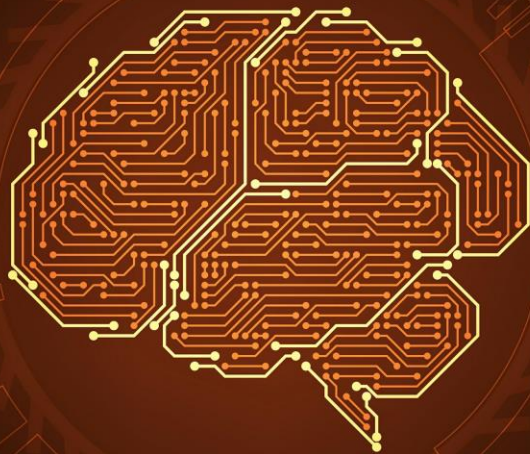


# MOTHERBOARD



APRIL '18

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PAGE 41.....THE SYPHER



# APRIL 2018 SCHEDULE



Date	Workout	Slope	Date	Workout	Slope
4/1	THE FOOL	34	4/16	REV MTN2   MATTERHORN   MESA   EL CYCLE	21
4/2	UPLIFT   CHAOS   MESA	1	4/17	MARTYRDOM CENTAUR2	38
4/3	MTN2   CROSS-FIRE   U	12	4/18	MT. NEVERLIST   CHECKLIST(2)	40
4/4	CAVITY CIRCUITS	11	4/19	CROSS-FIRE   XION2   CHASM	40
4/5	REPTILIAN   MTN3   CENTAUR2	12	4/20	FADED   FIND MUCK   RELAPSE   CHAOS	30
4/6	XION2   AND 1   CHECKLIST(2)	32	4/21	ABDUCTED	36
4/7	EXPANDING   MOLE HILLS   CHAMELEON	32	4/22	FILLING   CHECKLIST(2)   VERTEX   =	22
4/8	BODY WEIGHT SINAI	16	4/23	JACOB'S LADDER	43
4/9	HYBRID2   RED RUM   RIPPLED	17	4/24	MTN2   U   CEPTILIAN 2X2	17
4/10	MINI GAUNTLETS	32	4/25	DENALI	23
4/11	SHRINKING   CEPTILIAN2   VERTEX   MTN	12	4/26	MATTERHORN   EL CYCLE   MTN   MESA	13
4/12	MACH-V	N/A	4/27	CENTAUR2   MTN4   MONGOOSE U-GAUNTLET	37
4/13	CROSS-FUSION   MTN4   N	22	4/28	VERTEX   FADED2   MOLE HILLS	15
4/14	TITANIC	38	4/29	BEWARE THE CHECKLISTS	24
4/15	DEATH AND TAXES	32	4/30	UPLIFT   SHRINKING   REPTILIAN2   XION	12

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

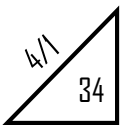
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

## 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.

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



SLOPE

1-4, 4-1

2,3

3,2

EL CYCLE

1. SHUTTLE 3-2-4-2-3-1

2. TYSONS

3. BULLY

4. JIGGY (20) + RUN

# APRIL FOOL'S MTNS

1. QUICK FT. (20) + RUN

2. EN GARDE

3. BANDIT (20) + RUN

4. HIKES

5. SWAGGIN 1:1

6. LYCAN (10) + RUN

7. F. LUNGE

8. CURL WALK 6+

9. BONSAI 3-1-4-2-4-1

10. VENOM

11. BULLDOG

12. APE SHOOT!

13. MIEL'S WHEELS

14. HALD 2-1-3-1-4-1

15. DEVIL

16. MONGOOSE

17. BENCHED (30) + TZN

18. JUNKIE JUMP (8) + RUN

19. SLING SHOT 3-2-4-2-3-1

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

21. M.F.T.

22. SL BOULDER

23. GATOR to 3

24. SL INCH

25. WICCA

26. DEVASTATOR 6

27. GROOSTSLANG

28. DRAGO to 3

29. WALRUS

30. ORCA to 3/BACK

"MTNS"

1-5

1-10

1-15

1-20

1-25

1-30



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

## UPLIFT

1. GALLOW 2-1-4-3-4-1
2. TWO-STEP (20) + RUN
3. SKY HIGH 4-1
4. X PP
5. POTTY TO BULLDOG
6. MIM 3-2-4-2-3-1

PERFORM TASKS IN A CHECKLIST PATTERN AND EACH TASK THE NUMBER OF TIMES NOTED.

## CHAOS

- 2 KOBOLD
- 4 VIP (10) + RUN
- 1 TROMBONE 6+
- 2 TOES (20) + RUN
- 3 3 PT. STANCE
- 1 TROG
- 1 B.N.C.
- 3 ALI 22+
- 1 HANG (10) + RUN
- 2 PINNED 2-1-3-1-4-1
- 4 SUICIDE 2-1-3-1-4-1
- 1 BOULDER
- 3 JIGGY (20) + RUN
- 2 TYPHON
- 1 TYSON
- 3 APE SHOOT!

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

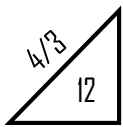
## MESA

1. SHALO 1:1
2. MONKEY
3. STAMPEDE
4. ROW STROLL 6+
5. F. LUNGE
6. SAWED OFF (10) + TZN
7. MUGGER (12) + RUN
8. BOVINE
9. OFFERING
10. 45°
11. BONSAI 3-1-4-2-4-1
12. CUJO Ⓛ

