

# FORM WORKSHOP 2018

**WHEN:** Saturday March 24<sup>th</sup> from 8:30am to 10:10am just before the March Mayhem Finals

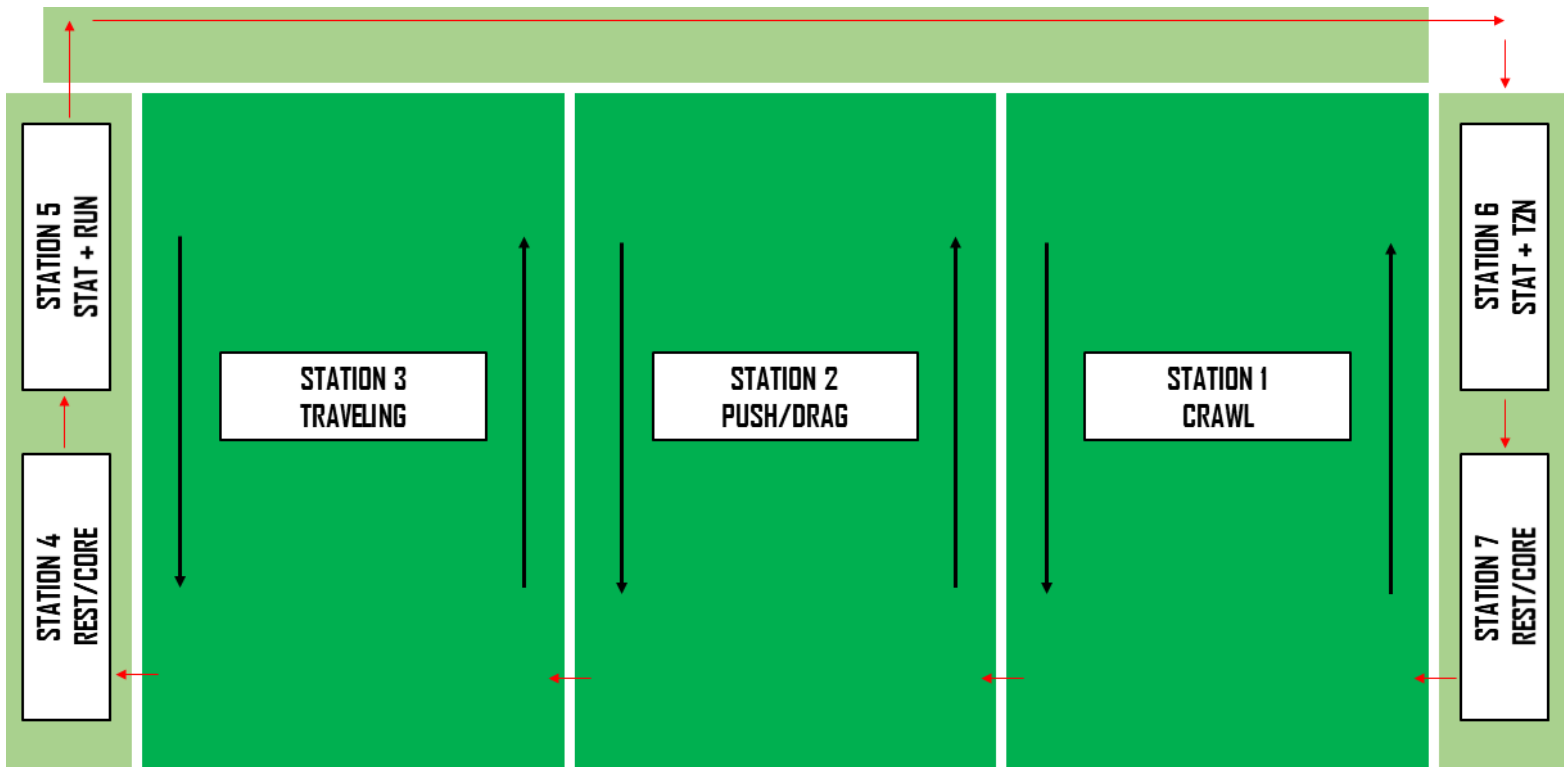
**WHERE:** Turf Saint Clair Shores

**WHAT:** 70 Minute Form specific workout followed by a 30 minute of Q & A

**WHO:** Lead by Mike Hackett, creator of Syphus Training and PROs from the Mothership

**COST & REGISTRATION:** \$25, must register through Mindbody to reserve your spot, first come first serve.

**ADDITIONAL:** Please be sure to fill out the form on the next sheet and send it to [Hackett@syphustraining.com](mailto:Hackett@syphustraining.com) prior to attending. All participants will receive a Form Evaluation in the week following the Form Workshop.



