

INSTRUCTIONS

The following pages hold are known as the Modification Index. The "Mod-Index" can be used as a tool to help Pros and Junkies alike substitute various tasks in a workout without throwing off the scoring for a given day's workout.

This Mod-Index consists of 3 indexes: Alpha Index, Tier Index and Class Index. The Alpha Index lists all of our tasks in Alphabetical order along with their tier. The Tier Index section groups all tasks by their valuation/difficulty. The Class Index is more informative than anything as it organizes tasks according to their type but modifications do not need to be in the same class in order to be an appropriate modification.

How to Use the Index to Find an Appropriate Modification:

- Search the task you wish to modify by looking it up in the Alpha Index
- Find the Tier associated with that task
- Flip to the Tier Index
- 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 INDEX

TASK	TIER	TASK	TIER	TASK	TIER	TASK	TIER	TASK	TIER
313	5.B	Boulder Push	5.B	Crook	1.C	Flamingo (6) + TZN	3.B	HANG (10) + Run	2.C
3 Pt. Stance	3.B	Bovine	3.B	Crook Shake 1:1	5.A	Flying Jackal	6.A	Hang Madness6	4.C
45 Degree Lunge	4.A	Brazen (6) + Run	5.A	Crooked Bully	5.A	Flying Monkey	4.C	Hellion	6.A
90 Degree Piston (10) + TZN	4.B	Bridged Benched (30) + TZN	5.B	Crooked Chickin 1:1	5.A	Frogs	3.A	High Knees	1.A
Abd. Flamingo (6) + TZN	3.C	BTown Bump (6) + TZN	4.B	Crooked Pin	4.B	Frozen Crook8	4.C	High Xs	1.A
Abduct. Mantis (8) + Run	4.B	Buck Up	5.A	Cross-Bear	3.B	Frozen Gremlin	5.A	Hikes	2.B
Abduct. Push Up (8) + Run	4.C	Bulldog	3.B	Crucifixion	4.B	Frozen Lunge5	5.A	Hip Twists	1.A
Ali Shuffle (Ali) 22+	2.C	BullDozer	3.B	CUJO	6.B	Frozen Pipes3 :8 + Swag	6.B	Hippie (10) + Run	3.A
Alt. Squonq	1.C	BullFrog	5.B	Cukoo (10) + Run	3.A	Frozen Push Up 8	5.A	Hooked (10) + Run	2.C
Amarok	3.A	Bullsh!t	6.A	Curious George	4.B	Frozen Sawed Off3 + Pin	5.A	Hop Scotch	2.B
Anaconda	5.C	Bully	2.A	Curl Madness3 + Pin	5.C	Frozen W. Crook8	5.C	Hot Coals (10) + Run	2.A
Anteater	3.B	Bunyan	5.B	Curl Press 5+	2.C	Fuzzard	5.A	Hurl and Twist	5.A
Ape Shoot!	2.A	Burgan	4.C	Curl Walk 6+	2.B	Gallow 2-1-4-3-4-1	1.B	Hydra	3.B
Arachnid	5.A	Butt Kicks	1.A	Cyclone (12) + TZN	3.C	Gargantuan	4.B	Inch Worm	5.A
Asphyxiation	5.B	Buzzard	3.B	Cyclops (6) + TZN	4.A	Gargoyle	3.B	Inch Worm + Push Up	6.C
Attack It	6.A	C.H.B.	5.B	Dead Man (3)	3.C	Gator to 3	5.A	Infinity (20) + Run	2.A
Aurox	T.7	Caduceus	6.A	Death Row 2-1-3-1-4-1	4.B	GBD (15) + Run	3.B	Jabberwocky	6.A
B. 45	4.A	Calf-in-ator	4.B	Debacle (6) + TZN	5.A	Gimpy Dog	4.A	Jack Box	6.A
B. Bunyan	5.B	Cerb (5) + SAPP	5.B	DeCalf	5.B	Gimpy Mayhem4	5.A	Jackal	4.B
B. Lunge	3.C	Chickin 2-1-3-1-4-1	4.C	DeLaura	4.B	Gorgon (8) + Run	5.A	Jackalope	3.C
B.O.R. (15) + TZN	3.B	Chimp (8) + Run	4.C	Demonic (8) + TZN	4.B	Gorgon Push Up (8) + Run	5.B	Jack-Ass	6.A
Ball N Chain	4.C	Chupacabra	6.A	Denser 2-1-3-1-4-1	4.A	Greco Push	5.B	Jagger (12) + Run	3.A
Bandit (20) + Run	2.A	Coalition (10) + TZN	2.B	Devastator6	6.C	Gregorian (8) + Run	4.C	Jangle Leg3	6.B
Bandit Mayhem4	5.A	Cobra (10) + Push	5.A	DeViL	5.C	Gremlin	1.A	Jen-erator (10) + TZN	3.C
Banshee	4.A	Conan 3/back	6.B	Diablo	5.B	Grifter (8) + SA PP	5.B	Jester	6.A
Bayok (6) + Run	5.A	Conquistador	6.C	Diabolical	6.B	Grootslang	T.7	Jiggy (20) + Run	2.C
Bear Crawl	3.B	C. Push Up Madness 3	3.C	DRAGO to 3	T.7	Growler	3.B	Jiggy Madness10	5.A
Benched (30) + TZN	5.A	Craise (20) + TZN	3.A	Drop Kicks	5.B	Gryphon (8) + Push	5.A	JigSaw	5.A
Big Bucks	4.C	Crap Shoot	3.B	En Garde	1.A	Hack-It	6.B	Jigsaw6 Mayhem	5.C
BIGfoot	3.A	Cray-Cray	4.B	Enforcer Push	3.B	HAG 1:1	4.B	Johnny Appleseed	6.B
BDA	5.C	Crazy Legs	4.A	Explosions	2.A	Half Blaked	6.B	Jounce 2-1-3-1-4-1	5.C
Bonsai 3-1-4-2-4-1	1.B	Croakin	3.C	F. Lunge	3.B	Halo 2-1-3-1-4-1	4.B	Jumping Jacks (20) + Run	1.C
BOR Madness3 + Pin	4.A	Crockpot (6) + TZN	5.A	Fangs (5) + Push	4.B	HamStrung	6.A	Junkie Jump (8) + Run	3.B