- 1-4
- 1-4

## CHECKLIST (2)

1. REVIVAL
2. JACKAL
3. REV VIPER
4. AMAROK



SLOPE

## MTN2

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

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SUE-STEP (20) + RUN

---

3. SWAGGIN 1:1
4. EN GARDE

---

5. PLATE SHAKE 9+
6. SQ. JUMP (10) + RUN

---

7. BANDIT (20) + RUN
8. REV BEAR

---

9. SL BUCKS
10. JACK BOX

## CROSS-FIRE

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

### 1. HIGH Xs

### 2. BUZZARD

### 3. PRIMATES 4-1-3-1-2-1

### 4. CYCLONE (12) + TZN

### A. MIEL'S WHEELS

### B. K.O.D. (20) + TZN

### C. PETRA

## U-TURN

1-20  
20-1

### 1. TURKEY

### 2. TALL ORDER 6+

### 3. SWASHBUCKLER

### 4. HIKES

### 5. QUICK FT. (20) + RUN

### 6. BULLY

### 7. MT. CLIMB (20) + RUN

### 8. MASTODON

### 9. NEAPOLITAN

### 10. MANTIS (8) + RUN

### 11. SKATES

### 12. RAMPANT (10) + RUN

### 13. B.O.R. (15) + TZN

### 14. OZARK

### 15. KNEELING CURL (6) + TZN

### 16. W. GREMLIN

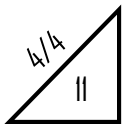
### 17. SQUANTOES (20) + RUN

### 18. RIBBITS (10) + RUN

### 19. OGRE (10) + TZN

### 20. SA DIABLO





SLOPE

# CAVITY CIRCUITS

PERFORM CIRCUITS IN THE ORDER OF A,B,C,D,E,F,G,H / A,B,C,F,G,H / A,B,G,H / A,H

1.  
1.2  
1.2,3

## A. MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. MOGUL (20) + RUN

## B. EL CYCLE

1. STAMPEDE
2. RAMPAGE (12) + RUN
3. MONGOOSE

1-3  
3-1  
2,2

## C. VERTEX

1. WARRIOR
2. CHICKIN 2-1-3-1-4-1
3. ALT. SQUONK

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

## D. FADED

1. MINOTAUR ☉
2. INCH WORM
3. AMAROK

1-3  
1,2  
1

## E. =IBRIDUS

1. JOUNCE 2-1-3-1-4-1
2. SHWAGGIN 1:1
3. SCORPION to 3/BACK

1,2,1,3  
2,3

## F. CHECKLIST (2)

1. TRIFECTA 6+
2. SLAP JACK
3. VENOM

1-3  
1-3

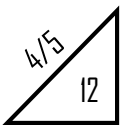
## G. U-TURN

1. W. CROOK
2. CURL PRESS 5+
3. MIEL'S WHEELS

1-3  
3-1

PUSH  
TASK  
PUSH  
TASK  
PUSH  
TASK H. GAUNTLET

1. ROW STROLL 6+
2. SQUIBBLE
3. REV MASTODON



SLOPE

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

## REPTILIAN

1. EN GARDE
2. SKATES
3. V-STEP (10) + RUN
4. PLATE SHAKE 9+
5. ALI 22+
6. KOBOLD

- 
- 7A. GORGON (8) + RUN
  - 7B. DEATH ROW 2-1-3-1-4-1
  - 7C. ANACONDA
  - 7D. TORO

## MTN3

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

1. TROG
2. YETI
3. MT. CLIMB (20) + RUN
4. RDL (8) + TZN
5. W. GREMLIN
6. TWO-STEP (20) + RUN
7. SHOT PUT
8. APE SHOOT!
9. BONSAI 3-1-4-2-4-1
10. VEXUM
11. TYSONS
12. GRIFTER (8) + SAPP

## EL CYCLE

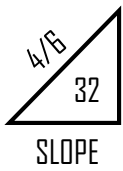
1-4, 4-1  
2,3  
3,2

1. CHICKIN 2-1-3-1-4-1
2. GIMPY DOG
3. MONGOOSE
4. KITCHEN SINK (10) + TZN

## CENTAUR2

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

1. TIP-TOES (20) + RUN
2. PUSH UP (10) + RUN
3. POTTY SHOT
4. RAMBO (10) + RUN
5. STAMPEDE
6. SUPP (10)
7. BENCHED (30) + TZN
8. SKUFFLE
9. JACKALOPE
10. BUTT KICKS
11. SLIGER
12. SUICIDE 2-1-3-1-4-1
13. SA PP
14. GARGOYLE
15. QUICKSAND (1)



## XION2

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN
3. ROW STROLL 6+
4. VIP (10) + RUN
5. PRIMATES 4-1-3-1-2-1
6. O-B.O.R. (10) + TZN

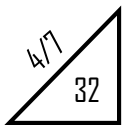
- A. HIGH KNEES
- B. SWAGGIN 1:1
- C. SQ. JUMP (10) + RUN
- D. SKUFFLE
- E. OGRE (10) + TZN
- F. PISTON (10) + TZN

## AND 1

1. CRAZY LEGS
2. YIKES!
3. SKY HIGH 4-1
4. STACK SHOT
5. WICCA

## CHECKLIST (2)

- |                        |                       |                      |                |
|------------------------|-----------------------|----------------------|----------------|
| 1. SUICIDE 2-1-3-1-4-1 | 5. TYSONS             | 9. TARASQ            | 13. BUCKS      |
| 2. JAGGER (12) + RUN   | 6. JANGLE LEG 3       | 10. HALO 2-1-3-1-4-1 | 14. WIZARD     |
| 3. JACKAL              | 7. PINNED 2-1-3-1-4-1 | 11. SPIKES           | 15. TAKE OFF!  |
| 4. LYCAN (10) + RUN    | 8. PIRATE             | 12. KOBOLD           | 16. GATOR to 3 |



SLOPE

## EXPANDING

1. INCH WORM
2. AMAROK
3. MONTAUK
4. PLATE SHAKE 9+
5. EN GARDE
6. MT. CLIMB (20) + RUN
7. STAMPEDE
8. OFFERING
9. RAZOR
10. SA BOULDER

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

## MOLE HILLS

1. BANDIT (20) + RUN
2. SQUONQ
3. CHICKIN 2-1-3-1-4-1

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

- 
1. SUE-STEP (20) + RUN
  2. APE SHOOT!
  3. ZOOKEEPER
- 
1. MOGUL (20) + RUN
  2. SAWED OFF (10) + TZN
  3. BUNYAN

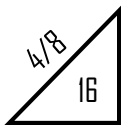
- 
1. RDL (8) + TZN
  2. TROG
  3. VIPER

- 
1. CHIMP (8) + RUN
  2. BUCKS
  3. HAG

## CHAMELEON

- 1A. QUICKSAND Ⓛ
  - 1B. DEATH ROW 2-1-3-1-4-1
  - 1C. W. LUNGE
  - 1D. SLIGER
  - 1E. DIABLO
- 
2. HANG (10) + RUN
  3. VENOM
  4. CYCLONE (12) + TZN
- 
- 5A. REV INCH
  - 5B. ENFORCER
  - 5C. K.O.D. (20) + TZN
  - 5D. WINDOW WASH
  - 5E. NEAPOLITAN

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



## SLOPE

A BODY WEIGHT WORKOUT REQUEST FROM TURF BROWNSTOWN YIELDED THIS MOUNT SINAI, AN OLD CIRCUIT FROM THE SYPHUS VAULT!

THESE CIRCUITS WERE SHELVED YEARS AGO BECAUSE THE SPRINTS DILUTED THE SLOPE SO MUCH THAT THE SCORES REFLECTED MUCH LOWER THAN WERE TRULY REPRESENTATIVE OF THE PARTICIPANT'S PERFORMANCE. TO POTENTIALLY OFFSET THIS, WE'VE COUNTED EVERY TWO SPRINTS AS A SUICIDE AND 3 SPRINTS AS A KAMIKAZE IN THE STAT'S SITE. AREAS WITH ONLY 1 SPRINT ARE WITHOUT POINT VALUE TO AVOID "PHANTOMS" TASKS.

WHEN ENTERING IN SCORES, IF ON A SPRINT SECTION YOU MAY ROUND UP, **SCORING THE FULL SUICIDE/KAM,** IF FINISHING ON AN ACTUAL TASK, ENTER THE SCORES IN AS USUAL.

EVEN WITH THESE SCORE TWEAKS, YOU'LL HAVE TO MOVE SWIFTLY!

