.C
Lycan Up (10) + Run	4.A	No Gimmies	3.A	Primitive	6.A	Rev Growler	3.D	scarab to 3/back	6.A
M.F.T.	6.A	0-B.D.R. (10) + TZN	3.D	Prowler	6.A	REV Hydra	3.D	Scorpion to 3/BACK	5.C
Mantis (8) + Run	3.A	Obliterator	5.C	Push Ups (10) + Run	3.C	Rev Inch Worm	5.C	SCURL 1!	5.B
Mastodon	4.C	Oblivion	6.A	Python	5.B	Rev Mastodon	5.A	SHALO 1!	5.B
MaTador	6.A	Offering	2.C	QuadZilla	6.B	Rev Mongoose	3.D	Shot Put	5.A
Maxum	3.D	Ogre's Bridge (10) + Tzan	3.D	Quick Feet (20) + Run	2.A	Rev Mukwonago	5.A	Shuffle	1.B
Miel's Wheels	3.A	OPA (8) + TZN	3.C	Quick Ft Madness	3.B	Rev Night Crawler	5.B	Shuttle Run 3-2-4-2-3-1	1.C
MIM 3-2-4-2-3-1	5.B	0-Pinned 2-1-3-1-4-1	4.A	Quicksand	5.B	Rev Plate Push	5.B	Shwaggin 1!	3.D

# ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
Silent K	5.A	Snuff Box	6.C	Swaggin 1!	1.C	Twix	2.B	Wicca	6.A
Sinister (6) + Push	5.C	Speed Skates (20) + Run	2.A	Swashbuckler	4.B	Two Step Madness10	3.B	Wide Benched (30) + TZN	4.C
Skates	1.B	Spikes	2.D	Take Off	3.C	Two-Step (20) + Run	2.A	Wide Piston (10) + Tzan	3.D
Skiddish	1.C	Sprint	1.A	Tall Order 5+	2.C	Typhon	3.B	Window Wash + Push Up	5.C
Skips	1.B	Squat Jumps (10) + Run	2.C	Talon (6) + Push	5.A	Tysons	1.D	Window Washer	4.A
Skuffle	1.B	Squat Thrust (10) + Run	4.A	Tarasq	2.B	U. Potty Shots	3.B	Wipers (20) + Run	2.D
Skulls (10) + Run	3.C	Squatch (6) + TZN	4.C	Tarzan (TZN)	1.B	Unleashed	2.D	Wizard	4.C
Sky High 4-1	1.C	SquaTOES (10) + Run	2.B	The Burgundy	6.A	Untamed 4-1-3-1-2-1	4.A	X Plate Push (XPP)	3.B
SL Bayok (6) + Run	5.C	Squibble	2.B	The Exorcise	5.C	Upheaval	5.A	X Rampant (10) + Run	2.B
SL Big Bucks	5.A	Squonq	1.C	Thrasher	5.A	Venom	3.D	Yak	3.C
SL Boulder	5.B	Stack Shot	4.B	Throwbacks	3.D	Vexed (10) + Run	2.B	Yeti	3.C