ALPHA INDEX

TASK	TIER	TASK	TIER	TASK	TIER	TASK	TIER	TASK	TIER
KAAs (10) + Push	6.A	Mt. Climb Madness10	3.C	Potty Shots	2.B	REV Hydra	4.A	Shot Put	5.B
Kamikaze 4-3-4-2-4-1-4-1	2.A	MTN Man	5.A	Potty to Bulldog	5.A	Rev Inch Worm	6.A	Shuffle	1.A
King Kong	5.B	Mugger (12) + Run	2.B	Pouncer (10) + Run	4.C	Rev Mastodon	5.A	Shuttle Run 3-2-4-2-3-1	1.B
Kiss of Death (20) + TZN	3.B	Mukwonago	4.B	Primates 4-1-3-1-2-1	3.A	Rev Mongoose	4.A	Shwaggin 1:1	4.A
Kitchen Sink (10) + TZN	4.C	MuskRat	3.B	Primitive	6.C	Rev Mukwonago	5.B	Silent K	5.B
Kneeling Curl (6) + TZN	2.C	Neapolitan	3.B	Prowler	6.B	Rev Night Crawler	5.C	Sinister (6) + Push	6.A
Kobold	2.A	Nemesis to 3/Back	6.C	Push Ups (10) + Run	3.C	Rev Plate Push	5.C	Skates	1.A
K-Step (20) + Run	2.B	Night Crawler	5.B	Python	5.C	Rev Pouncer (10) + Run	4.C	Skiddish	1.B
Ladder (See Pattern at Turf)	1.C	No Gimmies	3.B	QuadZilla	6.C	Rev Scorpion to 3/back	6.C	Skips	1.A
Leprechauns	2.C	O-B.O.R. (10) + TZN	4.A	Quick Feet (20) + Run	1.C	Rev Viper	4.B	Skuffle	1.A
Lieutenant Dan	6.B	Obliterator	6.B	Quick Ft Madness	3.C	Rev Yak	4.A	Skulls (10) + TZN	3.B
Lowly (10) + Run	3.C	Oblivion	6.B	Quicksand	5.C	Rev. Arachnid	5.C	Sky High 4-1	1.B
Lumberjacks (8) + Run	3.B	Offering	2.C	Rahaim Step (10) + Run	3.A	Rev. Zookeeper	5.C	SL Bayak (6) + Run	6.A
Lycan (10) + Run	2.C	Ogre's Bridge (10) + TZN	4.A	Rambo (10) + Run	2.B	Revival (Rev. Resurrect)	6.B	SL Big Bucks	5.B
Lycan Up (10) + Run	4.C	Oozie	6.B	Ramp Up (8) + Run	5.A	Ribbits (10) + Run	2.C	SL Boulder	6.A
M.F.T.	6.B	OPA! (8) + TZN	3.C	Rampage (12) + Run	2.A	Rooster (10) + TZN	4.B	SL Brgd Bench (15) + TZN	5.B
M.I.M. 3-2-4-2-3-1	6.A	O-Pinned 2-1-3-1-4-1	4.B	Rampage Mayhem4	5.B	Rooted Groot (8) + Push	6.C	SL Gorgon (8) + Run	5.B
Mantis (8) + Run	3.B	Orca	T.7	Rampant (10) + Run	2.B	Rotating Squat	4.A	SL Gorgon Push Up (8) + Run	5.C
Mastodon	4.C	Ozark	6.A	Rampant Madness5	3.C	Row Madness3	4.A	SL Inch Worm	6.C
MaTTador	6.B	P.D.D. (:10) + TZN	3.C	Rampant Mayhem4	5.B	Row Stroll 6+	2.B	SL Mantis (8) + Run	4.A
Miel's Wheels	3.B	Pablo	4.C	Razor Push	4.A	Rump Roast	6.C	SL Ogre (10) + TZN	4.C
Minotaur	6.C	Paratroopers (10) + Run	2.C	RDL (8) + TZN	4.B	Run	1.A	SL Push Up (10) + Run	4.B
Mogul Madness10	3.C	Patty Cake (20) + run	3.B	Resurrection	6.A	S.A. Boulder	6.A	SL Resurrection	6.C
Mogul Mayhem4	5.A	Peg Leg (8) + Run	5.A	Rev 313	6.A	SA Diablo	5.C	SL Revival	6.C
Mogul Push	4.A	Petra	5.A	Rev Ball N Chain	5.B	SA Greco	5.C	SL Rooted Groot (6) + Push	T.7
Mogul6 to Frog	6.B	Pinned 2-1-3-1-4-1	4.A	Rev Bear Crawl	4.A	SA P.P.	3.B	SL Thrust to Frog	6.B
Moguls (20) + Run	2.A	Pipsqueak	1.B	Rev Bovine	4.B	Samurai	5.A	SL Toes (20) + Run	2.B
Mongoose	3.A	Pirate	5.B	Rev Bulldog	4.A	Sawed Off (10) + TZN	3.B	Slalom	4.A
Monkey Crawl	3.A	Piston (10) + TZN	3.B	Rev Buzzard	5.B	Scarab to 3/BACK	6.B	SLamstrung	T.7
Montauk	3.C	Plate Push	3.A	Rev Gargoyle	4.C	Scorpion to 3/BACK	6.A	Slap Jack	3.A
Mother Buzzard	6.A	Plate Shake 9+	2.A	Rev Gator to 3	6.A	SCURL 1:1	5.C	Sliger	4.A
Mr. Atlas to 3/BACK	6.B	Pagoto (6) + TZN	5.A	Rev Gremlin	1.B	Seal to 3/back	6.B	Sling Shot 3-2-4-2-3-1	4.C
Mt. Climb (20) + Run	2.A	Patty Shot Hops	5.B	Rev Growler	4.A	SHALO 1:1	5.C	SLOzark	6.C