# SINAI

PERFORM NUMBER OF SPRINTS NOTED, THEN THE FOLLOWING TASK ONCE

1-25  
1-25  
1-25  
1-25

**2 SPRINT**

**1. SHUFFLE**

**4 SPRINT**

**2. BANDIT (20) + RUN**

**3 SPRINT**

**3. TOES (20) + RUN**

**1 SPRINT**

**4. GORGON (8) + RUN**

**4 SPRINT**

**5. PUSH UP (10) + RUN**

**3 SPRINT**

**6. B. LUNGE**

**4 SPRINT**

**7. RIBBITS (10) + RUN**

**2 SPRINT**

**8. GATOR to 3**

**1 SPRINT**

**9. BULLDOG**

**1 SPRINT**

**10. PEG LEG (8) + RUN**

**1 SPRINT**

**11. ROTATING SQUAT**

**1 SPRINT**

**12. SCORPION to 3/BACK**

**2 SPRINT**

**13. REVIVAL**

**1 SPRINT**

**14. BUZZARD**

**3 SPRINT**

**15. POUNCER (10) + RUN**

**2 SPRINT**

**16. JABBERYWOCKY**

**4 SPRINT**

**17. C.H.B.**

**3 SPRINT**

**18. JIGGY (20) + RUN**

**2 SPRINT**

**19. RAMP UP (8) + RUN**

**1 SPRINT**

**20. MUGGER (12) + RUN**

**3 SPRINT**

**21. REV HYDRA**

**2 SPRINT**

**22. G.B.D. (15) + RUN**

**1 SPRINT**

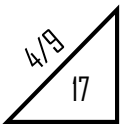
**23. BUNYAN**

**4 SPRINT**

**24. MOGUL (6) TO FROG**

**2 SPRINT**

**25. REV MASTODON**



SLOPE

- 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

## HYBRID2

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. RAMBO (10) + RUN
4. BULLDOZER
5. PARATROOP (10) + RUN

PERFORM THE FORWARD AND REVERSE VERSION OF EACH TASK IN A CENTAUR2 PATTERN IN ORDER TO GET A FULL TASK OF EACH. EXAMPLE: BEAR TO 4, REV BEAR TO 1, BEAR TO 4, REV BEAR TO 1.

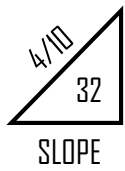
## RED RUM

- |               |             |
|---------------|-------------|
| 1. BEAR       | REV BEAR    |
| 2. POTTY SHOT | HIKES       |
| 3. DELAURA    | SA DIABLO   |
| 4. GREMLIN    | REV GREMLIN |
| 5. VIPER      | REV VIPER   |
| 6. F. LUNGE   | B. LUNGE    |
| 7. ANACONDA   | BUCKS       |
| 8. BOVINE     | REV BOVINE  |
| 9. THRASHER   | TORD        |
| 10. INCH WORM | REV INCH    |

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

## RIPPLED

1. BONSAI 3-1-4-2-4-1
2. 3 PT. STANCE
3. BULLY
4. TIPPY-TAP
5. X PP
6. FLAMINGO (6) + TZN
7. MIEL'S WHEELS
8. INFINITY (20) + RUN
9. RDL (8) + TZN
10. MONKEY
11. GALLOW 2-1-4-3-4-1
12. HACK-IT



PERFORM EACH CIRCUIT BY DOING THE TASK IN THE TITLE OF EACH LIST ONCE BEFORE EACH TASK. THESE TASKS ARE NOT TO BE PERFORMED AFTER TASK NUMBER 5 IN EACH.

# MINI GAUNTLETS

## SHUFFLE

1. STAMPEDE
2. MOGUL (20) + RUN
3. SUE-STEP (20) + RUN
4. TURKEY
5. BULLY

## W. CROOK

1. LYCAN (10) + RUN
2. X PP
3. BOVINE
4. TYSON
5. MIEL'S WHEELS

## KITCHEN SINK (10) + TZN

1. HOT COALS (10) + RUN
2. W. GREMLIN
3. HIKES
4. KOBOLD
5. VIP (10) + RUN

## SKULLS (10) + TZN

1. SKUFFLE
2. TROG
3. POTTY SHOT
4. DELAURA
5. DIABLO

## RDL (8) + TZN

1. ENFORCER
2. TARASQ
3. JIGGY (20) + RUN
4. RAZOR
5. GARGOYLE

## HALO 2-1-3-1-4-1

1. B. LUNGE
2. SA PP
3. COALITION (10) + TZN
4. ALT. SQUONQ
5. SKATES

## W. LUNGE

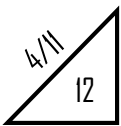
1. SQUANTOES (20) + RUN
2. BUTT KICKS
3. ALI 22+
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. TWO-STEP (20) + RUN

## CYCLONE (12) + TZN

1. 3 PT. STANCE
2. YETI
3. HIGH Xs
4. BONSAI 3-1-4-2-4-1
5. MANTIS (8) + RUN

## OGRE (10) + TZN

1. RAMPAGE (12) + RUN
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. VEXUM
5. MONKEY



SLOPE

## SHRINKING

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. BANDIT (20) + RUN
4. INFINITY (20) + RUN
5. TWO-STEP (20) + RUN
6. SQ. THRUST (10) + RUN
7. W. CROOK
8. TROMBONE 6+
9. RIBBITS (10) + RUN
10. BULLDOG

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

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

## CEPTILIAN2

1. SWAGGIN 1:1
  2. ROW STROLL 6+
  3. MOGUL PUSH
- 
- 4A. BRDG BENCHED (30) + TZN
  - 4B. COBRA (10) + PUSH
  - 4C. WARRIOR
  - 4D. RESURRECTION

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. O-B.O.R. (10) + TZN
2. JACK BOX
3. APE SHOOT!
4. BONSAI 3-1-4-2-4-1
5. SQUONQ