# FLAWLESS FORM WORKSHOP QUESTIONNAIRE

MUST BE SUBMITTED TO [HACKETT@SYPHUSTRAINING.COM](mailto:HACKETT@SYPHUSTRAINING.COM) PRIOR TO MARCH 21<sup>ST</sup> IN ORDER TO HAVE YOUR QUESTIONS CONSIDERED

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

Home Turf: \_\_\_\_\_ Email: \_\_\_\_\_

Total Workouts: \_\_\_\_\_

30-Day Boulder: \_\_\_\_\_

Three tasks that you would like to improve or become more efficient with:

List any tasks where the correct form is unclear to you. How so?

List any tasks that you have a tough time recalling the difference. ie. Yeti vs. Amarak

What is your biggest weakness? Cardio tasks? Lack of flexibility? Strength?

What is the number one thing you would like to learn in the Flawless Form Workshop?

What other questions do you have on things like stats, circuits or Syphus etiquette?

# FLAWLESS FORM WORKSHOP SCHEDULE & STATIONS

All stations below will be performed in a checklist pattern to allow for maximum repetitions through a variety of tasks. Stations 1-3 will be performed width long on the turf while stations 4-7 will be stationary tasks and performed in the end zones. This will allow us to hold as many participants as possible. Shaded tasks are optional and less important today's form check.

<b>8:15am</b>	-	Welcome and Group Placement [Your Group May Not Fit the Schedule Example Below]
<b>8:30-8:37am</b>	-	Instructor Lead Warm Up [Stationary Tasks Performed in Your First Group Placement]
<b>8:37-8:46am</b>	-	Station 1 CRAWLING TASKS
<b>8:46-8:55am</b>	-	Station 2 PUSH/DRAG TASKS
<b>8:55-9:04am</b>	-	Station 3 TRAVELING TASKS
<b>9:04-9:13am</b>	-	Station 4 REST OR OPTIONAL CORE WORK
<b>9:13-9:22am</b>	-	Station 5 + RUN TASKS
<b>9:22-9:31am</b>	-	Station 6 + TZN TASKS
<b>9:31-9:40</b>	-	Station 7 REST OR OPTIONAL CORE WORK
<b>9:40-10:10ish</b>	-	Form Q&A and Technique Tips from Mike Hackett and SCS Pros (T.B.D.)
<b>10:30am</b>	-	<b>BE SURE TO STAY FOR THE MARCH MAYHEM FINALS!!!</b>

<u>CRAWL</u>	<u>PUSH/DRAG</u>	<u>TRAVELING</u>	<u>CORE</u>	<u>STAT + RUN</u>	<u>STAT + TZN</u>
1. MONKEY	1. BULLDOZER	1. EN GARDE	1. SUPP (20)	1. GORGON (8)	1. SHAKE, TROMBONE CHECK
2. MONGOOSE	2. BOULDER	2. TYSON	2. STAT SWAG (20)	2. RAMPANT (10)	2. CURL (12)
3. YETI	3. GRECO	3. SKUFFLE	3. ROOTED GROOT (10)	3. SQ. JUMP (10)	3. RDL (12)
4. BOVINE	4. DIABLO	4. SQUONQ	4. JIGGY (40)	4. MANTIS (8)	4. CYCLONE (12)
5. GARGOYLE	5. B.N.C.	5. KOBOLD	5. PLANK 1:00	5. HANG (10)	5. BULLY HOLD :20
6. REV BULLDOG	6. ARACHNID	6. ALT SQUONQ	6. COBRA (20)	6. RAMPAGE (20)	6. SKULLS (10)
7. MONTAUK	7. JACKAL	7. TROG	7. GRIFTER (8/SIDE)	7. RIBBITS (10)	7. PINNED, OPIN, DEATH ROW
8. MASTODON	8. JACKALOPE	8. TARASQ	8. (SL)OGRE (20)	8. PEG LEG (4/SIDE)	HOLD CHECK
9. REV BEAR	9. M.F.T.	9. TYPHON	9. 90° (10/SIDE)	9. STAT TYSON (20)	8. 0-BDR (10)
10. GATOR	10. WICCA	10. CROAKIN	10. SL COBRA (10/SIDE)	10. POUNCER (10)	9. SAWED OFF (10/SIDE)