ALPHA INDEX

TASK	TIER	TASK	TIER	TASK	TIER	TASK	TIER
Sluski	5.A	Suicide 2-1-3-1-4-1	1.B	Tweaker	6.B	W. SL Gorgon (8) + TZN	T.7
Snuff Box	T.7	SUPP 10	5.A	Twine	4.B	W. Squat Jump (10) + TZN	4.A
Speed Skates (20) + Run	2.A	SUPPS Madness5	6.A	Twinkle Toes (30) + TZN	2.C	W. Warrior Lunge	6.B
Spikes	3.A	Swaggin !!	1.C	Twisted	4.A	Walrus	6.B
Sprint	1.A	Swashbuckler	4.B	Twix	2.B	Warlock	4.C
SquanTOES (20) + Run	2.B	Take Off!	3.B	Two Step Madness10	3.C	Warrior Lunge	4.B
Squat Jumps (10) + Run	2.C	Tall Order 6+	2.C	Two-Step (20) + Run	2.A	Wendigo to 3	T.7
Squat Thrust (10) + Run	4.B	Talon (6) + Push	5.B	Typhon	3.C	Wicca	6.B
Squatch (6) + TZN	5.A	Tarasq	2.B	Tyson's	1.C	Wide Benched (30) + TZN	5.A
Squatty Potty	3.A	Tarzan (TZN)	1.A	U. Potty Shots	3.B	Wide Piston (10) + TZN	4.A
Squibble	2.B	The Burgundy	6.B	Unleashed	3.A	Window Wash + Push Up	6.A
Squong	1.B	The Exorcise	6.B	Untamed 4-1-3-1-2-1	4.B	Window Washers	4.B
Stack Shot	4.C	The Zookeeper	5.B	Upheaval	5.B	Wipers (20) + Run	2.C
Stampede	1.A	Thrasher	5.B	Venom	4.A	Wizard	5.A
Stat Halo (18) + TZN	4.B	Throwbacks	4.A	Vexed (10) + Run	2.B	X Plate Push [XPP]	3.A
Stat Row (6) + TZN	2.B	Thrust to Frog	5.C	Vexum	4.A	X Rampant (10) + Run	2.B
Stat Squat (10) + Run	2.B	Thumper	4.A	Villian (10) + Run	3.A	YAK	3.C
Stat Swag (20) + TZN	4.A	Tiger Roll	5.B	VIP (10) + Run	2.B	YETI	3.A
Stat Trifecta (6) + TZN	2.C	Tippy-Tap	1.C	Viper	3.C	Yikes!	3.B
Stat Tyson (20) + Run	3.B	Tip-Toes (20) + Run	2.B	Viscious	6.A	Zombie	3.C
Stat W. Lunge (8) + TZN	4.C	Toes (20) + Run	1.C	Vitriol	6.C		
Stat W. Squat (10) + TZN	4.B	Top Shelf (8) + TZN	5.B	Vixen	4.A		
Stat. Chickin (18) + TZN	5.A	Toro	5.B	VooDoo	T.7		
Stat. Curl (6) + TZN	2.B	Triad	6.A	V-Step (10) + Run	2.A		
Statarasq (16) + Run	4.A	Trifecta! 6+	2.C	V-Step Madness5	3.C		
Statrog (10) + Run	3.B	Trippin	5.B	W. Bunyan	6.B		
Stark (20) + TZN	3.B	Triptych	5.A	W. Crook	2.C		
Stranglehold	5.B	Trog	2.A	W. Gorgon (8) + TZN	6.B		
STROW !!	5.C	Troika	5.C	W. Gremlin	1.C		
Suck Ups (SL Buck Ups)	6.A	Trombone 6+	2.C	W. Lunge	5.C		
Sue Step (20) + Run	2.A	Trumpet 9+	2.B	W. Resurrection	T.7		
Sue-Step Madness10	3.C	Tucks (10) + Run	3.C	W. Revival	T.7		
Suggester	T.7	Turkeys	1.A	W. Rotating Squat	6.A		