SL BridgE Benched (15) + TZN	5.A	Stampede	1.B	Thrust to Frog	5.B	Vexum	3.D	Yikes!	2.C
SL Gorgon (8) + Run	5.A	Stat Halo (18) + TZN	4.B	Thumper	3.D	VIP (10) + Run	2.C	Zombie	3.C
SL Gorgon Push Up (8) + Run	5.A	Stat Row (6) + TZN	2.B	Tiger Roll	5.A	Viper	4.A	Zookeeper	5.A
SL Inch Worm	6.B	Stat Squat (10) + Run	2.B	Tippy-Tap	1.C	Vixen	3.D		
SL Mantis (8) + Run	3.D	Stat Swag (20) + TZN	3.D	Tip-Toes (20) + Run	2.B	VooDoo	6.C		
SL Ogre's (10) + TZN	4.B	Stat Trifecta (6) + TZN	2.C	Toes (20) + Run	2.A	V-Step (10) + Run	2.A		
SL Push Up (10) + Run	4.A	Stat Tyson (20) + Run	2.D	Top Shelf (8) + TZN	5.A	V-Step Madness	3.B		
SL Resurrection	6.B	Stat W. Lunge (8) + TZN	4.C	Toro	5.A	W. Bunyan	6.A		
SL Resurrections	6.A	Stat W. Squat (10) + TZN	4.A	Triad	5.C	W. Crook	2.C		
SL Revival	6.B	Stat. Chickin (18) + TZN	4.C	Trifecta! 6+	2.C	W. Gorgon (8) + TZN	5.C		
SL Rooted Groot (6) + Push	6.C	Stat. Curl (6) + TZN	2.B	Trippin	5.A	W. Gremlin	1.D		
SL Thrust to Frog	6.A	Statarasq (16) + Run	3.C	Triptych	4.C	W. Lunge	5.A		
SL Toes (20) + Run	2.B	Statrog (10) + Run	2.D	Trog	2.A	W. Resurrection	6.B		
Slalom	3.D	Stork (20) + TZN	3.B	Troika	5.C	W. Revival	6.B		
SLamstrung	6.B	Stranglehold	5.A	Trombone	2.B	W. Rotating Squat	5.C		
Slap Jack	3.D	STROW 1!	5.B	Trumpet 9+	2.B	W. SL Gorgon (8) + Tzan	6.B		
Sliger	3.D	Suck Ups	5.C	Tucks (10) + Run	2.D	W. Squat Jump (10) + Tzan	3.D		
Sling Shot 3-2-4-2-3-1	4.B	Sue Step (20) + Run	2.A	Turkeys	1.B	W. Warrior Lunge	6.A		
SLOMO-Push	5.A	Sue-Step Madness10	3.B	Tweaker	6.A	Walrus	5.C		
SLOzark	6.B	Suicide 2-1-3-1-4-1	1.C	Twine	4.A	Warlock	5.A		
Slugnutter	4.A	SUPP 10	4.C	Twinkle Toes (30) + TZN	2.C	Warrior Lunge	4.A		
Sluski	4.C	SUPPS Madness	5.C	Twisted	3.D	Wendigo	6.C		