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

## MTN

1. NEAPOLITAN
2. TYSON
3. STACKSHOT
4. BUCKS

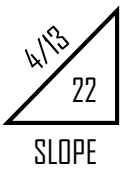




# MACH-V

	30 DAY	ROQ		30 DAY	ROQ		30 DAY	ROQ		30 DAY	ROQ
1. RUN		x	26. REV BULLDOG	900	179	51. YIKES!		511	76. TARZAN		838^
2. MT. CLIMB (20) + RUN		x	27. VEXUM	890	193	52. VENOM		527	77. QUICKSAND ☹️		861
3. SUICIDE 2-1-3-1-4-1		x	28. BENCHED (30) + TZN	860	212	53. JIGGY (20) + RUN	550	536	78. DEATH ROW 2-1-3-1-4-1		878
4. EN GARDE		x	29. TROG	850	218	54. CURL WALK 6+		543	79. SL MANTIS (8) + RUN		894
5. STAMPEDE		x	30. APE SHOOT!	840	224	55. BUZZARD		555	80. SHUTTLE RUN 3-2-4-2-3-1		896
6. TWO-STEP (20) + RUN		x	31. DIABLO	800	244	56. PROWLER ☹️		582	81. COBRA (10) + RUN		917
7. V-STEP (10) + RUN		x	32. PINNED 2-1-3-1-4-1	780	259	57. TIPPY-TAP		586	82. REV HYDRA		932
8. SWAGGIN I:I		x	33. MIEL'S WHEELS	770	271	58. VIPER		601	83. GROWLER		943
9. SUE-STEP (20) + RUN		x	34. TRIFECTA 6+		280	59. GARGOYLE		613	84. TALL ORDER 6+		952
10. SQ. THRUST (10) + RUN		x	35. FLAMINGO (6) + TZN		291	60. STACK SHOT		632	85. APE SHOOT! (2x O.K.)		957
11. BANDIT (20) + RUN		x	36. TORO	750	312	61. CROAKIN		646	86. RAMPANT (10) + RUN		964
12. GALLOW 2-1-3-1-4-1		x	37. HALO 2-1-3-1-4-1		329	62. 313		668	87. OZARK		990
13. MOGUL MADNESS 10		x	38. 45°	710	344	63. TIP-TOES (20) + RUN		675	88. JUNKIE JUMP (8) + RUN		1002
14. W. GREMLIN		x	39. MASTODON		363	64. REV GREMLIN		678	89. BUCKS		1021
15. SQUONO		x	40. NEAPOLITAN		375	65. STROW I:I		701	90. B.N.C.		1040
16. SQ. JUMP (10) + RUN		x	41. RIBBITS (10) + RUN	680	384	66. ALT. SQUONO		705	91. KITCHEN SINK (10) + TZN		1059
17. X PP		x	42. LYCAN (10) + RUN		393	67. HOT COALS (10) + RUN		711	92. BULLDOG		1072
18. BULLY	1000	104	43. M.I.M. 3-2-4-2-3-1		418	68. SL INCH		740	93. JACKAL		1089
19. KAMIKAZE 4-3-4-2-4-1-4-1	990	116	44. TYSONS	650	422	69. STORK (20) + TZN		752	94. WICCA		1117
20. SKATES	970	119	45. JAGGER (12) + RUN		434	70. JACKALOPE		766	95. SHOT PUT		1139
21. SPIKES	960	129	46. REV PLATE PUSH		457	71. MONGOOSE		776	96. MUGGER (12) + RUN		1148
22. SHUFFLE	950	131	47. STAT ROW (6) + TZN	620	464	72. TARASQ		783	97. TWISTED		1164
23. OGRE (10) + TZN	940	145	48. RDL (8) + TZN		481	73. DIABLO		806	98. TROG		1169
24. PARATROOP (10) + RUN	930	154	49. KOBOLD		487	74. B.O.R. (15) + TZN		818	99. SPIKES		1180
25. SA PP	910	165	50. ENFORCER	600	501	75. CHIMP (8) + RUN		837	100. MOGUL PUSH		1195

IT'S ANOTHER MACH-V! IN THIS VERSION YOU WILL WANT TO KNOW WHAT YOUR 30-DAY BOULDER IS PRIOR TO CLASS. IF YOU DON'T KNOW WHAT IT IS OR WHERE TO LOCATE, ASK YOUR TURF PRO OR FELLOW JUNKIE. YOU WILL THEN USE THIS NUMBER TO ADVANCE YOURSELF FURTHER IN THE ROUTINE AFTER THE WARM UP PORTION (TASKS 1-17) HAS BEEN COMPLETED. TO ADVANCE INTO THE ROUTINE, LOCATE THE TASK WITH THE 30-DAY NUMBER IN RED THAT IS CLOSEST TO YOUR 30-DAY AND ROUND UP. FOR EXAMPLE, IF YOU ARE A 692, YOU WILL ROUND UP TO RIBBITS 45 DEGREE LUNGE AT THE 710 30-DAY. HIGHER 30-DAYS HAVE MORE FREQUENT ENTRY POINTS AND THEN IT SPREADS OUT AFTER 710 AND LOWER. THE ROQS ARE THE SCORE THAT YOU WOULD RECEIVE FOR THAT TASK, HOWEVER ON THIS DAY EVERYONE WILL RECEIVE HIS OR HER 30-DAY SCORE AND THE FINISHING TASK ENTERED IN THE COMMENT BUBBLE. SO BE SURE TO HOVER OVER IT TO SEE HOW FAR YOU AND OTHERS HAVE ADVANCED. ROQS AND THE 30-DAY ENTRY POINTS ARE INTENTIONALLY NOT LINED UP; LIKEWISE, THE 30-DAY ENTRIES ARE NOT ALWAYS 10 POINTS PER TASK. IF YOU HAVE A 30-DAY OF 519 OR BELOW, YOU WILL DO THE ENTIRE ROUTINE AS A CHECKLIST WITH NO ADVANCEMENT. 520-549s MAY ROUND UP TO THE 550 ENTRY POINT.



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

**CROSS-FUSION**

1. BONSAI 3-1-4-2-4-1
2. MOGUL (20) + RUN
3. TRUMPET 9+
4. PARATROOP (10) + RUN
5. JACKALOPE

- A. ALI 22+
- B. CHICKIN 2-1-3-1-4-1
- C. SL PUSH UP (10) + RUN

↓  
 100 REPS!

1-4  
 1-8  
 1-12

**MTN4**

1. SHUFFLE
2. SA PP
3. GREMLIN
4. VIPER

---

5. SKY HIGH 4-1
6. AMAROK
7. GRECO
8. VEXED (10) + RUN

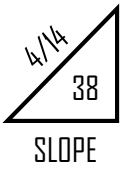
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9. SQUIBBLE
10. K.O.D. (20) + TZN
11. SL DGRE (10) + TZN
12. WARLOCK

1-12  
 12-1  
 1-12

**N**

1. TURKEY
2. ARACHNID
3. SHWAGGIN 1:1
4. QUICK FT. (20) + RUN
5. TRIFECTA 6+
6. GARGOYLE
7. POTTY SHOT
8. RDL (8) + TZN
9. FLAMINGO (6) + TZN
10. JAGGER (12) + RUN
11. SUICIDE 2-1-3-1-4-1
12. BULLDOZER



# TITANIC

THIS WORKOUT IS A NOD TO MY SON LOGAN, WHO EVER SINCE HE WAS OLD ENOUGH TO TALK, HAS HAD AN UNSINKABLE FACINATION WITH THE TITANIC. IT WASN'T UNTIL A NUMBER OF MONTHS LATER THAT WE REALIZED HE WAS BORN 100 YEARS FROM-THE-DAY THAT THE TITANIC HIT THE ICE BERG, BOTH ON APRIL 14TH.



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

COMPLETE THE RED TASKS IN A CHECKLIST PATTERN, THEN HIT THE ICE BERG IN A MTN PATTERN, RETURN TO THE CHECKLIST BY FLOWING LIKE ONCOMING WATER RUSHING THROUGH THE TITANIC BY FOLLOWING THE PATH OF THE BLUE ARROWS.