TIER INDEX

<p>TIER 1A</p> <p>Butt Kicks En Garde Gremlin High Knees High Xs Hip Twists Run Shuffle Skates Skips Skuffle Sprint Stampede Tarzan (TZN) Turkeys</p>	<p>TIER 2A</p> <p>Ape Shoot! Bandit (20) + Run Bully Explosions Hot Coals (10) + Run Infinity (20) + Run Kamikaze 4-3-4-2-4-1-4-1 Kobold Moguls (20) + Run Mt. Climb (20) + Run Plate Shake 9+ Rampage (12) + Run Speed Skates (20) + Run Sue Step (20) + Run Trog Two-Step (20) + Run V-Step (10) + Run</p>	<p>TIER 2B</p> <p>Tarasq Tip-Toes (20) + Run Trumpet 9+ Twix Vexed (10) + Run VIP (10) + Run X Rampant (10) + Run</p>	<p>TIER 3A</p> <p>Lowly (10) + Run Mongoose Monkey Crawl Plate Push Primates 4-1-3-1-2-1 Rahaim Step (10) + Run Slap Jack Spikes Squatty Potty Unleashed Villian (10) + Run X Plate Push [XPP] YETI</p>	<p>TIER 3B</p> <p>Miel's Wheels MuskRat Neapolitan No Gimmies Patty Cake (20) + run Piston (10) + TZN SA P.P. Sawed Off (10) + TZN Skulls (10) + TZN Stat Tyson (20) + Run Statrog (10) + Run Stork (20) + TZN Take Off! Tucks (10) + Run U. Potty Shots Yikes!</p>	<p>TIER 3C</p> <p>Abd. Flamingo (6) + TZN B. Lunge Croakin Cyclone (12) + TZN Dead Man3 Jackalope Jen-erator (10) + TZN Mogul Madness!0 Montauk Mt. Climb Madness!0 O-B.D.R. (10) + TZN OPA! (8) + TZN Push Ups (10) + Run Quick Ft Madness!0 Rampant Madness5 Sue-Step Madness!0 Statarasq (16) + Run</p>
<p>TIER 1B</p> <p>Bonsai 3-1-4-2-4-1 Gallow 2-1-4-3-4-1 Pipsqueak Rev Gremlin Shuttle Run 3-2-4-2-3-1 Skiddish Sky High 4-1 Squonq Suicide 2-1-3-1-4-1</p>	<p>TIER 2A</p> <p>Coalition (10) + TZN Curl Walk 6+ Hikes Hop Scotch K-Step (20) + Run Mugger (12) + Run</p>	<p>TIER 2B</p> <p>Ali Shuffle (Ali) 22+ Curl Press 5+ HANG (10) + Run Hooked (10) + Run Jiggy (20) + Run Kneeling Curl (6) + TZN Leprechauns Lycan (10) + Run Offering Paratroopers (10) + Run Ribbits (10) + Run Squat Jumps (10) + Run Stat Trifecta (6) + TZN Tall Order 6+ Trifecta! 6+ Trombone 6+ Twinkle Toes (30) + TZN W. Crook Wipers (20) + Run</p>	<p>TIER 3A</p> <p>3 Pt. Stance Anteater B.O.R. (15) + TZN Bear Crawl Bovine Bulldog Bulldozer Buzzard Cross-Bear Enforcer Push F. Lunge Flamingo (6) + TZN Gargoyle GBD (15) + Run Growler Hydra Junkie Jump (8) + Run Kiss of Death (20) + TZN Lumberjacks (8) + Run Mantis (8) + Run</p>	<p>TIER 3B</p> <p>Rev Bear Crawl Rev Bulldog Rev Growler REV Hydra Rev Mongoose Rev Yak Rotating Squat Row Madness3 + Death Row Shwaggin 1:1 SL Mantis (8) + Run Slalom Sliger Stat Swag (20) + TZN Twisted Venom Vexum</p>	<p>TIER 3C</p> <p>Two Step Madness!0 Typhon Viper V-Step Madness5 YAK Zombie</p>
<p>TIER 1C</p> <p>Alt. Squonq Crook Jumping Jacks (20) + Run Ladder (See Pattern at Turf) Quick Feet (20) + Run Swaggin 1:1 Tippy-Tap Toes (20) + Run Tysons W. Gremlin</p>	<p>TIER 2A</p> <p>Potty Shots Rambo (10) + Run Rampant (10) + Run Row Stroll 6+ SL Toes (20) + Run SquanTOES (20) + Run Squibble Stat Row (6) + TZN Stat Squat (10) + Run Stat. Curl (6) + TZN</p>	<p>TIER 3A</p> <p>Amarok BIGfoot Craise (20) + TZN Cukoo (10) + Run Frogs Hippie (10) + Run Jagger (12) + Run</p>			

TIER INDEX

TIER 4	Vixen	Abduct. Push Up (8) + Run	TIER 3	313	TIER 2	Thrasher	TIER 1	Attack It	
	W. Squat Jump (10) + TZN	Ball N Chain		Cerb (5) + SAPP		Tiger Roll		Bullsh!t	
	Wide Piston (10) + TZN	Big Bucks		Asphyxiation		Top Shelf (8) + TZN		Toro	Caduceus
	90 Degree Piston (10) + TZN	Burgan		B. Bunyan		Toro		Trippin	Chupacabra
	Abduct. Mantis (8) + Run	Chickin 2-1-3-1-4-1		Boulder Push		Upheaval		Upheaval	Flying Jackal
	BTown Bump (6) + TZN	Chimp (8) + Run		Bridged Benched (30) + TZN		Anaconda		Anaconda	Gryphon Madness3 + SAPP
	Calf-in-ator	Flying Monkey		BullFrog		BOA		BOA	HamStrung
	Cray-Cray	Frozen Crook8		Bunyan		Curl Madness		Curl Madness	Hellion
	Crooked Pin	Gregorian (8) + Run		C.H.B.		DeVil		DeVil	Jabberwocky
	Crucifixion	Hang Madness6		DeCalf		Frozen W. Crook8		Frozen W. Crook8	Jack Box
	Curious George	Kitchen Sink (10) + TZN		Diablo		Jigsaw6 Mayhem		Jigsaw6 Mayhem	Jack-Ass
	Death Row 2-1-3-1-4-1	Lycan Up (10) + Run		Drop Kicks		Jounce 2-1-3-1-4-1		Jounce 2-1-3-1-4-1	Jester
	DeLaura	Mastodon		Gorgon Push Up (8) + Run		Python		Python	KAA (10) + Push
	Demonic (8) + TZN	Pablo		Greco Push		Quicksand		Quicksand	M.I.M. 3-2-4-2-3-1
	Fangs (5) + Push	Pouncer (10) + Run		Grifter (8) + SA PP		Rev Night Crawler		Rev Night Crawler	Mocker
	Gargantuan	Rev Gargoyle		King Kong		Rev Plate Push		Rev Plate Push	Mother Buzzard
	HAG 1:1	Rev Pouncer (10) + Run		Night Crawler		Rev. Arachnid		Rev. Arachnid	Ozark
	Halo 2-1-3-1-4-1	SL Ogre's (10) + TZN		Pirate		Rev. Zookeeper		Rev. Zookeeper	Resurrection
	Jackal	Sling Shot 3-2-4-2-3-1		Potty Shot Hops		SA Diablo		SA Diablo	Rev 313
	Mukwonago	Stack Shot		Rampage Mayhem4		SA Greco		SA Greco	Rev Gator to 3
Q-Pinned 2-1-3-1-4-1	Stat W. Lunge (8) + TZN	Rampant Mayhem4	SCURL 1:1	SCURL 1:1	Rev Inch Worm				
RDL (8) + TZN	Warlock	Rev Ball N Chain	SHALO 1:1	SHALO 1:1	S.A. Boulder				
Rev Bovine	Arachnid	Rev Buzzard	SL Ggn. Push Up (8) + Run	SL Ggn. Push Up (8) + Run	Scorpion to 3/BACK				
Rev Viper	Bandit Mayhem	Rev Mukwonago	STROW 1:1	STROW 1:1	Sinister (6) + Push				
Rooster (10) + TZN	Bayok (6) + Run	Shot Put	Thrust to Frog	Thrust to Frog	SL Bayok (6) + Run				
SL Push Up (10) + Run	Benched (30) + TZN	Silent K	Troika	Troika	SL Boulder				
Squat Thrust (10) + Run	Brazen (6) + Run	SL Big Bucks	W. Lunge	W. Lunge	Suck Ups (SL Buck Ups)				
Stat Halo (18) + TZN	Buck Up	SL Bridge Benched (15) + TZN			SUPPS Madness5				
Stat W. Squat (10) + TZN	Crookpot (6) + TZN	SL Gorgon (8) + Run			Triad				
Swashbuckler	Crook Shake 1:1	SLOMO-Push			Viscious				
Twine	Crooked Bully	Stranglehold			W. Rotating Squat				
Untamed 4-1-3-1-2-1	Crooked Chickin 1:1	Talon (6) + Push			Window Wash + Push Up				
Warrior Lunge	Frozen Gremlin :8	The Zookeeper							
Window Washers	Frozen Lunge :5								