	<b>TIER 1 - A</b>	<b>TIER 1 - D</b>	Row Strall 3D+	Twinkle Toes (3D) + TZN	<b>TIER 3 - B</b>	OPA (8) + TZN
Butt Kicks	Alt. Squonq	Potty Shot	VIP (1D) + Run	B.O.R. (15) + TZN	P.O.D. (:1D) + TZN	
Cross Overs	Crook	SL Toes (2D) + Run	W. Crook	Bear Crawl	Push Ups (1D) + Run	
Hip Twists	Jumping Jacks (2D) + Run	SquaTDES (1D) + Run	Yikes!	Bovine	Rotating Squat	
Jog	Kamikaze 4-3-4-2-4-1-4-1	Squibble	<b>TIER 2 - D</b>	Bulldog	Sawed Off (1D) + Tzan	
Leaps	Ladder 2-1-3-2-4-3-4-3-4-2-3-1-2	Stat Row (6) + TZN	3 Pt. Stance	Buzzard	Skulls (1D) + Run	
Sprint	Tyson	Stat Squat (1D) + Run	Amarok	Flamingo (6) + TZN	Statarasq (16) + Run	
<b>TIER 1 - B</b>	W. Gremlin	Stat. Curl (6) + TZN	Frogs	Hydra	Take Off	
En Garde	<b>TIER 2 - A</b>	Tarasq	Growler	Jagger (1D) + Run	Yak	
Gremlin	Ape Shoot!	Tip-Toes (2D) + Run	Hippie (1D) + Run	Junkie Jump (8) + Run	Yeti	
High Knees	Bandit (2D) + Run	Trombone	Hooked (1D) + Run	KOD (2D) + TZN	Zombie	
High Xs	Bully	Trumpet 9+	Lowly (1D) + Run	Lumberjacks (8) + Run		
Shuffle	Explosions	Twix	Mongoose	Montauk	<b>TIER 3 - D</b>	
Skates	Hop Scotch	Vexed (1D) + Run	Monkey Crawl	Mt. Climb Madness	45 Degree Lunge	
Skips	Hot Coals (1D) + Run	X Rampant (1D) + Run	Plate Push	MuskRat	Airplanes	
Skuffle	Infinity (2D) + Run	<b>TIER 2 - C</b>	Rahaim Step (1D) + Run	Neapolitan	B. 45	
Stampede	Kobold	Ali Shuffle (Ali) 22+	Spikes	Patty Cake (2D) + run	Banshee	
Tarzan (TZN)	Moguls (2D) + Run	Curl Press 5+	Stat Tyson (2D) + Run	Primates 4-1-3-1-2-1	BDR Madness3	
Turkeys	Mt. Climb (2D) + Run	GBD (15) + Run	Statrog (1D) + Run	Quick Ft Madness	Crazy Legs	
<b>TIER 1 - C</b>	Plate Shake 9+	HANG (1D) + Run	Tucks (1D) + Run	SA P.P.	Cyclops (6) + Tzan	
Assault 4-2-4-3-4-1	Quick Feet (2D) + Run	Jiggy (2D) + Run	Unleashed	Stork (2D) + TZN	DeLaura	
Bonsai 3-1-4-2-4-1	Rampage (12) + Run	Kneeling Curl (6) + Tzn	Wipers (2D) + Run	Sue-Step Madness1D	Denser	
Gallow 2-1-4-3-4-1	Speed Skates (2D) + Run	Leprechaun	<b>TIER 3 - A</b>	Two Step Madness1D	Heave Ho	
Pele	Sue Step (2D) + Run	Lycan (1D) + Run	Anteater	Typhon	Keg Toss (8) + Run	
Pipsqueak	Toes (2D) + Run	Mugger (1D) + Run	BullDozer	U. Potty Shots	Mogul Madness1D	
Rev Gremlin	Trog	Offering	Crap Shoot	V-Step Madness	Mogul Push	
Shuttle Run 3-2-4-2-3-1	Two-Step (2D) + Run	Paratroopers (1D) + Run	Cross-Bear	X Plate Push (XPP)	D-B.O.R. (1D) + TZN	
Skiddish	V-Step (1D) + Run	Potty Squat	Enforcer	<b>TIER 3 - C</b>	Ogre's Bridge (1D) + Tzan	
Sky High 4-1	<b>TIER 2 - B</b>	Rambo (1D) + Run	F. Lunge	B. Lunge	Pinned	
Squonq	Coalition (1D) + TZN	Ribbits (1D) + Run	Gargoyle	Corrective Push Up Madness	Ramp Up (8) + Run	
Suicide 2-1-3-1-4-1	Curl Walk	Squat Jumps (1D) + Run	Mantis (8) + Run	Croakin	Razor Push	
Swaggin 1!	Hikes	Stat Trifecta (6) + TZN	Miel's Wheels	Cyclone (12) + Tzan	Rev Bear Crawl	
Tippy-Tap	K-Step (2D) + Run	Tall Order 5+	No Gimmies	Jackalope	Rev Mongoose	
	Rampant (1D) + Run	Trifecta! 6+	Piston (1D) + TZN	Jen-erator (1D) + TZN	Rev Yak	