- |                      |                       |                        |                          |                       |
|----------------------|-----------------------|------------------------|--------------------------|-----------------------|
| 1. SHUFFLE           | 7. LYCAN (10) + RUN   | 13. BONSAI 3-1-4-2-4-1 | 19. MOGUL (20) + RUN     | 25. BULLDOZER         |
| 2. BANDIT (20) + RUN | 8. RIBBITS (10) + RUN | 14. CYCLONE (12) + TZN | 20. WICCA                | 26. SPIKES            |
| 3. TOES (20) + RUN   | 9. POTTY SHOT         | 15. MANTIS (8) + RUN   | 21. ALI 22+              | 27. SKY HIGH 4-1      |
| 4. SWAGGIN 1:1       | 10. HALD 2-1-3-1-4-1  | 16. VENOM              | 22. O-B.O.R. (10) + TZN  | 28. JACKALOPE         |
| 5. TYSON             | 11. BULLDOG           | 17. APE SHOOT!         | 23. HOT COALS (10) + RUN | 29. REV PLATE PUSH    |
| 6. RAMBO (10) + RUN  | 12. GRAY-GRAY         | 18. TYPHON             | 24. ANACONDA             | 30. MUGGER (12) + RUN |



- ICE BERG MTN**
1. PINNED 2-1-3-1-4-1
  2. SWASHBUCKLER
  3. YIKES!
  4. SKUFFLE
  5. FROZEN CROOK 8
  6. TRIFECTA 6+
  7. FROZEN SAWED OFF 3/:05 + PIN

4/15  
32

SLOPE

# DEATH & TAXES

IT'S TAX DAY AT SYPHUS! PERFORM THIS CIRCUIT AS A CHECKLIST 1-60 FIRST, THEN, IF YOU'RE ABLE TO COMPLETE IT, ADVANCE TO YOUR "TAX BRACKET" BASED ON YOUR 30-DAY BOULDER TO COMPLETE ANOTHER 10, 25, 33 OR 39.6% OF THE CHECKLIST STARTING AT THE DESIGNATED COLOR. NOTE TO PROS: THE STAT'S SITE IS BASED ON ALL TASKS PERFORMED WITH THE 39.6% BRACKET. JUNKIES WHO PERFORM IN A DIFFERENT BRACKET (FINAL RQs DISPLAYED IN COLUMNS) SHOULD RECEIVE THE SCORE ON THE STAT'S SITE THAT IS CLOSEST TO THEIRS. SHOULD A LOWER BRACKET FINISH THE WORKOUT, AWARD 4 POINTS PER :15 LEFT ON THE CLOCK, ROUNDED DOWN.

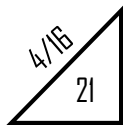
## BRACKETS

<799 10%  
800-849 25%  
850-899 33%  
900+ 39.6%

39.6%	33%	25%	
764	720	652	
779	717	667	
785	720	666	
797	734	681	
803	750	687	
812	772	708	
824	791	714	
844	805	734	
847	800	725	10%
867	823	764	652
873	818	770	658
875	826	781	662
894	863	804	688
918	871	821	705
932	881	831	714

- 1. SUE-STEP (20) + RUN
- 2. EN GARDE
- 3. TURKEY
- 4. PLATE SHAKE 9+
- 5. STAMPEDE
- 6. BANDIT (20) + RUN
- 7. X PP
- 8. RIBBITS (10) + RUN
- 9. ALI 22+
- 10. TROG
- 11. CURL WALK 6+
- 12. TRIFECTA 6+
- 13. HIKES
- 14. YETI
- 15. BONSAI 3-1-4-2-4-1
- 16. F. LUNGE
- 17. TOES (20) + RUN
- 18. OGRE (10) + TZN
- 19. PINNED 2-1-3-1-4-1
- 20. TIP-TOES (20) + RUN
- 21. GARGOYLE
- 22. POTTY SHOT HOPS
- 23. ROW STROLL 6+
- 24. RAZOR
- 25. K.O.D. (20) + TZN
- 26. MONGOOSE
- 27. VEXUM
- 28. SWAGGIN 1:1
- 29. RAMPANT (10) + RUN
- 30. TYSON
- 31. WARRIOR
- 32. AMAROK
- 33. REV BULLDOG
- 34. HOPSCOTCH
- 35. HALO 2-1-3-1-4-1
- 36. KAMIKAZE 4-3-4-2-4-1-4-1
- 37. INCH WORM
- 38. TROMBONE 6+
- 39. HANG (10) + RUN
- 40. JAGGER (12) + RUN
- 41. B.N.C.
- 42. SUICIDE 2-1-3-1-4-1
- 43. MANTIS (8) + RUN
- 44. TARASQ
- 45. DIABLO

<799 10%		
800-849 25%		
850-899 33%		
900+ 39.6%		
39.6%		
652		
660		
669		
681	33%	
700	651	
702	654	
714	672	
722	677	
744	703	
		46. ARACHNID
		47. CRAZY LEGS
		48. MOGUL (20) + RUN
		49. B.O.R. (15) + TZN
		50. APE SHOOT!
		51. VIP (10) + RUN
		52. MIEL'S WHEELS
		53. MASTODON
		54. SQUONO
		55. COBRA (10) + PUSH
		56. KOBOLD
		57. SHUTTLE RUN 3-2-4-2-3-1
		58. PEG LEG (8) + RUN
		59. REV PLATE PUSH
		60. MONTAUK



SLOPE

## REV MTN2

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

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

2. STAMPEDE

---

3. SUE-STEP (20) + RUN

4. SWAGGIN 1:1

---

5. TYSON

6. HIKES

---

7. TROG

8. GORGON (8) + RUN

---

9. FLYING MONKEY

10. SA DIABLO

## MATTERHORN

2 RDL (8) + TZN

1 BOULDER

1 POGOTO (6) + TZN

---

2 SL BUCKS

1 BUZZARD

1 SKULLS (10) + TZN

---

2 REV VIPER

1 APE SHOOT!

1 DGRE (10) + TZN

---

2 ROW STROLL 6+

1 VEXUM

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

---

2 REV INCH

1 ALI 22+

1 SUPP (10)

---

2 MT. CLIMB (20) + RUN

1 CYCLONE (12) + TZN

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

---

2 ENFORCER

1 TURKEY

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

PERFORM IN A CHECKLIST  
PATTERN BY PERFORMING  
EACH TASK NUMBER OF  
TIMES NOTED. PATTERN  
REMAINS CONSISTENT  
THROUGHOUT.