TIER INDEX

T I E R 6 B	Conan 3/back	Conquistador
	CUJO	Devastator6
	Diabolical	Double Boulder
	Double Rev Inch	Inch Worm + Push Up
	Frozen Pipes (3/8)	Minotaur
	Hack-It	T Nemesis to 3/Back
	Half Blaked	I Primitive
	Jangle Leg	E QuadZilla
	Johnny Appleseed	R Rev Scorpion to 3/back
	Lieutenant Dan	6 Rooted Groot (8) + Push
	M.F.T.	C Rump Roast
	MaTTador	SL Inch Worm
	Mogul to Frog	SL Resurrection
	Mr. Atlas	SL Revival
	Obliterator	SLQzark
	Oblivion	Vitriol
	Dozie	Aurox
	Prowler	DRAGO to 3
	Ravage	Grootslang
	Revival (Rev. Resurrect)	Orca to 3/BACK
	Scarab to 3/back	T SL Rooted Groot (6) + Push
	Seal to 3/back	I Slamstrung to 3/BACK
	SL Thrust to Frog	E Snuff Box
	The Burgundy	R Suggester
	The Exorcise	7 VooDoo
	Tweaker	W. Resurrection
W. Bunyan	W. Revival	
W. Gorgon (8) + TZN	W. SL Gorgon (8) + TZN	
W. Warrior Lunge	Wendigo	
Walrus		
Wicca		

CLASS INDEX

Classification	Criterion
PATTERN RUNS	LISTED AS IS. "GALLOW" IS GALLOW; TASKS DONE IN A SUICIDE, GALLOW OR REV SUICIDE PATTERN ARE THE ONLY SPLIT CATEGORY.
CARRY	DURING TASK EXECUTION (NOT IN REST) THE PLATE DOES LEAVE YOUR HANDS/GRIP.
CRAWL	ANYTHING THAT DOES NOT INVOLVE THE PLATE AND REQUIRES 3 OR 4 LIMBS TO TRAVEL THE DISTANCE TO COMPLETE TASK.
DRAG	TASK MUST INVOLVE PLATE AND NEVER ADVANCES IT DOWN THE FIELD BY LEAVING CONTACT WITH YOUR BODY. GENERALLY, THE PLATE IS BEING DRAWN IN TOWARD YOUR BODY, OR AT LEAST LEAST IS MOVING IN THE DIRECTION THAT YOUR BODY IS MOVING.
JUMP	ANYTHING, WHEN DONE CORRECTLY, WHERE BOTH FEET LEAVE THE TURF. EXCEPTIONS TO THIS RULE ARE TASKS THAT WOULD INVOLVE THE PLATE; TASKS INVOLVING THE PLATE WILL BE CLASSIFIED UNDER PUSH OR DRAG.
MADNESS	ANYTHING THAT REQUIRES YOU TO STOP PROGRESSION DOWN THE FIELD BY AT EACH LINE TO PERFORM REPS. ALSO INCLUDES MAYHEM & FROZEN TASKS.
PUSH	ANYTHING WHERE YOUR BODY IS PROPELLING THE PLATE FORWARD USING YOUR LOWER OR UPPER BODY EXTREMETIES.
STATIONARY	ANYTHING THAT IS PERFORMED IN EACH ENDZONE AND REQUIRES A NUMBER OF SET REPETITIONS. INDICATED BY +RUN, +TZN, +PUSH
THROW	ANY TASK WHERE THE PLATE ADVANCES DOWN THE FIELD AND LEAVES CONTACT WITH YOUR BODY. CRAWLS AND JUMPS MAY ALSO BE INVOLVED IN THESE TASK, HOWEVER SINCE THE PLATE IS ALWAYS NEEDED A "THROW" CLASSIFICATION OVERRIDES.
TRAVELING	ANYTHING WHERE YOUR BODY MOVES FROM END ZONE TO ENZONE WITHOUT USE OF THE PLATE OR REQUIRES YOU TO USE YOUR HANDS TO ADVANCE.

