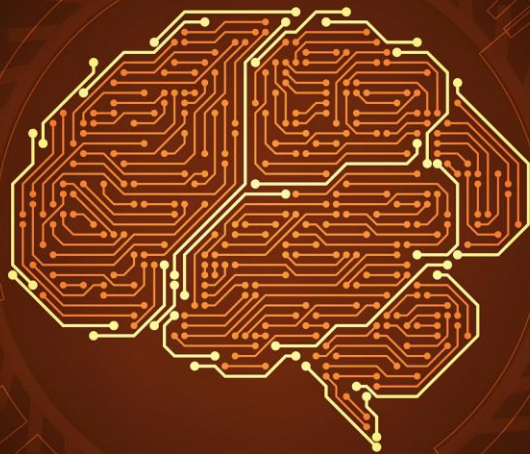


MOTHERBOARD



SEPTEMBER '18

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The Motherboard Service:

The Motherboard Service is a monthly publication issued by Syphus Training, LLC as a guide for the suggested workouts for that month. Users will have access to the most current month's list of workouts as well as a Modification Index which is a list of all Syphus Training's tasks.

The published information and workouts are proprietary information of Syphus Training, LLC and are meant to be a general template for a given day's workout. The contents of each workout include the day's circuits and tasks. These tasks may be modified by each Turf owner (Licensee) to suit the needs and desires of their members. **The success of Syphus Training is based on the gamification scoring and stat-tracking systems in place and the accuracy of the scoring will differ greatly if the proper modifications for a task are not made in accordance to the Modification Index.** Any modifications to a day's workout should be made at the sole discretion of the Turf owner (Licensee), and not by the customer, unless approved by the designated Syphus Training PRO.

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Not included in the Motherboard publication are the official rules of Syphus Training, circuit progressions, complete task descriptions, task values, scoring check points or rep count cues. This information will be provided to you on the day of your workout by the PRO at your home Turf.

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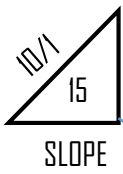


SEPTEMBER 2018 SCHEDULE



Date	Workout	Slope	Date	Workout	Slope
9/1	PENDULUM REPTILIAN _{n+n2}	29	9/17	CHECKLIST(3) DEL.GAUNTLET CHECKLIST(2) MTN CHECKLIST	24
9/2	UPLIFT CHECKLIST(3) RIPPLED	23	9/18	FORM CHUCK IT	37
9/3	BARN BURNER	42	9/19	CHASM U REV MTN3	34
9/4	"BACK TO SCHOOL" ABC U-TURN	32	9/20	FLIPPED REV HYBRID2 EL CYCLE CROSS-FIRE	16
9/5	MTN3 BUCKS GAUNTLET U FADED2	36	9/21	REV INTERRUPTED MTN3	28
9/6	PTI MTN2	26	9/22	DENALI MTN2 CHAMELEON	38
9/7	TURF BATTLE 1 N-LARGE	28	9/23	REV NEVEREST C2 = REV REPTILIAN	3
9/8	TURF BATTLE 2 MOLE HILLS	9	9/24	MESA MTN3 CHECKLIST(2)	29
9/9	TURF BATTLE 3 MTN2 REPTILIAN GAUNTLET VERTEX	27	9/25	PTF SHUTTLE MOLE HILLS	16
9/10	SERPENT	33	9/26	FADED3 FIND MUCK RELAPSE CHAOS	30
9/11	RIPPLED EXPANDING C2X2	19	9/27	JACOB'S LADDER	43
9/12	XION2 REDRUM = FADED	27	9/28	VERTEX DARK SIDE FADED	33
9/13	U EL CYCLE CHAOS SPLIT FADE	21	9/29	ZENITH U EL CYCLE HYBRID2 =ATERAL	12
9/14	BODY WEIGHT REV XION CROSS-FIRE DARK SIDE	23	9/30	VOYAGE RIPPLED EXPANDING	7
9/15	PLATONIC + GLUED PLATE	45			
9/16	FILLING REPTILIAN2 REVERTEX	38			

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

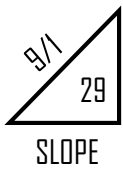
MESA2

- 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

2 n+n



PENDULUM

PERFORM EACH AS A
CHECKLIST AND IN THIS ORDER:

A,B,A,C,A,D,A,E

A,E,A,D,A,C,A,B,A

A.

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. V-STEP (10) + RUN
4. ROW STROLL 6+

1. KOBOLD
2. W. GREMLIN
3. RAMBO (10) + RUN

B.

1. XPP
2. RDL (8) + TZN
3. PRIMATES 4-1-3-1-2-1

C.

1. CURL PRESS 5+
2. VIPER
3. REV PLATE PUSH

D.

1. JIGSAW
2. BOVINE
3. JOUNCE 2-1-3-1-4-1

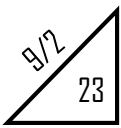
E.