## MESA

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

1. TWEAKER Ⓛ

2. SQUONQ

3. PISTON (10) + TZN

4. TWISTED

5. RIBBITS (10) + TZN

6. GARGOYLE

7. POTTY SHOT

8. BULLY

9. RAMBO (10) + RUN

10. HAMSTRUNG

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

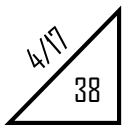
## EL CYCLE

1. LYCAN (10) + RUN

2. MIEL'S WHEELS

3. TAKE OFF!

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



SLOPE

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

# CENTAUR2

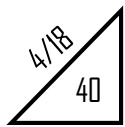
## "MARTYRDOM"

1. HOT COALS (10) + RUN
2. TWO-STEP (20) + RUN
3. BANDIT (20) + RUN
4. LYCAN (10) + RUN
5. PLATE SKAKE 9+
6. W. CROOK
7. SQ. JUMP (10) + RUN
8. JIGGY (20) + RUN
9. CYCLONE (12) + TZN
10. OFFERING
11. HALO 2-1-3-1-4-1

12. STAT. SWAG (20) + TZN
13. ROW STROLL 6+
14. V-STEP (10) + RUN
15. RAMPANT (10) + RUN
16. PARATROOP (10) + RUN
17. SQUANTOES (20) + RUN
18. POUNCER (10) + RUN
19. TIP-TOES (20) + RUN
20. JUNKIE JUMP (8) + RUN
21. FLAMINGO (6) + TZN
22. MANTIS (8) +RUN

23. TROMBONE 6+
24. PINNED 2-1-3-1-4-1
25. POGOTO (6) + TZN
26. O-B.O.R. (10) + TZN
27. HIGH Xs
28. JAGGER (12) + RUN
29. CHICKIN 2-1-3-1-4-1
30. TRUMPET 9+
31. RDL (8) + TZN
32. OGRE (10) + TZN
33. TRIFECTA 6+

34. BENCHED (30) + TZN
35. VIP (10) + RUN
36. TALL ORDER 6+
37. SUPP (10)
38. COBRA (10) + PUSH
39. STORK (20) + TZN
40. CURL PRESS 5+
41. BULLY
42. ALI 22+
43. SQ. THRUST (10) + RUN
44. HANG MADNESS 6
45. LUMBERJACK (8) + RUN



SLOPE

1-3

1-3, 4-6, 4-6

1-3, 4-6, 4-6, 7-9, 7-9, 7-9

11, 22, 33, 44, 55

22, 33, 44, 55

33, 44, 55

44, 55

55

## MT. NEVERLIST

1. SHUFFLE
2. TOES (20) + RUN
3. SWAGGIN 1:1

---

4. RIBBITS (10) + RUN
5. POTTY SHOT
6. STAT. ROW (6) + TZN

---

7. SL OGRE (10) + TZN
8. MONGOOSE
9. MOGUL PUSH

### FADED HYBRID2

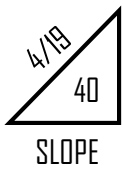
1. ANTEATER
2. COALITION (10) + TZN
3. RDL (8) + TZN
4. PLATE SHAKE 9+
5. JESTER

## CHECKLIST (2)

1-15

1-15

1. BONSAI 3-1-4-2-4-1
2. BUZZARD
3. YIKES!
4. JACK-ASS
5. QUICK FT. (20) + RUN
6. KOBOLD
7. JACKAL
8. PINNED 2-1-3-1-4-1
9. GARGOYLE
10. V-STEP (10) + RUN
11. TURKEY
12. TORO
13. GRECO
14. YETI
15. SWASHBUCKLER



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

## CROSS-FIRE

1. SUICIDE 2-1-3-1-4-1
2. INFINITY (20) + RUN
3. SQ. JUMP (10) + RUN
4. TARASQ
5. PETRA

- A. TWO-STEP (20) + RUN
- B. PLATE SHAKE 9+
- C. HIKES

1. V-STEP (10) + RUN
2. W. CROOK
3. CURL WALK 6+
4. GROWLER
5. TWISTED
6. B.N.C.

1, 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

## XION2

- A. KAMIKAZE 4-3-4-2-4-1-4-1
- B. SHOT PUT
- C. HALO 2-1-3-1-4-1
- D. INCH WORM
- E. JACKALOPE
- F. GATOR to 3

## CHASM

(LAST CIRCUIT) PERFORM IN A MTN PATTERN AND DO EACH TASK AS MANY TIMES NOTED.

- 1 PIRATE
- 2 B. LUNGE
- 1 DENSER 2-1-3-1-4-1
- 4 SA PP
- 2 SL BOULDER





SLOPE

## FADED3

1-12  
4-12  
7-12  
10-12

1. HIGH Xs
2. HOT COALS (10) + RUN
3. ALI 22+

---

4. MOGUL (20) + RUN
5. KAMIKAZE 4-3-4-2-4-1-4-1
6. RAMBO (10) + RUN

---

7. HANG (10) + RUN
8. PUSH UP (10) + RUN
9. REV VIPER

---

10. STAT SWAG (20) + TZN
11. CRAZY LEGS
12. SL BUCKS

PERFORM EACH TASK THE NUMBER OF TIMES IN GREEN, DROP HALF-BLAKED. PERFORM NUMBER OF TIMES IN PURPLE, DROP HACK-IT...ETC

## FIND MUCK

- 4321 SKY HIGH 4-1  
321 TROG  
21 HACK-IT  
1 HALF-BLAKED (L)

## RELAPSE

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

1. STAMPEDE
2. SKULLS (10) + TZN

---

3. JUNKIE JUMP (8) + RUN

---

4. TWEAKER (L)

CHECKLIST PATTERN. DO EACH TASK AS MANY TIMES NOTED.

## CHAOS

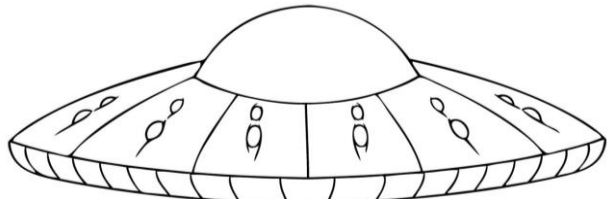
- 2 SUICIDE 2-1-3-1-4-1  
3 STACK SHOT  
1 DEVASTATOR 6  
2 G.B.D. (15) + RUN  
3 HIKES  
1 LOWLY (10) + RUN  
1 OBLITERATOR  
4 MONKEY  
2 TWISTED  
3 CRAISE (20) + TZN  
1 DEAD MAN (3/LINE)  
3 KOBOLD  
2 REVIVAL

FROZEN PIPES  
VERSION



SLOPE

START WITH THE EL CYCLE WARM UP, THEN PERFORM THE ABDUCTED CHECKLIST, A-J. FROM THERE PERFORM THE MTN2, REPTILIAN, RIPPLED, ENFORCER GAUNTLET, NOTE THAT YOU'LL BE "ABDUCTED" FROM EACH CIRCUIT TO PERFORM THE ABDUCTION TASK THAT COINCIDES WITH EACH LETTER.