CLASS INDEX

CLASSIFICATION	TASK	CLASSIFICATION	TASK	CLASSIFICATION	TASK
BONSAI	Bonsai 3-1-4-2-4-1	CARRY	Zombie	CRAWL	Rev Bulldog
CARRY	Aurox	CARRY/REV SUICIDE	Untamed 4-1-3-1-2-1	CRAWL	Rev Gargoyle
CARRY	Crooked Bully	CARRY/SUICIDE	Chickin 2-1-3-1-4-1	CRAWL	Rev Gator
CARRY	Bully	CARRY/SUICIDE	Death Row 2-3-1-4-1	CRAWL	Rev Growler
CARRY	Crook Shake 1:1	CARRY/SUICIDE	Denser 2-1-3-1-4-1	CRAWL	REV Hydra
CARRY	Crooked Chickin 1:1	CARRY/SUICIDE	Halo 2-1-3-1-4-1	CRAWL	Rev Mastodon
CARRY	Crooked Pin	CARRY/SUICIDE	O-Pinned 2-1-3-1-4-1	CRAWL	Rev Mongoose
CARRY	Curl Press 5+	CARRY/SUICIDE	Pinned 2-1-3-1-4-1	CRAWL	Rev Montauk
CARRY	Curl Walk 6+	CRAWL	BIG FOOT	CRAWL	Rev Mukwonago
CARRY	Dead Man (3)	CRAWL	Anteater	CRAWL	Rev Night Crawler
CARRY	Devastator 6	CRAWL	Bear Crawl	CRAWL	Rev Viper
CARRY	HAG 1:1	CRAWL	Bovine	CRAWL	Rev Yak
CARRY	Hurl and Twist	CRAWL	Bulldog	CRAWL	SL Resurrection
CARRY	Johnny Appleseed	CRAWL	Burgan	CRAWL	SL Resurrections
CARRY	Offering	CRAWL	C.H.B.	CRAWL	Sliger
CARRY	Plate Shake 9+	CRAWL	Cross-Bear	CRAWL	Tiger Roll
CARRY	Row Stroll 6+	CRAWL	DeGalf	CRAWL	Triptych
CARRY	Rump Roast	CRAWL	Gargoyle	CRAWL	Twine
CARRY	SHALO 1:1	CRAWL	Gator to 3	CRAWL	Twisted
CARRY	Shwaggin 1:1	CRAWL	Growler	CRAWL	Viper
CARRY	Sky High 4-1	CRAWL	Hydra	CRAWL	W. Warrior Lunge
CARRY	STROW 1:1	CRAWL	Jabberwocky	CRAWL	Window Wash + Push Up
CARRY	Swaggin 1:1	CRAWL	Mastodon	CRAWL	Window Washers
CARRY	Tall Order 6+	CRAWL	Mongoose	CRAWL	YAK
CARRY	Tarzan	CRAWL	Monkey Crawl	CRAWL	Yeti
CARRY	Trifecta! 6+	CRAWL	Montauk	CRAWL/3-1	Rev Scorpion to 3/back
CARRY	Trombone 6+	CRAWL	Mukwonago	CRAWL/REV SUICIDE	Primates 4-1-3-1-2-1
CARRY	Trumpet 9+	CRAWL	MuskRat	CRAWL	Unleashed
CARRY	W. Bunyan	CRAWL	Night Crawler	DRAG	Jackalope
CARRY	W. Crook	CRAWL	Petra	DRAG	313
CARRY	W. Gremlin	CRAWL	Resurrection	DRAG	Attack It
CARRY	W. Lunge	CRAWL	Rev Bear Crawl	DRAG	Ball N Chain
CARRY	W. Rotating Squat	CRAWL	Rev Bovine	DRAG	Arachnid

CLASS INDEX

	CLASSIFICATION	TASK	CLASSIFICATION	TASK	CLASSIFICATION	TASK
	DRAG	Caduceus	JUMP	Tarasq	LADDER	Viscious
	DRAG	DeViL	JUMP	Hop Scotch	LADDER	Vitriol
	DRAG	Diablo	JUMP	Squibble	LADDER	VooDoo
	DRAG	Diabolical	JUMP	Twix	MADNESS	V-Step Madness
	DRAG	Flying Jackal	JUMP	Leprechauns	MADNESS	Bandit Mayhem
	DRAG	Grootslang	JUMP	Amarok	MADNESS	BDR Madness3
	DRAG	Hack-It	JUMP	Frogs	MADNESS	Curl Madness
	DRAG	HamStrung	JUMP	Typhon	MADNESS	Frozen Crook8
	DRAG	Hellion	JUMP	Croakin	MADNESS	Frozen Gremlin
	DRAG	Inch Worm	JUMP	Slalom	MADNESS	Frozen Pipes3 :8 + Swag
	DRAG	Inch Worm + Push Up	JUMP	Flying Monkey	MADNESS	Frozen Push Up 8
	DRAG	Jackal	JUMP	MTN Man	MADNESS	Frozen Sawed Off
	DRAG	Lieutenant Dan	JUMP	BullFrog	MADNESS	Frozen W. Crook8
	DRAG	Obliterator	JUMP	Potty Shot Hops	MADNESS	Gimpy Mayhem4
	DRAG	Oblivion	JUMP	Thrust to Frog	MADNESS	Gryphon Madness3
	DRAG	Pablo	JUMP	SL Thrust to Frog	MADNESS	Hang Madness
	DRAG	Pirate	JUMP	Mogul to Frog	MADNESS	Jiggy Madness
	DRAG	Rev Ball N Chain	JUMP	Trog	MADNESS	Jigsaw6 Mayhem
	DRAG	SA Diablo	JUMP	Alt. Squonq	MADNESS	Mogul Madness
	DRAG	SL Inch Worm	JUMP	Tyson's	MADNESS	Mogul Mayhem4
	DRAG	SLamstrung	JUMP/SUICIDE	Jounce 2-1-3-1-4-3	MADNESS	Mt. Climb Madness
	DRAG	The Exorcise	KAMIKAZE	Kamikaze 4-3-4-2-1-4-1	MADNESS	Quick Ft Madness
	DRAG	W. Resurrection	LADDER	Ladder Run 2-1-3-2-4-3-4-3-4-2-3-1-2-1	MADNESS	Rampage Mayhem4
	DRAG	W. SL Gorgon (8) + TZN	LADDER	Conquistador	MADNESS	Rampant Madness
	DRAG	Walrus	LADDER	CUJO	MADNESS	Rampant Mayhem4
	DRAG	Wicca	LADDER	Half Blaked	MADNESS	Row Madness3
	DRAG/3-1	scarab to 3/back	LADDER	MaTTador	MADNESS	Sue-Step Madness
	DRAG/3-1	Nemesis to 3/Back	LADDER	Minotaur	MADNESS	SUPPS Madness
	GALLOW	Gallow 2-1-4-3-4-1	LADDER	Primitive	MADNESS	Two Step Madness
	JUMP	Skips	LADDER	Prowler	PUSH	BullDozer
	JUMP	Skates	LADDER	QuadZilla	PUSH	Boulder Push
	JUMP	Skuffle	LADDER	Quicksand	PUSH	Calf-in-ator
	JUMP	Tippy-Tap	LADDER	Tweaker	PUSH	Chupacabra