1-5, 6A1, 6A2, 6A1, 6A2
1-5, 6B1, 6B2, 6B1, 6B2
1-5, 6C1, 6C2, 6C1, 6C2
1-5, 6D1, 6D2, 6D1, 6D2

REPTILIAN 2N+N

1. LYCAN (10) + RUN
2. JAGGER (12) + RUN
3. TALL ORDER 6+
4. YIKES!
5. VENOM

- 6A1. B.N.C.
- 6A2. TORO
- 6B1. ARACHNID
- 6B2. THRASHER
- 6C1. ANACONDA
- 6C2. SHOT PUT
- 6D1. SLUSKI
- 6D2. STRANGLEHOLD



SLOPE

- 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

1. EN GARDE
2. STAMPEDE
3. INFINITY (20) + RUN
4. F. LUNGE
5. MIM 3-2-4-2-3-1

- 1-10
- 1-10
- 1-10

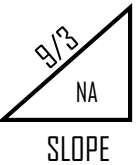
CHECKLIST (3)

1. STORK (20) + TZN
2. FLYING JACKAL
3. APE SHOOT
4. MIEL'S WHEELS
5. BANDIT (20) + RUN
6. 313
7. SAWED OFF (10) + TZN
8. SA PP
9. BONSAI 3-1-4-2-4-1
10. DIABLO

- 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. SA BOULDER
2. VENOM
3. SWAGGIN 1:1
4. HAG
5. MASTODON
6. CHICKIN 2-1-3-1-4-1
7. SPD. SKATES (20) + RUN
8. TYPHON
9. RUN
10. PROWLER (L)



LABOR DAY

BARN BURNER

START WITH THE WARM UP MTN.

PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).

SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE.

REPEAT 3X PER TASK. REPEAT 4X PER TASK.

EXCEPT FOR TYSONS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.

MTN	
1. SHUFFLE	1
2. V-STEP (10) + RUN	12
3. SWAGGIN 1:1	123
4. ALI 22+	1234

- D.**
1. REV BOVINE
 2. LYCAN UP (10) + RUN
 3. JACKAL
 4. HALO 2-1-3-1-4-1

- A.**
1. CYCLONE (12) + TZN
 2. YAK
 3. CROAKIN
 4. SAWED OFF (10) + TZN

- E.**
1. INCH WORM
 2. BUNYAN
 3. PETRA
 4. C.H.B.

- H.**
1. MIEL'S WHEELS
 2. BULLDOG
 3. HYDRA
 4. NO GIMMIES

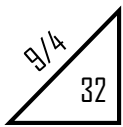
- B.**
1. HIKES
 2. TARASQ
 3. STAT CURL (6) + TZN
 4. TROMBONE 6+

- F.**
1. APE SHOOT!
 2. INFINITY (20) + RUN
 3. MT. CLIMB (20) + RUN
 4. HOT COALS (10) + RUN

- I.**
1. TYSON
 2. TYSON
 3. TYSON
 4. TYSON

- C.**
1. B. LUNGE
 2. PUSH UP (10) + RUN
 3. YETI
 4. SKULLS (10) + TZN

- G.**
1. MASTODON
 2. SLUSKI
 3. MOGUL MAYHEM 4
 4. ARACHNID



SLOPE

WARM UP =

- 1. SPRINT**
- 2. QUICK FT. (20) + RUN**
- 3. SHUFFLE**
- 4. MOGUL (20) + RUN**
- 5. STAMPEDE**

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

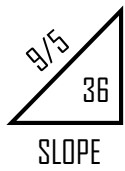
A-Z, Z-A

BACK TO SCHOOL

- A. ALI 22+
- A. ANTEATER
- B. BULLDOZER
- B. BUNYAN
- C. CURL PRESS 5+
- D. DEATH ROW 2-1-3-1-4-1
- D. DIABLO
- E. EN GARDE
- F. FUZZARD
- G. GARGOYLE
- G. GALLOWS 2-1-4-3-4-1
- H. HOPSCOTCH
- H. HANG MADNESS 6
- I. INCH WORM
- J. JANGLE LEGS
- K. KING KONG
- K. KOBOLD
- L. LYCAN (10) + RUN

- M. MIEL'S WHEELS
- N. NEAPOLITAN
- O. OGRE (10) + TZN
- O. OFFERING
- P. PINNED 2-1-3-1-4-1
- P. PRIMATES 4-1-3-1-2-1
- Q. QUICKSAND (L)
- R. ROW STROLL 6+
- R. ROOTED GROOT (8) + PUSH
- S. SKATES
- S. SLING SHOT 3-2-4-2-3-1
- T. TURKEYS
- T. TRIFECTA! 6+
- U. UNTAMED 4-1-3-1-2-1
- U. UNLEASHED
- V. VEXED (10) + RUN
- W. WARRIOR
- X. X.P.P.
- Y. YIKES!
- Z. ZOOKEEPER

BY: JEN DEMERCURIO



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

MTN3

1. HOT COALS (10) + RUN
2. STAMPEDE
3. SWAGGIN 1:1

4. POTTY SHOTS
5. JIGGY (20) + RUN
6. STORK (20) + TZN

7. VENOM
8. SKUFFLE

9. MONGOOSE

10. TYPHON
11. REV B.N.C.
12. SUICIDE 2-1-3-1-4-1

BUCKS, TASK
BUCKS, TASK... **BUCKS GAUNTLET**

1. CRAISE (20) + TZN
 2. GARGOYLE
 3. CHICKIN 2-1-3-1-4-1
 4. 45°
 5. LYCAN (10) + RUN
 6. SKATES
 7. CURL WALK 6+
 8. TYSONS
- U
1. ALI 22+
 2. RDL (8) + TZN
 3. SHOT PUT
 4. RAMBO (10) + RUN
 5. SKY HIGH 4-1
 6. DIABLO