### CHECKLIST

- A. ABD. MANTIS (8) + RUN
- B. ABD. FLAMINGO (6) + TZN
- C. W. CROOK
- D. ABD. PUSH UP (8) + RUN
- E. MIEL'S WHEELS
- F. SHUFFLE
- G. ABD. JANGLE LEG 3\*
- H. SKUFFLE
- I. ABD. JACK-ASS\*
- J. SL BRDG BENCH (15) + TZN\*

\* TASK ONLY VARIES SLIGHTLY FROM STANDARD FORM IN THAT THE "OFF" LEG IN THE AIR IS AN OUTWARD "ABDUCTED" POSITION.

### EL CYCLE (warm-up)

- 1. BONSAI 3-1-4-2-4-1
- 2. EN GARDE
- 3. V-STEP (10) + RUN
- 4. TROMBONE 6+
- 5. PLATE PUSH

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

### MTN2

1,2  
1-4  
1-6

1. MOGUL (20) + RUN

2. HIKES

3. A.

4. TOES (20) + RUN

5. KAMIKAZE 4-3-4-2-4-1-4-1

6. I.

### RIPPLED

1,2,33  
2,3,44  
3,4,55  
4,5,66

1. BEAR CRAWL

2. H.

3. D-B.O.R. (10) + TZN

4. SWASHBUCKLER

5. C.

6. D.

### REPTILIAN

1-4, 5A

1. POTTY SHOTS

1-4, 5B

2. ALI 22+

1,4, 5-C

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

4. RAMPAGE (12) + RUN

5A. B.

5B. G.

5C. J.

### ENFORCER GAUNTLET

ENFORCER, TASK  
ENFORCER, TASK...

1. WINDOW WASH

2. A.

3. H.

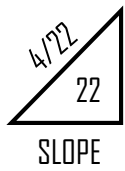
4. BULLDOG

5. F.

6. OFFERING

7. SPIKES

8. JACKALOPE



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

## FILLING

1. GALLOW 2-1-4-3-4-1
2. TIP-TOES (20) + RUN
3. BANDIT (20) + RUN
4. MONTAUK
5. HAMSTRUNG
6. 90° (10) + TZN
7. QUICKSAND
8. SWAGGIN 1:1
9. EN GARDE
10. QUICK FT. (20) + RUN

1-12  
1-12

## CHECKLIST(2)

1. W. GREMLIN
2. RDL (8) + TZN
3. PRIMATES 4-1-3-1-2-1
4. BOULDER
5. APE SHOOT!
6. TWO-STEP (20) + RUN
7. SKULLS (10) + TZN
8. ARACHNID
9. KOBOLD
10. TYPHON
11. ROW STROLL 6+
12. BULLDOZER

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

## VERTEX

1. WICCA
2. SUICIDE 2-1-3-1-4-1
3. MT. CLIMB (20) + RUN
4. DELAURA

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

## =IBRIDIOUS

1. PINNED 2-1-3-1-4-1
2. RIBBITS (10) + RUN
3. CYCLONE (12) + TZN
4. G.B.D. (15) + TZN
5. MONGOOSE

4/23  
43

SLOPE

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

Start at the bottom and work your way up the ladder through a MTN pattern. Always double up on the task in the rungs, never triple.

---

**4.1. GRIFTER (8) + SA PP**

---

**4. HANG (10) + RUN**

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

**2. SPIKES**

---

**5.1. REV PLATE PUSH**

---

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

**3. TROG**

**2. BONSAI 3-1-4-2-4-1**

---

**5. 1. JACKAL**

---

**4. BUZZARD**

**3. APE SHOOT!**

**2. STORK (20) + TZN**

---

**5. 1. BULLDOG**

---

**4. INFINITY (20) + RUN**

**3. PLATE SHAKE 9+**

**2. TOES (20) + RUN**

**1. SHUFFLE**

**5. X PP**

**4. SHWAGGIN 1:1**

**3. VIP (10) + RUN**

**2. EN GARDE**

---

**5.1. JOUNCE 2-1-3-1-4-1**

---

**4. HALO 2-1-3-1-4-1**

**3. HOT COALS (10) + RUN**

**2. BOVINE**

---

**5.1. SL OGRE (10) + TZN**

---

**4. STAT. TYSON (20) + RUN**

**3. SLUSKI**

**2. SQUIBBLE**

---

**4.1. GRIFTER (8) + SA PP**

---



SLOPE

## MTN2

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

1. BONSAI 3-1-4-2-4-1
2. SUE-STEP (20) + RUN

---

3. TRUMPET 9+
4. ALI 22+

---

5. RAMBO (10) + RUN
6. TALL ORDER 6+

---

7. SKUFFLE

---

8. SKULLS (10) + TZN

---

9. TOES (20) + RUN
10. ORCA to 3/BACK

## U-TURN

1-12  
12-1

1. SPIKES
2. CRAZY LEGS
3. SKATES
4. HANG (10) + RUN
5. TORO
6. SQUANTOES (20) + RUN
7. MOGUL (20) + RUN
8. 45°
9. TYSON
10. BUCKS
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. DEVIL

"2x2"

## CEPTILIAN2 (NEW)

1. BANDIT (20) + RUN
2. CURL PRESS 5+
3. REV BULLDOG
4. W. CROOK

---

- 5A. PROWLER Ⓛ
- 5B. STACK SHOT
- 5C. VENOM
- 5D. AMAROK

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




SLOPE

# DENALI

IN A CHECKLIST:

- A DOWN
- A ACROSS
- B DOWN
- B ACROSS
- C DOWN
- C ACROSS
- D DOWN
- D ACROSS
- E DOWN
- E ACROSS
- F DOWN
- F ACROSS
- G DOWN
- G ACROSS
- H DOWN
- H ACROSS
- I DOWN\*
- I ACROSS

<b>A</b>	QUICK FT. (20) + RUN	JIGGY (20) + RUN	TROMBONE 6+	MIEL'S WHEELS	3 PT STANCE
<b>B</b>	STAMPEDE	REV BEAR	FLYING MONKEY	ALI 22+	KNEELING CURL (6) + TZN
<b>C</b>	SWAGGIN 1:1	RESURRECTION	W. GREMLIN	REV GROWLER	O-PINNED 2-1-3-1-4-1
<b>D</b>	BONSAI 3-1-4-2-4-1	POTTY SHOT	GRECO	KITCHEN SINK (10) + TZN	ROW STROLL 6+
<b>E</b>	RAMPANT (10) + RUN	MONGOOSE	HOT COALS (10) + RUN	PEG LEG (8) + RUN	DIABLO
<b>F</b>	CURL WALK 6+	BOVINE	YIKES!	TRIFECTA 6+	ZOOKEEPER
<b>G</b>	HIKES	HAG 1:1	X PP	ROT. SQUAT	TURKEY
<b>H</b>	B. LUNGE	JACKALOPE	MT. CLIMB (20) + RUN	HACK-IT	CUJO 
<b>I</b>	NEAPOLITAN	SKATES	SAWED OFF (10) + TZN	OZARK	VENDM

*\*NOTE THE UNUSUAL  
DOUBLE REP ON  
NEAPOLITAN!*



SLOPE

## MATTERHORN

3 SHUFFLE

3 QUICK FT. (20) + RUN

1 LYCAN (10) + RUN

---

3 TURKEY

3 POTTY SHOT

1 STROW 1:1

---

3 BANDIT (20) + RUN

3 YETI

1 CRAY-CRAY

---

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

3 CURL WALK 6+

1 COBRA (10) + PUSH

---

3 SKY HIGH 4-1

3 SUE-STEP (20) + RUN

1 ALI 22+

PERFORM IN A CHECKLIST  
PATTERN BY PERFORMING  
EACH TASK NUMBER OF  
TIMES NOTED. PATTERN  
REMAINS CONSISTENT  
THROUGHOUT.