CLASS INDEX

	CLASSIFICATION	TASK	CLASSIFICATION	TASK	CLASSIFICATION	TASK
	PUSH	Cray-Cray	PUSH	Take Off!	STATIONARY	Crackpot (6) + Tzn
	PUSH	Crazy Legs	PUSH	The Burgundy	STATIONARY	Cukoo (10) + Run
	PUSH	Crucifixion	PUSH	Triad	STATIONARY	Cyclone (12) + TZN
	PUSH	DeLaura	PUSH	Troika	STATIONARY	Cyclops (6) + TZN
	PUSH	Enforcer Push	PUSH	Venom	STATIONARY	Debacle (6) + TZN
	PUSH	Gargantuan	PUSH	Vexum	STATIONARY	Demonic (8) + TZN
	PUSH	Gimpy Dog	PUSH	Vixen	STATIONARY	Fangs (5) + Push
	PUSH	Greco Push	PUSH	W. Revival	STATIONARY	Flamingo (6) + TZN
	PUSH	Jack Box	PUSH	Warlock	STATIONARY	Frozen Lunge5
	PUSH	Jack-Ass	PUSH	X Plate Push	STATIONARY	GBD (15) + Run
	PUSH	Jangle Leg	PUSH/3-1	DRAGO to 3	STATIONARY	Gorgon (8) + Run
	PUSH	JigSaw	PUSH/3-1	Orca	STATIONARY	Gorgon Push Up (8) + Run
	PUSH	M.F.T.	SHUTTLE	Shuttle Run 3-2-4-2-3-1	STATIONARY	Gregorian (8) + Run
	PUSH	Miel's Wheels	SHUTTLE	Malcolm in the Middle (MIM)	STATIONARY	Grifter (8) + SA PP
	PUSH	Mogul Push	SHUTTLE	Sling Shot 3-2-4-2-3-1	STATIONARY	Gryphon (8) + Push
	PUSH	Mr. Atlas	STATIONARY	KAAs (10) + Push	STATIONARY	HANG (10) + Run
	PUSH	Neapolitan	STATIONARY	*Grapple (6) + Push	STATIONARY	Hooked (10) + Run
	PUSH	Oozie	STATIONARY	90 Degree Piston (10) + TZN	STATIONARY	Hot Coals (10) + Run
	PUSH	Ozark	STATIONARY	Abd. Flamingo (6) + TZN	STATIONARY	Infinity (20) + Run
	PUSH	Plate Push	STATIONARY	Abduct. Mantis (8) + Run	STATIONARY	Jagger (12) + Run
	PUSH	Razor Push	STATIONARY	Abduct. Push Up (8) + Run	STATIONARY	Jen-erator (10) + TZN
	PUSH	Rev 313	STATIONARY	B.O.R. (15) + TZN	STATIONARY	Jiggy (20) + Run
	PUSH	Rev Inch Worm	STATIONARY	Bandit (20) + Run	STATIONARY	Jumping Jacks (20) + Run
	PUSH	Rev Plate Push	STATIONARY	Bayok (6) + Run	STATIONARY	Junkie Jump (8) + Run
	PUSH	Rev. Arachnid	STATIONARY	Benched (30) + TZN	STATIONARY	Kiss of Death (20) + TZN
	PUSH	S.A. Boulder	STATIONARY	Brazen (6) + Run	STATIONARY	Kitchen Sink (10) + TZN
	PUSH	SA Greco	STATIONARY	Bridged Benched (30) + TZN	STATIONARY	Kneeling Curl (6) + Tzn
	PUSH	SA P.P.	STATIONARY	BTown Bump (6) + TZN	STATIONARY	K-Step (20) + Run
	PUSH	SL Boulder	STATIONARY	Cerb (5) + SAPP	STATIONARY	Lowly (10) + Run
	PUSH	SL Ozark	STATIONARY	Chimp (8) + Run	STATIONARY	Lumberjacks (8) + Run
	PUSH	Snuff Box	STATIONARY	Coalition (10) + TZN	STATIONARY	Lycan (10) + Run
	PUSH	SUPP 10	STATIONARY	Cobra (10) + Push	STATIONARY	Lycan Up (10) + Run
	PUSH	Swashbuckler	STATIONARY	Craise (20) + Tzn	STATIONARY	Mantis (8) + Run