1-6
6-1

1-10
3-10
5-10
7-10
9-10

FADED2

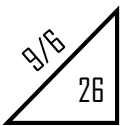
1. TWO-STEP (20) + RUN
2. B.O.R. (15) + TZN

3. KOBOLD
4. COBRA (10) + PUSH

5. 3 PT. STANCE
6. MOWGLI (12) + RUN

7. BULLDOG
8. KAMIKAZE 4-3-4-2-4-1-4-1

9. GRAY-CRAY
10. GATOR TO 3



SLOPE

INTERRUPTED MTN2

1-2

1-4, EL CYCLE

1-6, VERTEX

1-8, MTN

1-10, =

1-12

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

2. TWO-STEP (20) + RUN

3. TROMBONE 6+

4. YIKES!

5. HANG (10) + RUN

6. COALITION (10) + TZN

7. REV BULLDOG

8. RAMP UP (8) + RUN

9. SUPP 10

10. CYCLONE (12) + TZN

11. SL INCH

12. JABBERWOCKY

1-4, 4-1

2,3

3,2

EL CYCLE

1. TURKEYS

2. PLATE PUSH

3. TROG

4. BOVINE

VERTEX

1,

1,2,2

1,2,3,3,3

1. GRECO

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

3. JIGGY (20) + RUN

MTN

1

1,2

1. MOGUL (20) + RUN

1,2,3

1,2,3,4

2. DELAURA

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

4. TWEAKER (1)

1,2,1,3,1,4

2,3,2,4

3,4

EQUALIBRIOUS

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

2. BANDIT (20) + RUN

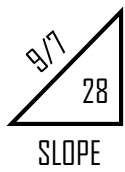
3. TRIFECTA! 6+

4. MONKEY

TURF WARS 2018 STARTS OCTOBER, 22ND

**THE NEXT THREE WORKOUTS ON THIS MONTH'S
MOTHERBOARD IS A *TURF BATTLE* WHICH WILL GIVE
YOU A FEEL FOR WHAT'S TO COME DURING THE WAR!**

DETAILS TO BE PROVIDED SOON.

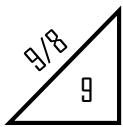


TURF BATTLE #1

1-28
28-1
1-28



1. SUICIDE 2-1-3-1-4-1
2. SHUFFLE
3. TURKEYS
4. TYSONS
5. MIEL'S WHEELS
6. SA PP
7. HIKES
8. MONTAUK
9. TROG
10. APE SHOOT!
11. BULLDOG
12. VEXUM
13. JACKALOPE
14. BONSAI 3-1-4-2-4-1
15. POTTY SHOT
16. BOVINE
17. AMAROK
18. GRECO
19. SKY HIGH 4-1
20. ANACONDA
21. W. LUNGE
22. DELAURA
23. KOBOLD
24. REV PLATE PUSH
25. YETI
26. B. LUNGE
27. SWAGGIN 1:1
28. GIMPY DOG



SLOPE

TURF BATTLE #2

MOLE HILLS

1. **1. QUICK FT. (20) + RUN**

1,2
1,2,3 **2. EN GARDE**

3. W. GREMLIN

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

1,2 **2. LYCAN (10) + RUN**

1,2,3 **3. ALT. SQUONK**

1,2,3,4 **4. GARGOYLE**

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

1,2 **2. TARASQ**

1,2,3 **3. B.N.C.**

1. STAMPEDE

1,2 **2. REV HYDRA**

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

1,2,3,4... **4. XPP**

1. TYSONS

2. BUZZARD

3. TORO

1. SKUFFLE

2. SA PP

3. BOULDER

4. RUN

1. ROW STROLL 6+

2. SPIKES

3. RESURRECTION

1. SKATES

2. VIPER

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

4. OZARK

1. TROG

2. OGRE (10) + TZN

3. JACK BOX

1. SHOT PUT

2. TROMBONE 6+

3. JABBERWOCKY

4. STACK SHOT

1. SHUFFLE

2. CRAZY LEGS

3. MONGOOSE

1. ENFORCER

2. ALI 22+

3. WICCA

4. NEAPOLITAN



TURF BATTLE #3

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

MTN2

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

3. SQUONK
4. TURKEYS

5. BEAR
6. TRIFECTA 6+

7. SWAGGIN 1:1
8. BULLDOZER

9. MONKEY
10. PINNED 2-1-3-1-4-1

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

REPTILIAN2

1. BUCKS
2. SLAP JACK
3. SUICIDE 2-1-3-1-4-1
4. HIKES
5. VENOM
6. TIPPY-TAP

- 7A. MIM 3-2-4-2-3-1
- 7B. THRASHER
- 7C. INCH WORM
- 7D. CUJO Ⓛ

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. MONTAUK
2. MIEL'S WHEELS
3. W. GREMLIN
4. MASTODON
5. BONSAI 3-1-4-2-4-1
6. HAG
7. TYPHON

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

VERTEX

1. DIABLO
2. TWISTED
3. PRIMATES 4-1-3-1-2-1



SLOPE

SERPENT

1

2

3

4

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

CENTAUR2
U-TURN

1
1,2
1,2,3 **MTN**
1,2,3,4

1-3
2-4
MESA

1-4
2-4
3,4
4 **FADED**

1,2,1,3,1,4
4,3,4,2,4,1
2,3,=**ATERAL**
3,2

PUSH, TASK
PUSH, TASK...
GAUNTLET

SHUFFLE	SQ. JUMP (10) + RUN	SWAGGIN 1:1	HIKES
YETI	RAMBO (10) + RUN	PUSH UP (10) + RUN	POGOTO (6) + TZN
SLAP JACK	TWISTED	HALO 2-1-3-1-4-1	REV B.N.C.
CROOK	HANG (10) + RUN	B.O.R. (15) + TZN	POTTY SHOT
SKUFFLE	SL TOES (20) + RUN	SKULLS (10) + TZN	INCH WORM
TWEAKER (L)	W. STAT LUNGE (8) + TZN	CURL MADNESS3	ANACONDA