## EL CYCLE

1. REVIVAL

2. VIP (10) + RUN

3. GALLOW 2-1-4-3-4-1

4. REV B.N.C.

5. BRDG BENCHED (30) + TZN

1-5, 5-1

2-4, 4-2

3, 3

## MTN

1. JIGGY (20) + RUN

2. RAZOR

3. KOBOLD

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

5. M.F.T.

1

1,2

1,2,3

1,2,3,4

1,2,3,4,5

## MESA

1. SWAGGIN 1:1

2. RDL (8) + TZN

3. TARASQ

4. MIEL'S WHEELS

5. REV GARGOYLE

6. TYSON

7. MOGUL PUSH

8. BULLY

9. RIBBITS (10) + RUN

10. SCORPION to 3/BACK

1,2,3

2,3,4

3,4,5

4,5,6

5,6,7...



SLOPE

## CENTAUR2

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

1. EN GARDE
2. SKIPS
3. SWAGGIN 1:1
4. RIBBITS (10) + RUN
5. CYCLONE (12) + TZN
6. APE SHOOT!
7. VEXUM
8. O-PINNED 2-1-3-1-4-1
9. VIP (10) + RUN
10. F. LUNGE
11. BULLFROG
12. MIM 3-2-4-2-3-1

## MTN4

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

1. BONSAI 3-1-4-2-4-1
2. ALI 22+
3. TRIFECTA 6+
4. SUE-STEP (20) + RUN

---

5. DEATH ROW 2-1-3-1-4-1
6. X PP
7. CROAKIN
8. MIEL'S WHEELS

---

9. KNEELING CURL (6) + TZN
10. DGRE (10) + TZN
11. RDL (8) + TZN
12. 313

---

13. BULLDOZER
14. OFFERING
15. SHALO 1:1
16. HIKES

PERFORM A MONGOOSE BEFORE EACH TASK. ON THE TURN THE PATTERN IS MONGOOSE, ALT SQUONQ MONGOOSE, ALT. SQUONQ, MONGOOSE, BUCKS.

1-8  
8-1

## MONGOOSE U-GAUNTLET

1. TAKE OFF!
2. W. CROOK
3. REV PLATE PUSH
4. POTTY SHOT
5. BOULDER
6. TALL ORDER 6+
7. BUCKS
8. ALT. SQUONQ





SLOPE

- 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. BONSAI 3-1-4-2-4-1
- 2. QUICK FT. (20) + RUN
- 3. PLATE SHAKE 9+
- 4. TIPPY-TAP
- 5. X PP

**FADED2**

- 1-12
- 3-12
- 5-12
- 7-12
- 9-12
- 11-12

- 1. SHOT PUT
- 2. REVIVAL

---

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

---

- 5. YIKES!
- 6. TROG

---

- 7. BUCK UPS
- 8. DENSER 2-1-3-1-4-1

---

- 9. V-STEP (10) + RUN
- 10. SHUFFLE

---

- 11. SHWAGGIN 1:1
- 12. OGRE (10) + TZN

**MOLE-HILLS**

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

---

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

- 1. TURKEY
- 2. MT. CLIMB (20) + RUN
- 3. INCH WORM

---

- 1. W. CROOK
- 2. VEXUM
- 3. 3 PT. STANCE

---

- 1. YETI
- 2. ROW STROLL 6+
- 3. JAGGER (12) + RUN

---

- 1. SA PP
- 2. SA DIABLO
- 3. BULLDOG



SLOPE

# BEWARE THE CHECKLISTS!

## ZENITH

1. HOT COALS (10) + RUN

2. V-STEP (10) + RUN

---

3. TYSONS

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

---

5. SQUONQ

6. SPIKES

---

7. ROW STROLL 6+

8. PARATROOP (10) + RUN

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

1X

2X

3X

4X

## SPEED BUMP (HIGH DIFFICULTY)

### GROUNDING CHECKLIST 1-10

1. MINOTAUR Ⓛ

2. SHOT PUT

3. INCH WORM

4. MONTAUK

5. JACKALOPE

6. M.F.T.

7. SLAP JACK

8. DIABLO

9. GARGOYLE

10. ARACHNID

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

1,1,2,2,3,3

1,1,2,2

1,1 **REV HYBRID2**

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

**2. KOBOLD**

**3. HIKES**

**4. REV VIPER**

1-8 **16-PLATE PUSH**  
1-8 **CHECKLIST (2)**

**1. VENOM**

**2. SA PP**

**3. MOGUL PUSH**

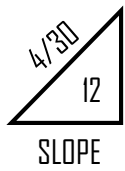
**4. SUPP (10)**

**5. RAZOR**

**6. DELAURA**

**7. JACKBOX**

**8. TAKE OFF!**



## UPLIFT

1. SHUFFLE

2. MT. CLIMB (20) + RUN

3. TROMBONE 6+

4. KITCHEN SINK (10) + TZN

5. MATTADOR Ⓛ

## REPTILIAN<sup>2</sup>

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

2. RAMBO (10) + RUN

3. PINNED 2-1-3-1-4-1

4. APE SHOOT!

5. SKIPS

---

6A. K.O.D. (20) + TZN

6B. C.H.B.

6C. THRASHER

6D. BUNYAN

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

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

## SHRINKING MTN

1. SHUFFLE

2. **CURL WALK 6+**

3. **YAK**

4. **NEAPOLITAN**

5. **TIPPY-TAP**

6. **BANDIT (20) + RUN**

7. **HIGH Xs**

8. **SL BUCKS**

9. **MONTAUK**

10. **ALI 22+**

## XION

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

2. **SAWED OFF (10) + TZN**

3. **LYCAN UP (10) + RUN**

4. **PUSH UP (10) + RUN**

5. **VIP (10) + RUN**

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

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

A. **JACK-ASS**

B. **WALRUS**

C. **ANACONDA**

D. **DOZIE**

E. **QUICKSAND** Ⓛ

# 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. The Tier-Mod section groups all tasks by Tier.

How

- S
- Fix
- Flip
- Find
- Find
- Find
- Have the Mod approved by your PRO

**UPDATED MODIFICATION INDEX  
COMING MID APRIL 2018**

**PLEASE REFER TO A PAST MOTHERBOARD**

# 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	121314, 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	I23344555666677778888, I233445556666, 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, I2334455566677778888



# 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