# TIER - MOD I N D E X

Maxum	Gorgon (8) + Run	Chimp (8) + Run	Cobra (10) + Push	Asphyxiation	Thrasher
Rampant Madness	Grifter (10) + Push	Crucifixion	Crockpot (6) + TZN	Boulder Push	Tiger Roll
Rev Bulldog	HAG	Curious George	Crook Shake	BullFrog	Top Shelf (8) + TZN
Rev Growler	Halo 2-1-3-1-4-1	Flying Monkey	Crooked Chickin 1:1	Cerb (5) + Sapp	Toro
REV Hydra	Jackal	Frozen Crook	Debacle (6) + TZN	C.H.B.	Trippin
Shwaggin 1:1	Lycan Up (10) + Run	Hang Madness6	Frozen Push Up	Diablo	Upheaval
SL Mantis (8) + Run	Mukwonago	Kitchen Sink (10) + TZN	Frozen Sawed Off	Greco	W. Lunge
Slalom	0-Pinned 2-1-3-1-4-1	Peg Leg (8) + Run	Grapple (6) + Push	Gryphon (8) + Push	Warlock
Slap Jack	Pouncer (10) + Run	Rev Gargoyle	Hurl and Twist	King Kong	Zookeeper
Sliger	RDL (8) + TZN	SL Ogre's (10) + TZN	Inch Worm	Night Crawler	<b>TIER 5 - B</b>
Stat Swag (20) + TZN	Rev Bovine	Sling Shot 3-2-4-2-3-1	Jiggy Madness6	Pirate	Anaconda
Throwbacks	Rev Pouncer (10) + Run	Stack Shot	JigSaw	Potty Shot Hops	BOA
Thumper	Rooster (10) + TZN	Stat Halo (18) + TZN	Mastodon	Rampage Mayhem	Bullsh!t
Twisted	SL Push Up (10) + Run	Swashbuckler	Mogul Mayhem	Rampant Mayhem	Curl Madness
Venom	Slugnutter	<b>TIER 4 - C</b>	MTN Man	Rev Ball N Chain (REV BNC)	DeViL
Vexum	Squat Thrust (10) + Run	Arachnid	Petra	Rev Buzzard	Double Rev P Push
Vixen	Stat W. Squat (10) + TZN	B. Bunyan	Pogoto (6) + TZN	Rev Mastodon	Flying Jackal
W. Squat Jump (10) + Tzan	Twine	Bandit Mayhem	Potty to Bulldog	Rev Mukwonago	Frozen W. Crook
Wide Piston (10) + Tzan	Untamed 4-1-3-1-2-1	Benched (30) + TZN	Rigamortis	SA Diablo	Iron Will
<b>TIER 4 - A</b>	Viper	Brazen (6) + Run	Samurai	SA Diablo	Jigsaw6 Mayhem
90 Degree Piston (10) + TZN	Warrior Lunge	Bridged Benched (30) + TZN	Sluski	SA Greco	Jounce 2-1-3-1-4-1
Abduct. Mantis (8) + Run	Window Washer	Bunyan	Squatch (6) + TZN	Shot Put	MIM 3-2-4-2-3-1
Bayok (6) + Run	<b>TIER 4 - B</b>	Captain Hook	Stat W. Lunge (8) + TZN	Silent K	Python
BTown Bump (6) + TZN	Abduct. Push Up (8) + Run	Crooked Bully	Stat. Chickin (18) + TZN	SL Big Bucks	Quicksand
Cray-Cray	Ball N Chain (BNC)	DeCalF	SUPP 10	SL Bridge Benched (15) + TZN	Rev Night Crawler
Crooked Pin	Big Bucks	Frozen Gremlin	Triptych	SL Gorgon (8) + Run	Rev Plate Push
Death Row 2-1-3-1-4-1	Buck Up	Frozen Lunge	Wide Benched (30) + TZN	SL Gorgon Push Up (8) + Run	Rev. Arachnid
Demonic (8) + TZN	Calf-in-ator	Gator to 3	Wizard	SLOMO-Push	Rev. Zookeeper
Gargantuan	Chickin 2-1-3-1-4-1	Gimpy Mayhem	<b>TIER 5 - A</b>	Stranglehold	Row Madness3
Gimpy Dog	Chimera	Gorgon Push Up (8) + Run	313	Talon (6) + Push	SCURL 1:1

# TIER - MOD INDEX

SHALO I:

SL Boulder

STROW I:

Thrust to Frog

## TIER 5 - C

Attack It

Caduceus

Chupacabra

Double Push

Double Push

Gryphon Madness

HamStrung

Hellion

Jabberwocky

Jack Box

Jack-Ass

Jester

KAA (ID) + Push

Macker

Mother Buzzard

Obliterator

Ozark

Resurrection

Rev 313

Rev Gator to 3

Rev Inch Worm

S.A. Boulder

Scorpion to 3/BACK

Sinister (6) + Push

SL Bayok (6) + Run

Suck Ups

SUPPS Madness

Triad

The Exorcise

Troika

W. Gorgon (8) + TZN

W. Rotating Squat

Walrus

Window Wash + Push Up

## TIER 6 - A

Conan 3/back

Conquistador

Diabolical

Double Rev Inch

Frozen Pipes (3/8)

Hack-It

Half Blaked

Jangle Leg3

Johnny Appleseed

Lieutenant Dan

M.F.T.