RIPPLED

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

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. SWAGGIN 1:1
4. RIBBITS (10) + RUN
5. PINNED 2-1-3-1-4-1
6. BANDIT (20) + RUN
7. ROW STROLL 6+
8. CRAISE (20) + TZN
9. PUSH UP (10) + RUN
10. TIP-TOES (20) + RUN

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

EXPANDING

1. SLING SHOT 3-2-4-2-3-1
2. RDL (8) + TZN
3. APE SHOOT!
4. MONKEY
5. JIGGY (20) + RUN
6. STAMPEDE
7. B.O.R. (15) + TZN
8. 45°
9. SKULLS (10) + TZN
10. ARACHNID

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

REPEAT

CENTAUR 2X2

1. YIKES!
2. HALO 2-1-3-1-4-1
3. MIEL'S WHEELS
4. TARASQ
5. STORK (20) + TZN
6. VIP (10) + RUN
7. GARGOYLE
8. CRAY-CRAY



- 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

1. SUE-STEP (20) + RUN
2. PLATE SHAKE 9+
3. HOT COALS (10) + RUN
4. TROG
5. OGRE (10) + TZN
6. TRIFECTA 6+

XION2

- A. SHUFFLE
- B. MT. CLIMB (20) + RUN
- C. YETI
- D. XPP
- E. BEAR
- F. SLUSKI

PERFORM THE "FORWARD" VERSION OF THE TASK IN DARK RED TO LINE 4 PERFORM THE "REVERSE" TASK IN LIGHT RED BACK TO LINE 1. REPEAT SO THAT EACH NUMBER IS DONE TWICE, TO MAKE 1 COMPLETE TASK OF BOTH.

RED RUM

- | | | |
|---|--|--|
| <ol style="list-style-type: none"> 1. PLATE PUSH 2. BULLDOG 3. POTTY SHOT 4. GREMLIN 5. MASTODON 6. DELAURA 7. THRASHER 8. F. LUNGE 9. INCH WORM 10. HIGH KNEES | | <ol style="list-style-type: none"> REV PLATE PUSH REV BULLDOG HIKES REV GREMLIN REV MASTODON SA DIABLO TORO B. LUNGE REV INCH BUTT KICKS |
|---|--|--|

- 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

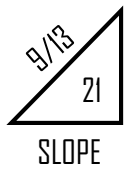
EQUALIBRIOUS

1. TOES (20) + RUN
2. JACKALOPE
3. MOWGLI (12) + RUN
4. CHICKIN 2-1-3-1-4-1
5. MONGOOSE
6. TAKE OFF!

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

FADED

1. QUICKSAND (L)
2. LEPRECHAUN
3. SUPP 10
4. KAMIKAZE 4-3-4-2-4-1-4-1



1-12
12-1

U

1. SHUTTLE RUN 3-2-4-2-3-1
2. V-STEP (10) + RUN
3. SKATES
4. HOT COALS (10) + RUN
5. MUGGER (12) + RUN
6. SAWED OFF (10) + TZN
7. SQ. JUMP (10) + RUN
8. STAT, SWAG (20) + TZN
9. RAMBO (10) + RUN
10. GORGON (8) + RUN
11. ENFORCER
12. KITCHEN SINK (10) + TZN

1-5
5-1
2-4
4-2
3.3

EL CYCLE

1. RAZOR
2. STAT. CURL (6) + TZN
3. KOBOLD
4. SQ. THRUST (10) + RUN
5. REV PLATE PUSH

PERFORM AS A CHECKLIST
DO EACH TASK NUMBER OF TIMES LISTED

CHAOS

- 2 REV BEAR
- 4 HIKES
- 1 SHALO 1:1
- 3 MOGUL (20) + RUN
- 2 SQUANTOES (20) + RUN
- 1 HANG (10) + RUN
- 3 PRIMATES 4-1-3-1-2-1
- 4 W. GREMLIN

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

SPLIT-FADE

1. MATTADOR (L)
2. CYCLONE (12) + TZN
3. EN GARDE
4. CURL PRESS 5+
5. CRAZY LEGS
6. 313
7. BUZZARD
8. BUCKS
9. GROWLER
10. BONSAI 3-1-4-2-4-1



BODY WEIGHT ONLY!