CLASS INDEX

	CLASSIFICATION	TASK	CLASSIFICATION	TASK	CLASSIFICATION	TASK
	STATIONARY	Moguls (20) + Run	STATIONARY	SL Push Up (10) + Run	STATIONARY	W. Squat Jump (10) + TZN
	STATIONARY	Mt. Climb (20) + Run	STATIONARY	SL Rooted Groot (6) + Push	STATIONARY	Wide Benched (30) + TZN
	STATIONARY	Mugger (12) + Run	STATIONARY	SL Toes (20) + Run	STATIONARY	Wide Piston (10) + TZN
	STATIONARY	O-B.O.R. (10) + TZN	STATIONARY	Speed Skates (20) + Run	STATIONARY	Wipers (20) + Run
	STATIONARY	Ogre's Bridge (10) + TZN	STATIONARY	SquantDES (20) + Run	STATIONARY	X (20) + Run
	STATIONARY	OPA! (8) + TZN	STATIONARY	Squat Jumps (10) + Run	STATIONARY	X Rampant (10) + Run
	STATIONARY	Paratroopers (10) + Run	STATIONARY	Squat Thrust (10) + Run	SUICIDE	Suicide (2-1-3-1-4-1)
	STATIONARY	Patty Cake (20) + run	STATIONARY	Squatch (6) + TZN	THROW	Ape Shoot!
	STATIONARY	Peg Leg (8) + Run	STATIONARY	Stat Halo (18) + TZN	THROW	3 Pt. Stance
	STATIONARY	Piston (10) + TZN	STATIONARY	Stat Row (6) + TZN	THROW	Anaconda
	STATIONARY	Pogoto (6) + Tzn	STATIONARY	Stat Squat (10) + Run	THROW	Asphyxiation
	STATIONARY	Pouncer (10) + Run	STATIONARY	Stat Swag (20) + TZN	THROW	Big Bucks
	STATIONARY	Push Ups (10) + Run	STATIONARY	Stat Trifecta (6) + TZN	THROW	Buck Up
	STATIONARY	Quick Feet (20) + Run	STATIONARY	Stat Tyson (20) + Run	THROW	Curious George
	STATIONARY	Rahaim Step (10) + Run	STATIONARY	Stat W. Lunge (8) + TZN	THROW	Hikes
	STATIONARY	Rambo (10) + Run	STATIONARY	Stat W. Squat (10) + TZN	THROW	Jester
	STATIONARY	Ramp Up (8) + Run	STATIONARY	Stat. Chickin (18) + Tzn	THROW	No Gimmies
	STATIONARY	Rampage (12) + Run	STATIONARY	Stat. Curl (6) + TZN	THROW	Potty Shots
	STATIONARY	Rampant (10) + Run	STATIONARY	Statarasq (16) + Run	THROW	Potty to Bulldog
	STATIONARY	RDL (8) + TZN	STATIONARY	Statrog (10) + Run	THROW	Rev. Zookeeper
	STATIONARY	Rev Pouncer (10) + Run	STATIONARY	Stork (20) + TZN	THROW	Shot Put
	STATIONARY	Ribbits (10) + Run	STATIONARY	Sue Step (20) + Run	THROW	SL Big Bucks
	STATIONARY	Rooster (10) + Tzn	STATIONARY	Talon (6) + Push	THROW	Slap Jack
	STATIONARY	Rooted Groot (8) + Push	STATIONARY	Tip-Toes (20) + Run	THROW	Sluski
	STATIONARY	Sawed Off (10) + TZN	STATIONARY	Toes (20) + Run	THROW	Spikes
	STATIONARY	Sinister (6) + Push	STATIONARY	Top Shelf (8) + TZN	THROW	Squatty Potty
	STATIONARY	Skulls (10) + Run	STATIONARY	Tucks (10) + Run	THROW	Stack Shot
	STATIONARY	SL Bayak (6) + Run	STATIONARY	Twinkle Toes (30) + TZN	THROW	Stranglehold
	STATIONARY	SL Bridged Benched (15) + TZN	STATIONARY	Two-Step (20) + Run	THROW	Suck Ups (SL Buck Ups)
	STATIONARY	SL Gorgon (8) + Run	STATIONARY	Vexed (10) + Run	THROW	Suggester
	STATIONARY	SL Gorgon Push Up (8) + Run	STATIONARY	VIP (10) + Run	THROW	The Zookeeper
	STATIONARY	SL Mantis (8) + Run	STATIONARY	V-Step (10) + Run	THROW	Thrasher
	STATIONARY	SL Ogre's (10) + TZN	STATIONARY	W. Gorgon (8) + TZN	THROW	Toro

CLASS INDEX

CLASSIFICATION	TASK	CLASSIFICATION	TASK
THROW	U. Potty Shots	TRAVELING	Sprint
THROW	Upheaval	TRAVELING	Squonq
THROW	Yikes!	TRAVELING	Stampede
TRAVELING	Run.	TRAVELING	Turkeys
TRAVELING	45 Degree Lunge	TRAVELING/3-1	Warrior Lunge
TRAVELING	ALI 22+	TRAVELING/3-1	Wendigo
TRAVELING	B. 45	TRAVELING	Wizard
TRAVELING	B. Bunyan		
TRAVELING	B. Lunge		
TRAVELING	Bullshlt		
TRAVELING	Bunyan		
TRAVELING	Butt Kicks		
TRAVELING	Buzzard		
TRAVELING	Crook		
TRAVELING	En Garde		
TRAVELING	Explosions		
TRAVELING	F. Lunge		
TRAVELING	Fuzzard		
TRAVELING	Gremlin		
TRAVELING	High Knees		
TRAVELING	High Xs		
TRAVELING	Hip Twists		
TRAVELING	Kobold		
TRAVELING	Rev Buzzard		
TRAVELING	Rev Gremlin		
TRAVELING	Revival (Rev. Resurrect)		
TRAVELING	Rotating Squat		
TRAVELING	Samurai		
TRAVELING	Scorpion to 3		
TRAVELING	SCURL		
TRAVELING	Shuffle		
TRAVELING	Skiddish		
TRAVELING	SL Revival		