MaTador

Mogul to Frog

Mr. Atlas to 3/back

Oblivion

Primitive

Prowler

Ravage

Revival (Rev. Resurrect)

Rump Roast

scarab to 3/back

SL Resurrections

SL Thrust to Frog

The Burgundy

Tweaker

W. Bunyan

W. Warrior Lunge

Wicca

## TIER 6 - B

CUJD

Devastator

Double Boulder

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Minotaur

Nemesis

QuadZilla

Rev Scorpion to 3/back

Rooted Groot (8) + Push

SL Inch Worm

SL Resurrection

SL Revival

SLamstrung

SLOzark

W. Resurrection

W. Revival

W. SL Gorgon (8) + Tzan

## TIER 6 - C

Aurox

DRAGO to 3

Grootslang

Orca

SL Rooted Groot (6) + Push

Snuff Box

VooDoo

Wendigo



# CIRCUIT GLOSSARY – BASE PROGRESSIONS

The Circuit Glossary contains the majority of Syphus Training's base circuits including a numerical example. From time-to-time Syphus Training will create new circuits, progressions and themes that are not included in this Circuit Glossary. These new circuits should be explained in more detail on the Motherboard featuring that circuit. The following is a reference for the most frequently used progressions.

CIRCUIT	EXPLANATION
Barn Burner	Pick one task from each grouping of tasks, perform it once, then the "Barn Burning" task once. Second time around, pick a NEW task from each grouping, perform it twice, then the "Barn Burning" task twice. Continue 3X, 4X. Never repeat a task. Choose wisely!
Cavity	Extract the middle portion of a checklist, usually two at a time. Very similar to a Shrinking MTN, 1-10, 1-4, 7-10, 1-3, 8-10, 1-2, 9-10, 1, 10
Centaur #	Centaur 2 = II, 22, 33... Centaur 3 = III, 222, 333... Centaur 4 = ...
Ceptilian #	Centaur and Reptilian combined. II223344 5A, II223344 5B...
Chaos	Do every task the number of times that is written next to it
Chasm	Chaos & MTN combined. Do every task the amount that is written next to it in MTN format
Checklist	One of each task. 1-10
Checklist #	One of each task and repeat the number of times asked. Check-list (2) = 1-10, 1-10
Cross-Fire	IA IB IC, 2A 2B 3C, 3A 3B 3C...

CIRCUIT	EXPLANATION
Cross-Fusion	IA 2A 3A, IB 2B 3B, IC 2C 3C...
Dark Side	1-5 (Left), 1-4 (Left) 5 (Right), 1-3 (left) 4-5 (Right), 1-2 (left) 3-5 (right)...
Darwin	Evolution of Syphus tasks in Check-list form
Denali	1↓ 1→, 2↓ 2→, 3↓ 3→...
Ecycle	1-5, 5-1, 2-4, 4-2, 3, 3
Encephalon Nebulous	Often a new circuit(s) in testing. Some of them may have intentionally difficult progressions to engage the mind and body.
Equalateral	12 3 4, 4, 3, 4, 2, 4, 1, 2, 3, 3, 2
Equalibrious	12, 13, 14, 15, 23, 24, 25, 34, 35, 45