REV XION

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. ALI 22+
4. HANG (10) + RUN
5. VIP (10) + RUN
- 6 GORGON (8) + RUN

- A. RESURRECTION
- B. GATOR TO 3
- C. BULLFROG
- D. GBD (15) + RUN
- E. BULLSHIT
- F. BOVINE

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

CROSS-FIRE

1. GALLOW 2-1-4-3-4-1
2. RAMPAGE (12) + RUN
3. MONTAUK
4. TIPPY-TAP
5. AMAROK

- A. JUNKIE JUMP (8) + RUN
- B. BUZZARD
- C. GROWLER

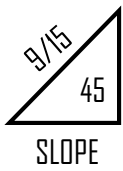
1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C
5A, 5B, 5C

DARK SIDE

1. JIGGY (20) + RUN
2. FROGS
3. ALT SQUONQ
4. MONGOOSE
5. MANTIS (8) + RUN

- JIGGY MADNESS 10
- THRUST TO FROG
- KOBOLD
- REV MONGOOSE
- ABD MANTIS (8) + RUN

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



- 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

1. COALITION (10) + TZN
2. SWAGGIN 1:1
3. HIKES
4. XPP
5. SLUSKI

PERFORM AS A CHECKLIST DOING EACH TASK
NUMBER OF TIMES INDICATED
PATTERN REMAINS THE SAME THROUGHOUT

PLATONIC + GLUED PLATE

GLUED PLATE MATTERHORN

- 2 PLATE SHAKE 9+
- 1 BULLY
- 2 PINNED 2-1-3-1-4-1

- 2 W. CROOK
- 1 HALO 2-1-3-1-4-1
- 2 ROW STROLL 6+

- 2 STAT. W. SQ. (10) + TZN
- 1 TROMBONE 6+
- 2 RDL (8) + TZN

- 2 SKY HIGH 4-1
- 1 O-PINNED 2-1-3-1-4-1
- 2 W. GREMLIN

- 2 SAWED OFF (10) + TZN
- 1 KITCHEN SINK (10) + TZN
- 2 TZN

- 1,2
- 1,2,33,44
- 1,2,33,44,555,666

ZENITH

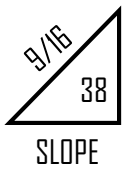
- 1. APE SHOOT! IX
- 2. INCH WORM

- 3. OGRE (10) + TZN 2X
- 4. GRIFTER (8) + SA PP

- 5. POTTY SHOT 3X
- 6. BUCK UPS

U

- 1. RAZOR 1-8
- 2. DIABLO 8-1
- 3. JACKALOPE
- 4. VEXUM
- 5. MIEL'S WHEELS
- 6. JACKASS
- 7. ARACHNID
- 8. SA PP



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

FILLING

1. TWO-STEP (20) + RUN
2. SKATES
3. ALT. SQUONK
4. BANDIT (20) + RUN
5. MASTODON
6. PETRA
7. CHICKIN 2-1-3-1-4-1
8. SPIKES
9. GORGON (8) + RUN
10. MOGUL (20) + RUN

1-3, 4A,4A
1-3, 4B,4B
1-3, 4C,4C
1-3, 4D,4D
1-3, 4E,4E

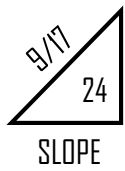
REPTILIANZ

1. NEAPOLITAN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. CURL PRESS 5+
- 4A. GBD (15) + RUN
- 4B. JUNKIE JUMP (8) + RUN
- 4C. PARATROOP (10) + RUN
- 4D. RDL (8) + TZN
- 4E. HANG (10) + RUN

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

REVERTEX

1. BENCHED (30) + TZN
2. CYCLONE (12) + TZN
3. SHWAGGIN 1:1
4. CRAY-CRAY
5. MONKEY



DESIGNED FOR TORI F. FROM THE MOTHERSHIP

CHECKLIST(3)

- 1-10 1. EN GARDE
- 1-10 2. HOT COALS (10) + RUN
- 1-10 3. STAMPEDE
- 4. SWAGGIN 1:1
- 5. QUICK FT. (20) + RUN
- 6. BULLDOG
- 7. BULLY
- 8. MIEL'S WHEELS
- 9. SA PP
- 10. PABLO

DELAURA, TASK
DELAURA, TASK...

DELAURA GAUNTLET

- 1. BEAR
- 2. ROTATING SQUAT
- 3. HIKES
- 4. TIPPY-TAP
- 5. BUCKS
- 6. OGRE (10) + TZN

1-8
1-8

CHECKLIST(2)

- 1. TAUNTAUN
- 2. SKULLS (10) + TZN
- 3. LYCAN (10) + RUN
- 4. TWISTED
- 5. JIGGY (20) + RUN
- 6. POTTY SHOT
- 7. STORK (20) + TZN
- 8. RIBBITS (10) + RUN

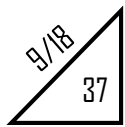
MTN

- 1. MT. CLIMB (20) + RUN
- 2. CURIOUS GEORGE 1
1.2
- 3. KOBOLD 1.2.3
1.2.3.4
- 4. MONTAUK 1.2.3.4.5
1.2.3.4.5.6
- 5. PINNED 2-1-3-1-4-1
- 6. TWEAKER Ⓛ

1-8

CHECKLIST

- 1. REV VIPER
- 2. BONSAI 3-1-4-2-4-1
- 3. AMAROK
- 4. B.N.C.
- 5. REVIVAL
- 6. MOGUL PUSH
- 7. SHOT PUT
- 8. TROG



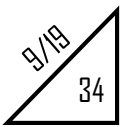
SLOPE

THIS FORM FIRST WORKOUT WILL HELP YOU DIFFERENTIATE BETWEEN TWO SIMILAR TASKS. EACH TASK IS PAIRED WITH ANOTHER TO HIGHLIGHT SIMILARITIES IN STATIONARY MOVEMENTS VS. TRAVELING OR SUBTLE NUANCES BETWEEN TWO.

