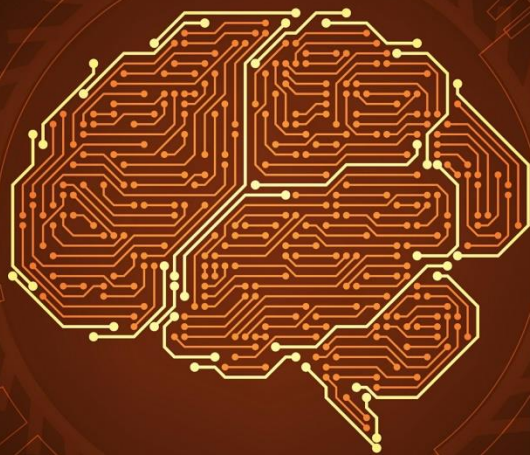


MOTHERBOARD



AUGUST '18 – WEEK 1 SUPPLEMENT

Copyright

Syphus

Training

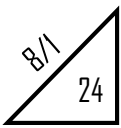
LLC

@2017

All

Right

Reserved



SLOPE

1A, 1A, 2-5, 6A, 6A

1B, 1B, 2-5, 6B, 6B

1C, 1C, 2-5, 6C, 6C

1D, 1D, 2-5, 6D, 6D **CHAMELEON 2**

1A. SHUFFLE

1B. ALT. SQUONK

1C. MONTAUK

1D. KNEELING CURL (6) + TZN

2. MT. CLIMB (20) + RUN

3. TWO-STEP (20) + RUN

4. TRUMPET 9+

5. LYCAN (10) + RUN

6A. PLATE PUSH

6B. MIEL'S WHEELS

6C. SQ. JUMP (10) + RUN

6D. PUSH UP (10) + RUN

2X
EACH

2X
EACH

1-8

8-1

1-8

N

1. TROG

2. SL TOES (20) + RUN

3. OGRE (10) + TZN

4. TYPHON

5. DIABLO

6. YETI

7. W. GREMLIN

8. TWISTED

1-10

3-10

5-10

7-10

9-10

FADED 2

1. JANGLE LEG 3

2. APE SHOOT!

3. BENCHED (30) + TZN

4. MONKEY

5. VIP (10) + RUN

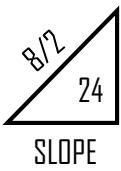
6. KAMIKAZE 4-3-4-2-4-1-4-1

7. SAWED OFF (10) + TZN

8. SL MANTIS (8) + RUN

9. F. LUNGE

10. TAKE OFF!



MESA

- 1-3
 - 2-4
 - 3-5
 - 4-6
 - 5-7
 - 6-8
 - 7-9
 - 8-10
 - 9-11
 - 10-12
1. QUICK FT. (20) + RUN
 2. HIGH Xs
 3. CROOK
 4. RAMBO (10) + RUN
 5. CURL WALK 6+
 6. GALLOW 2-1-4-3-4-1
 7. RIBBITS (10) + RUN
 8. MONGOOSE
 9. RDL (8) + TZN
 10. K.D.D. (20) + TZN
 11. VENOM
 12. BOVINE

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

1. BULLY
2. HANG (10) + RUN
3. ROW STROLL 6+
4. COALITION (10) + TZN
5. SKULLS (10) + TZN
6. COBRA (10) + PUSH

- 1
 - 1,2,2
 - 1,2,2,3,3,3
- ## MT. NEVEREST

- 1X KOBOLD
- 2X KITCHEN SINK (10) + TZN
- 3X SHOT PUT

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

MATTER HORN

2 BANDIT (20) + RUN

1 REV BEAR

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

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

1 SL INCH

2 AMAROK

2 BUCKS

1 BUZZARD

2 CYCLONE (12) + TZN

2 YIKES!

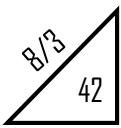
1 SCORPION TO 3/BACK

2 X PP

2 STAT. TYSON (20) + RUN

1 OZARK

2 EN GARDE



SLOPE

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

A. RIPPLED

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. QUICK FT. (20) + RUN
3. MOGUL MADNESS 10
4. SPIKES
5. W. GREMLIN
6. HALD 2-1-3-1-4-1

C. GAUNTLET

1. TRIFECTA! 6+
2. GBD (15) + RUN
3. TIP-TOES (20) + RUN
4. BULLDOG
5. VEXED (10) + RUN
6. B.N.C.
7. SKIPS
8. JAWBREAKER

PUSH, TASK
PUSH, TASK...

P.Y.P. MAD HATTER

B.

XION

1. MUGGER (12) + RUN
2. PARATROOP (10) + RUN
3. APE SHOOT!
4. FLAMINGO (6) + TZN
5. 45°

- A. HAG
- B. SL OGRE'S (10) + TZN
- C. SUPP 10
- D. GRECO
- E. REV INCH

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

PICK YOUR POISON AFTER EACH CIRCUIT AND PERFORM THE TASK 3X. NO REPEATING A TASK

BULLDOZER	PISTON (10) + TZN
BEAR	F. LUNGE

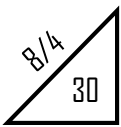
D.