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Expanding MTN	5-6, 4-7, 3-8, 2-9, 1-10
Faded	1-6, 2-6, 3-6, 4-6, 5-6, 6
Faded #	Faded (2) = 1-10, 3-10, 5-10, 7-10, 9-10
Filling	The opposite of a Cavity circuit, this progression fills in tasks, very similar to an Expanding MTN. 1,8,1,2,7,8,1,2,3,6,7,8,1,2,3,4,5,6,7,8
Find Muck	4 bears, 3 toes, 2 Toro, 1 M.F.T. → (take 1 off of each) 3 bears, 2 toes, 1 Toro → 2 bears, 1 toes → 1 bear
Full MTN	1, 12, 123, 1234, 12345, 1234, 123, 12, 1
Gauntlet	A Checklist with a specific task performed between each. Default Gauntlet is a Plate Push, if it is a different task it will be noted. Perform the "Gauntleted" task first, do not finish with the "Gauntleted" task.
Gone Finshin'	Mole Hills (baby mtns) with Pick Your Poison tasks following each Mole Hill. Chose wisely as the sections generally get harder and are paired intentionally.
Hell Cycle	Large Elcycle performed in chunks. 1-30, 30-1, 11-20, 20-11

CIRCUIT	EXPLANATION
Hybrid #	MTN & Centaur combined. Hybrid 2 = 11, 1122, 112233, 11223344 Hybrid 3 = 111, 111222, 111222333...
If/Then	A Pick Your Poison type circuit where you'll have the choice in which presented task to do once. Depending on what you choose determines which succeeding task you do twice.
Jacob's Ladder	MTN starting at the bottom. 1121231234(4 turns into new 1)12123123(4,1)12123123(4,1)...The task in the rungs is always done twice, not three times.
Judgement Day	A timed workout. Get through the "Earth" circuit before the time cut off which will determine your fate of Heaven or Hell once you finish the entire Earth circuit. Generally the Hell portion will be tedious an lower scoring while the Heaven portion will yield higher scores with an easier flow.
K2	A true test of one's pain threshold! Perform the first section of tasks until you arrive at the first Equalizer. Perform the Equalizer tasks as many times as possible without stopping. Return to task number 1, perform all tasks to Equalizer 2. Perform Equalizer 2 as many times as possible. Repeat the same steps through a third, or even fourth Equalizer. Bonus points for each Equalizer are given and are TBD.
Karma	Perform each task in the first section once. Then choose to do the KARMA Task defer it. In the next section of tasks perform each 2X. Choose to do the KARMA Task or defer. Perform the third section tasks 3X each. KARMA Task or defer. At the 50:00 mark all tasks that were deferred. Do not stop a task that you're in the middle of at the 50:00 mark - finish it - THEN go to deferred tasks. Then, after deferred tasks, pick up where you left off.
Labyrinth	A giant checklist with intermittent circuits called "walls" designed to stall your progress.
Light Side	Same as the Dark Side above. Checklists from left to right, however you work your way from harder to easier tasks.
Mad Hatter	4 large circuits with a "draw" after each circuit. Junkies pull a ticket, roll a die, flip a coin or even pick their fated task. Usually the tasks are more difficult and performed 3X however this can change Mad Hatter to Mad Hatter.
Math Lab	10 Circuits. Each circuit is worth 100 Points. Finish as many circuits as you can, in any order but never repeat a circuit. Scores are only rounded DOWN to the nearest 50. Must finish the 1/2 way part of the final circuit to receive 50 points.

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Matterhorn	A fixed pattern consisting of 4 separate sections. A. 2 32   B. 2 32   C. 2 32   D. 2 32
Mesa	123, 234, 345, 456, 567, 678, 789, 8910.
Mole Hills	Series of mini MTNs where once you finish one you move on to the next one.
Mongrel	1→, 1→2→, 1→2→3→, 1→2→3→4→, 1→2→3→4→5→, then checklist A↓, B↓, C↓, D↓
Mt. Neverest	1,122, 122333, 1223334444, 122333444455555
MT. Olympus	Really Large MTN performed in chunks. Chunking may be random rather than fixed. 1-12, 1-24, 1-36 (fixed) - 1-10, 1-18, 1-24, 1-40 (random)
MTN	1, 12, 123, 1234, 12345
MTN #	MTN 4 = 1-4, 1-8, 1-12, 1-16
P.Y.P.	PYP stands for Pick Your Poison and is often in reference to a Centaur2. In this format the workout presents you with 2 tasks, choose one OR the other and perform it twice. This is the base workout for our March Mayhem competition. Note: There are other instances where we PYP, it may be choosing between circuits or tasks.
Peaks	Series of 4 or 5 separate MTNs moving left to right. 1→, 12→, 123→, 1234→ take off the last MTN...