PERFORM AS A CHECKLIST THE FIRST TWO TIMES THROUGH. UPON THE THIRD TIME, "CHUCK" ALL THE 2s LEAVING YOU WITH A CHECKLIST OF ONLY THE 3s AND 4s. THE FINAL TIME THROUGH YOU'LL CHECKLIST THE 4s.

FORM FIRST CHUCK-IT

- 2 SHUFFLE
- 2 EN GARDE
- 2 SKUFFLE
- 3 RAMPANT (10) + RUN
- 3 BULLDOZER
- 2 QUICK FEET (20) + RUN
- 4 ALI 22+
- 2 3 PT. STANCE
- 2 SPIKES
- 4 YETI
- 2 AMAROK
- 3 SQUONQ
- 4 SQUIBBLE
- 2 MONKEY
- 4 MONGOOSE
- 3 TROG
- 2 TARASQ
- 3 0-PINNED 2-1-3-1-4-1
- 3 0-B.O.R. (10) + TZN
- 2 GORGON (8) + RUN
- 2 POGOTO (6) + TZN
- 3 JACKALOPE
- 4 SLAP JACK
- 2 SPEED SKATES (20) + RUN
- 4 REV BEAR
- 2 GIMPY DOG
- 2 SL BOULDER
- 2 RAMPAGE (12) + RUN
- 3 RAZOR
- 2 YAK
- 2 MASTODON
- 2 MONTAUK
- 3 B.N.C.
- 2 RDL (8) + TZN
- 2 KITCHEN SINK (10) + TZN



SLOPE

PERFORM IN A MTN PATTERN AND DO EACH TASK AS MANY TIMES NOTED.

CHASM

1X TOES (20) + RUN

1X SPD. SKATES (20) + RUN

3X XPP

2X TRIFECTA 6+

1X JACKAL

TOES
TOES, SP SKATES
TOES, SP SKATES, XPP, XPP, XPP
TOES, SP SKATES, XPP, XPP, XPP, TRI, TRI,
TOES, SP SKATES, XPP, XPP, XPP, TRI, TRI, JACKAL

U

1-15
15-1

1. TROG
2. PUSH UP (10) + RUN
3. 45°
4. MIM 3-2-4-2-3-1
5. ALI 22+
6. MONGOOSE
7. SUPP 10
8. STAMPEDE
9. SQ. THRUST (10) + RUN
10. HAMSTRUNG
11. PINNED 2-1-3-1-4-1
12. V-STEP (10) + RUN
13. ROW STROLL 6+
14. JOUNCE 2-1-3-1-4-1
15. RUN

REV MTN3

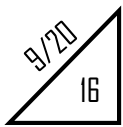
1-12
1-9
1-6
1-3

1. VEXUM
2. STORK (20) + TZN
3. TYSON

4. MOWGLI (12) + RUN
5. HALO 2-1-3-1-4-1
6. SUE-STEP (20) + RUN

7. CRAZY LEGS
8. JACK ASS
9. MANTIS (8) + RUN

10. RIBBITS (10) + RUN
11. TURKEYS
12. GATOR TO 3



SLOPE

FLIPPED

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

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. PLATE SHAKE 9+
4. ALT. SQUONQ
5. JAGGER (12) + RUN
6. TALL ORDER 6+
7. OGRE (10) + TZN
8. JACKALOPE
9. KNEELING CURL (6) + TZN
10. PROWLER (L)

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

REV HYBRID2

1. SPD. SKATES (20) + RUN
2. CHICKIN 2-1-3-1-4-1
3. SQ. JUMP (10) + RUN
4. STAMPEDE
5. REV INCH

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

CROSS-FIRE

1. ABD. MANTIS (8) + RUN
2. SAWED OFF (10) + TZN
3. DEATH ROW 2-1-3-1-4-1
4. SKULLS (10) + TZN

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

EL CYCLE

1. PUSH UP (10) + RUN
2. HIKES
3. SKUFFLE
4. MONTAUK

- A. TROG
- B. GIMPY DOG



REV INTERRUPTED MTN3

REV MTN3

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. MOGUL (20) + RUN
3. SKUFFLE

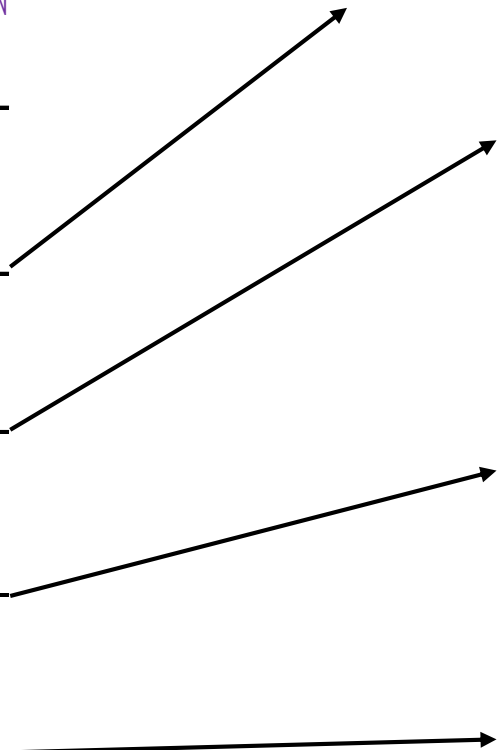
4. BULLY
5. ALT SQUONQ
6. YIKES!