CROSS-FIRE

1. SQ. THRUST (10) + RUN
2. B.O.R. (15) + TZN
3. SQUANTOES (20) + RUN
4. GROWLER

- A. CHICKIN 2-1-3-1-4-1
- B. JACKALOPE

- 1,A,1,B
- 2,A,2,B
- 3,A,3,B
- 4,A,4,B

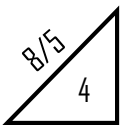


SLOPE

CENTAUR2 to CHECKLIST (2)

1,1,2,2,3,3...24,24
THEN 1-24, 1-24

1. EN GARDE
2. HOT COALS (10) + RUN
3. W. GREMLIN
4. GORGON (8) + RUN
5. SA PP
6. POTTY SHOTS
7. CROAKIN
8. JIGGY (20) + RUN
9. PRIMATES 4-1-3-1-2-1
10. PLATE SHAKE 9+
11. SKULLS (10) + TZN
12. STAMPEDE
13. JACK-ASS
14. KNEELING CURL (6) + TZN
15. SQUIBBLE
16. INCH WORM
17. TURKEYS
18. TUCKS (10) + RUN
19. 3 PT. STANCE
20. CRAISE (20) + TZN
21. JACK BOX
22. BUTT KICKS
23. GARGOYLE
24. SWASHBUCKLER



SLOPE

A.

MTN3

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

4. V-STEP (10) + RUN
5. HIKES
6. BANDIT (20) + RUN

7. TYSON
8. SWAGGIN 1:1
9. TROG

10. ENFORCER
11. ALI 22+
12. GATOR TO 3

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

B.

EL CYCLE

1. W. LUNGE
2. O-PINNED 2-1-3-1-4-1
3. GALLOW 2-1-4-3-4-1
4. SKY HIGH 4-1
5. REV PLATE PUSH

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

C.

EQUALIBRIOUS

1. MOWGLI (12) + RUN
2. GIMPY DOG
3. SUICIDE 2-1-3-1-4-1
4. REV BULLDOG
5. PISTON (10) + TZN

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

D.

SHRINKING

1. POTTY SHOT
2. STROW 1:1
3. RDL (8) + TZN
4. RAMBO (10) + RUN
5. KOBOLD
6. MUGGER (12) + RUN
7. QUICK FT. (20) + RUN
8. SL BOULDER

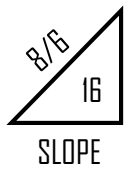
1-8
4-7
3-6
4,5

E.

REV MTN

1. CURL PRESS 5+
2. RIBBITS (10) + RUN
3. ARACHNID
4. TWEAKER Ⓛ

1-4
1-3
1-2
1



A. FADED HYBRID2

1. SHUFFLE
2. SUE-STEP (20) + RUN
3. KOBOLD
4. POTTY SHOT
5. REV BEAR

B.

U 1-8
8-1

1. JACKAL
2. BENCHED (30) + TZN
3. CURL WALK 6+
4. MIEL'S WHEELS
5. COALITION (10) + TZN
6. BUCKS
7. VENOM
8. TYSONS

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


PERFORM EACH TASK THE
NUMBER OF TIMES INDICATED
IN A CHECKLIST MANNER.

C.

CHAOS

- 1 PEG LEG (8) + RUN
- 1 JOHNNY APPLESEED
- 4 MT. CLIMB (20) + RUN
- 2 MONKEY
- 1 SHOT PUT
- 3 SAWED OFF (10) + TZN
- 1 TYPHON
- 3 CRAZY LEGS
- 4 TURKEYS

D. MOLE HILLS

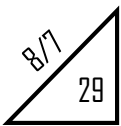
1. EN GARDE
2. PINNED 2-1-3-1-4-1
3. CUJO 

-
1. APE SHOOT!
 2. CYCLONE (12) + TZN
 3. TROG

-
1. TOES (20) + RUN
 2. KAMIKAZE 4-3-4-2-4-1-4-1
 3. RDL (8) + TZN

-
1. TRIFECTA! 6+
 2. ALT. SQUONQ
 3. ANACONDA

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



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

A. CROSS-FUSION

1. HOT COALS (10) + RUN
 2. TIPPY-TAP
 3. TROMBONE 6+
 4. RAMBO (10) + RUN
 5. SL GORGON (8) + RUN
- A. ALI 22+
 - B. JIGGY (20) + RUN
 - C. MONTAUK

B. CENTAUR3

111,222,333...

1. YETI
2. TALL ORDER 6+
3. HANG (10) + RUN
4. SKULLS (10) + TZN
5. 3 PT. STANCE
6. MONGOOSE
7. TROG
8. NEAPOLITAN

C. REV MTN2

1. BANDIT (20) + RUN
2. YIKES!
3. MANTIS (8) + RUN
4. KNEELING SWAG (15) + TZN
5. BOVINE
6. QUICK FT. MADNESS 10
7. OFFERING
8. SLAP JACK
9. SL INCH
10. SHALO 1:1

1-10
1-8
1-6
1-4
1.2