CIRCUIT	EXPLANATION
PTI MTN	Perform the MTN, MTN2, MTN3, MTN4 as usual, however periodic check-points, called interruptions, take you away from the MTN to a fresh circuit that needs to be completed before going back to the MTN's first task.
Rapture	This workout looks similar to Mad Hatter. There is a center circuit that needs to be performed between each larger circuit. Sometimes the center circuit is FIRST which means it is an easier circuit and a break from the other circuits, while on the other hand, sometimes the center circuit is performed AFTER the first large circuit in which case the center is harder.
RedRum	Forward task to 4, reverse task to 1, repeat this step AGAIN to create two full tasks (one of each) then move on to #2.
Relapse	1, 12, 123 (Relapse), 1, 12, 123, 1234 (Relapse), 1, 12, 123, 1234, 12345
Reptilian	12345, 6A → 12345, 6B...
Reptilian #	Reptilian 3 = 12345, 6A6A6A → 12345, 6B6B6B...
Rev Elcycle	33, 2-4, 4-2, 1-5, 5-1
Rev Equalibrious	54, 53, 43, 52, 42, 32, 51, 41, 31, 21
Rev Hybrid	Rev Hybrid 3 = 111222333444, 111222333, 111222, 111
Rev Mole Hills	Series of mini reverse MTNs where once you finish one you move on to the next one.

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Rev MTN	I-5, I-4, I-3, I-2, I
Rev MTN #	Rev MTN 4 = I-16, I-12, I-8, I-4
Rev Neverest	I223334444, I22333, I22, I
Rev Uplift	I2345432I, I23432I, I232I, I2I, I
Rev Vertex	I23455555, I234444, I2333, I22, I
Rev Zenith	I2334455566667778888, I23344555666, I23344, I2
Rippled (Mesa)	I233, 2344, 3455, 4566, 5677, 6788
Road Runner	Basically a Gauntlet with a ½ Plate Push, full sprint and another half Plate Push between each task. Again, plate push to 4, sprint/walk to 1 and back to 4, plate push back to 1, then Task. The idea is to break up that Plate Push a bit and the focus of the workout is on non + run/tzan tasks.
Serpent	Series of different mini circuits consisting of 4 or 5 tasks, once finished checklist ↑↓↑↓ snake like manner.
Shrinking MTN	I-10, 2-9, 3-8, 4-7, 5-6

CIRCUIT	EXPLANATION
Stripped MTN	do every task the number of times it would be done when doing a MTN. IIIII, 2222, 333, 44, 5
The Cube	Start by performing the first task and work your way outwards from the center by performing MTNs on each arm. Always start at the three o'clock arm and move clock-wise. Center task, first task to the right, center, first task lower right corner, center task, task immediately below. Continue this sequence until you arrive back to the beginning. Add the second task and perform in MTN format. Cubes often finish with 8 difficult tasks on the exterior.
The Hive	Exact same as the above with "honeycomb" shapes. This allows for 6 "arms" rather than the above 8 "arms". The Hive often features a "swarm" warm-up prior to entering The Hive and then 6 hard tasks upon exiting.
The Junket	Junkies pick their favorite tasks (usually 3 per Junkie) and create the circuit together. This workout often yields a 30-day score.
Uplift	I, I2I, I232I, I23432I, I2345432I
U-Turn	I-10, 10-1
Vertex	I, I22, I2333, I234444, I23455555
Xion	MTN 6 Cross-Fire combined. IA, I2B, I23C, I234D, I2345E..
Xion #	A Xion pattern with the tasks on the right side (with the letters) performed the number of times noted in the title of the Xion. Xion2 = I AA, I2BB, I23 CC
Zenith	I2, I23344, I23344555666, I233445556667778888

# THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

## FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

## COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

## NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

## AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

## FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

## THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

## STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

## LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

## EMBRACE THE HANGOVER