7. GALLOW 2-1-4-3-4-1
8. HALD 2-1-3-1-4-1
9. JIGGY (20) + RUN

10. GORGON (8) + RUN
11. MIEL'S WHEELS
12. NEAPOLITAN

13. B.N.C.
14. W. STAT SQUAT (10) + TZN
15. REV MASTODON

1-15, EQUALIBRIOUS
 1-12, CEPTILIANZ
 1-9, U-TURN
 1-6, XION
 1-3



XION

1. TURKEY
2. TYSONS
3. SQ. JUMP (10) + RUN

- 1 A
1, 2 B
1, 2, 3 C
- A. DZARK
 - B. MIM 3-2-4-2-3-1
 - C. TAKE OFF!

U-TURN

- 1-4
4-1
1. TARASQ
 2. SHWAGGIN 1:1
 3. SKULLS (10) + TZN
 4. QUICKSAND (L)

CEPTILIANZ

- 11, 22, 33, 4A
11, 22, 33, 4B
1. SPIKES
 2. BANDIT (20) + RUN
 3. YETI

-
- 4A. INCH WORM
 - 4B. REV INCH

EQUALIBRIOUS

- 1, 2, 1, 3, 1, 4
2, 3, 2, 4
3, 4
1. SA PP
 2. FLYING MONKEY
 3. CURL MADNESS 3
 4. BUZZARD

9/22

38

SLOPE

MINI DENALI

1 DOWN, 1 ACROSS,
2 DOWN, 2 ACROSS,
3 DOWN, 3 ACROSS
4 ACROSS

1	SUICIDE 2-1-3-1-4-1	W. CROOK	HIKES	TROMBONE 6+
2	TYSON	F. LUNGE	MONGOOSE	SHALO 1:1
3	TWO-STEP (20) + RUN	ENFORCER	ROW STROLL 6+	INCH WORM
4	GORGON (8) + RUN	HOPSCOTCH	APE SHOOT!	G.B.D. (15) + RUN

MTN2

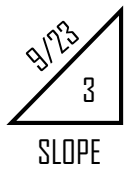
1,2
1-4
1-6
1-8
1-10

1. BANDIT (20) + RUN
2. KOBOLD
3. VIP (10) + RUN
4. RIBBITS (10) + RUN
5. TRIFECTA! 6+
6. BULLDOG
7. RDL (8) + TZN
8. REV SCORPION TO 3/BACK
9. ALI 22+
10. WICCA

CHAMELEON

1A, 2-5, 6A
1B, 2-5, 6B
1C, 2-5, 6C
1D, 2-5, 6D

- 1A. TIP-TOES (20) + RUN
- 1B. JACKAL
- 1C. POUNCER (10) + RUN
- 1D. W. LUNGE
2. 3 PT. STANCE
3. VENOM
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. STATARASQ (16) + RUN
- 6A. HAG
- 6B. BRIDGED BENCHED (30) + TZN
- 6C. BUCKS
- 6D. PRIMATES 4-1-3-1-2-1



REV MT. NEVEREST

1X SHUFFLE

2X QUICK FT. (20) + RUN

3X SWAGGIN 1:1

4X RUN

5X STAMPEDE

CENTAUR2

1. REV B.N.C.

2. POTTY SHOT

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

4. SWASHBUCKLER

5. BULLDOG

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

7. PEG LEG (8) + RUN

8. JIGGY (20) + RUN

1,2,2,333,4444,5555
1,2,2,333,4444
1,2,2,333
1,2,2
1

=LATERAL

1. RAMBO (10) + RUN

2. SAWED OFF (10) + TZN

3. YETI

4. SKULLS (10) + TZN

5. VENOM

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

REV REPTILIAN

1A. M.F.T.

1B. JOUNCE 2-1-3-1-4-1

1C. 45°

1D. KITCHEN SINK (10) + TZN

2. OFFERING

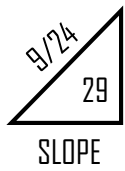
3. TYSONS

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

5. JABBERWOCKY

6. NEAPOLITAN

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



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

MESA

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. MT. CLIMB (20) + RUN
4. YIKES!
5. SQ. JUMP (10) + RUN
6. PLATE PUSH
7. MONTAUK
8. TROMBONE 6+
9. F. LUNGE
10. REV PLATE PUSH

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

MTN3

1. KOBOLD
2. FLAMINGO (6) + TZN
3. EN GARDE

4. TURKEYS
5. PUSH UP (10) + RUN
6. MONGOOSE

7. ARACHNID
8. OGRE (10) + TZN
9. SCURL 1:1

10. CRAZY LEGS
11. FROGS
12. MUGGER (12) + RUN

1-15
1-15

CHECKLIST(2)

1. APE SHOOT!
2. BOULDER
3. W. GREMLIN
4. SHWAGGIN 1:1
5. MASTODON
6. BUCKS
7. TROG
8. VIP (10) + RUN
9. MIEL'S WHEELS
10. SUICIDE 2-1-3-1-4-1
11. MOINSTER (NEW)
12. XPP
13. DIABLO
14. BOVINE
15. TAKE OFF!



SLOPE

1-10,10-6
6-15,15-6
6-10,10-1

LARGER SHUTTLE P.T.F. STYLE PROGRESSION

3-2-4-2-3-1

4

15. PLATE SHAKE 9+

14. MASTODON

13. BULLDOZER

12. BUZZARD

3

11. COBRA (10) + PUSH

10. JACKALOPE

9. INFINITY (20) + RUN

8. DENSER 2-1-3-1-4-1

7. TWO-STEP (20) + RUN

2

6. GBD (15) + RUN

5. GORGON (8) + RUN

4. LYCAN (10) + RUN

3. MOGULS (20) + RUN

2. SKIPS

1

1. HIGH KNEES

MOLE HILLS

1

1,2

1,2,3

1,2,3,4

1

1,2

1,2,3

1,2,3,4

1

1,2

1,2,3

1,2,3,4

1

1,2

1,2,3

1,2,3,4

1. HOT COALS (10) + RUN

2. SQUONK

3. CURL WALK 6+

4. DEVIL

1. COALITION (10) + TZN

2. ALT. SQUONK

3. CURL PRESS 5+

4. HACK-IT

1. TIP-TOES (20) + RUN

2. SQUIBBLE

3. KNEELING CURL (6) + TZN

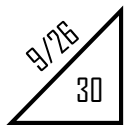
4. ATTACK-IT

1. TWINKLE TOES (30) + TZN

2. MONGOOSE

3. CYCLONE (12) + TZN

4. WICCA



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

9/27

43

SLOPE

- 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

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.

JACOB'S LADDER

5.1. 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

5.1. GRIFTER (8) + SA PP



SLOPE

VERTEX

- 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

1. SUICIDE 2-1-3-1-4-1
2. HOT COALS (10) + RUN
3. KOBOLD
4. PLATE PUSH
5. PRIMATES 4-1-3-1-2-1

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

1. OGRE (10) + TZN
2. POTTY SHOT
3. RIBBITS (10) + RUN
4. BUCKS
5. SKY HIGH 4-1

DARK SIDE

- HAMSTRUNG
- SHOT PUT
- CROAKIN
- SUCK UPS
- HALO 2-1-3-1-4-1

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

FADED

1. QUICKSAND Ⓛ
2. REV MASTODON
3. STORK (20) + TZN
4. VEXUM
5. BONSAI 3-1-4-2-4-1
6. TYSON
7. AMAROK



SLOPE

1,2

1,2,3,3,4,4

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

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

ZENITH

1. SHUFFLE
2. MT. CLIMB (20) + RUN

3. TURKEYS
4. HIKES

5. SQUONQ
6. ROW STROLL 6+

7. MIEL'S WHEELS
8. CRAY-CRAY

1X

2X

3X

4X

1-10

10-1

U

1. PINNED 2-1-3-1-4-1
2. TROG
3. B. LUNGE
4. MONGOOSE
5. TORO
6. JAGGER (12) + RUN
7. HANG MADNESS 6
8. W. GREMLIN
9. DIABLO
10. BENCHED (30) + TZN

1,2,3,4

4,3,2,1

2,3

3,2

EL CYCLE

1. BANDIT (20) + RUN
2. TRIFECTA! 6+
3. B.O.R. (15) + TZN
4. WICCA

1,1

1,1,2,2

1,1,2,2,3,3

HYBRID2

1. STAMPEDE
2. CYCLONE (12) + TZN
3. DELAURA

1,2,1,3,1,4

4,3,4,2,4,1

2,3,

3,2

EQUALATERAL

1. TROMBONE 6+
2. VENOM
3. BOVINE
4. SPIKES



SLOPE

1-3, 4A

1-3, 4A, 4B, 5A

1-3, 4A, 4B, 4C, 5A, 5B, 6A

1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A

VOYAGE

1. EN GARDE
2. SWAGGIN 1:1
3. TWO-STEP (20) + RUN
- 4A. HIGH Xs
- 4B. PLATE SHAKE 9+
- 4C. LYCAN (10) + RUN
- 4D. SCURL 1:1
- 5A. STAMPEDE
- 5B. APE SHOOT!
- 5C. BULLDOG
- 6A. HIKES
- 6B. TARASQ
- 7A. OZARK

1,2,33

2,3,44

3,4,55

4,5,66...

RIPPLED

1. F. LUNGE
2. KNEELING CURL (6) + TZN
3. TIPPY-TAP
4. GARGOYLE
5. SAWED OFF (10) + TZN
6. JUNKIE JUMP (8) + RUN
7. VEXED (10) + RUN
8. RAMBO (10) + RUN
9. LEPRECHAUN
10. SKULLS (10) + TZN

6,7

5-8

4-9

3-10

2-11

1-12

EXPANDING

1. SL INCH
2. FLYING JACKAL
3. C.H.B.
4. VIP (10) + RUN
5. QUICK FT. (20) + RUN
6. HAG
7. KOBOLD
8. XPP
9. JIGGY (20) + RUN
10. KAMIKAZE 4-3-4-2-4-1-4-1
11. REVIVAL
12. SPARROW ⌚

THE MODIFICATION INDEX

FOR AN UPDATED LIST OF OUR TASKS, APPROPRIATE MODIFICATIONS AND INSTRUCTIONS ON HOW TO USE THE MODIFICATION INDEX, PLEASE REFER TO THE LINK TITLED OFFICIAL 2018 MODIFICATION INDEX LISTED UNDER OUR 'NEWS' TAB AT [WWW.SYPHUSTRAINING.COM](http://www.syphustraining.com).

THE FULL HYPERLINK CAN ALSO BE INSERTED INTO YOUR BROWSER AT <http://news.syphustraining.com/wp-content/uploads/2018/04/ModificationIndex2018.pdf>

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	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