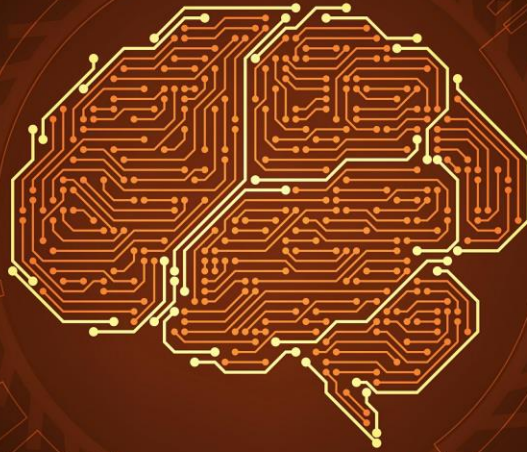


# MOTHERBOARD



DECEMBER '18

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# DECEMBER 2018 SCHEDULE



| Date  | Workout  | Slope | Date  | Workout  | Slope |
|-------|--|-------|-------|--|-------|
| 12/1  | ICE FISHIN'  | 28    | 12/17 | CHECKLIST(4)   REV MTN3   MT. NEVEREST   =ATERAL | 25    |
| 12/2  | MTN2   MESA   VERTEX   EL CYCLE                    | 23    | 12/18 | DARK-SIDE   U   CROSS-FIRE   N                   | 38    |
| 12/3  | CENTAUR2   CAVITY   N                              | 45    | 12/19 | MAD HATTER                                       | 46    |
| 12/4  | DRY RUN  | 25    | 12/20 | U   ZENITH-LISTS (ZEN-LIST)   MESA   REV MTN     | 27    |
| 12/5  | REV HYBRID2   U   ZENITH   CHECKLIST(3)            | 37    | 12/21 | INTERRUPTED MTN2                                 | 22    |
| 12/6  | U-TURN   MT. CLIMB GAUNTLET                        | 10    | 12/22 | RIPPLED   U   MATTERHORN                         | 37    |
| 12/7  | HUNTER GATHERER                                    | 25    | 12/23 | FORM FIRST CHUCK-IT                              | 37    |
| 12/8  | UPLIFT   MIYAGI   CEPTILIAN2                       | 20    | 12/24 | THE GRINCH                                       | 37    |
| 12/9  | XION2   CENTAUR3   MTN   GAUNTLET                  | 22    | 12/25 | <b>NO CLASSES SCHEDULED</b>                      |       |
| 12/10 | TWO-THIRDS   | 25    | 12/26 | THE GRINCH GIVES BACK                            | 37    |
| 12/11 | SHORT-CIRCUIT                                      | 19    | 12/27 | MT. NEVERLIST   FADED HYBRID2   CHECKLIST(2)     | 48    |
| 12/12 | FLIPPED   AND 1   EL CYCLE   MTN4                  | 20    | 12/28 | BW MESA   GLUED PLATE MTN   GROUNDED N           | 54    |
| 12/13 | "EQUALIBRIOUS DAY" MOLE-HILLS                      | 35    | 12/29 | LAYBRINTH  | 51    |
| 12/14 | SYPHYLOGENY (SLINGSHOT, ZOMBIE, SL BOULDER, SHALD) | 23    | 12/30 | FILLING   CAVITY   UPLIFT                        | 26    |
| 12/15 | MATTERHORN   | 29    | 12/31 | THE YEARBOOK                                     | 32    |
| 12/16 | TANGENTIAL   | 30    |       |  |       |

**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

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

## 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.



SLOPE

1-4, PICK  
1-4, PICK  
1-4, PICK

A.

1. QUICK FT. (20) + RUN
2. HIGH KNEES
3. SQUONQ
4. JIGGY (20) + RUN

|                  |                      |
|------------------|----------------------|
| LYCAN (10) + RUN | PARATROOP (10) + RUN |
| OFFERING         | HANG (10) + RUN      |

1-3, PICK  
1-3, PICK  
1-3, PICK  
1-3, PICK

D.

1. TURKEYS
2. TROMBONE 6+
3. TOES (20) + RUN

|                     |                    |
|---------------------|--------------------|
| 45° REV HYDRA       | DENSER 2-1-3-1-4-1 |
| SL MANTIS (8) + RUN | OGRE (10) + TZN    |

# ICE FISHIN'

PERFORM EACH CIRCUIT AS A REPTILIAN. CHOOSE 1 TASK FROM THE BOX WHEN YOU GET TO IT AND PERFORM IT ONCE. NO REPEATS. THERE SHOULD ALWAYS BE ONE LEFTOVER TASK THAT REMAINS UNDONE.

1-5, PICK  
1-5, PICK  
1-5, PICK

B.

1. SUE-STEP (20) + RUN
2. HALO 2-1-3-1-4-1
3. HIKES
4. MONKEY
5. SA PP

|         |                    |
|---------|--------------------|
| BOVINE  | BUZZARD            |
| BULLDOG | FLAMINGO (6) + TZN |

1-5, PICK  
1-5, PICK  
1-5, PICK  
1-5, PICK

E.

1. SAWED OFF (10) + TZN
2. OFFERING
3. PEG LEG (8) + RUN
4. POTTY SHOT
5. JUNKIE JUMP (8) + RUN

|                 |            |                |
|-----------------|------------|----------------|
| OZARK           | SL BOULDER | JABBERWOCKY    |
| MIM 3-2-4-2-3-1 |            | REV GATOR TO 3 |

1-4, PICK  
1-4, PICK  
1-4, PICK  
1-4, PICK

C.

1. TWISTED
2. TARASQ
3. BULLFROG
4. DELAURA

|                |      |                          |
|----------------|------|--------------------------|
| KOBOLD         | TROG | INFINITY (20) + RUN      |
| PLATE SHAKE 9+ |      | KAMIKAZE 4-3-4-2-4-1-4-1 |



SLOPE

## MTN2

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

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

---

3. SWAGGIN 1:1
4. W. GREMLIN

---

5. COALITION (10) + TZN
6. SKULLS (10) + TZN

---

7. B. LUNGE
8. O-B.O.R. (10) + TZN

---

9. SLUSKI
10. JACK BOX

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

## MESA

1. STORK (20) + TZN
2. REV BULLDOG
3. GALLOW 2-1-4-3-4-1
4. YIKES!
5. DEATH ROW 2-1-3-1-4-1
6. RAMBO (10) + RUN
7. FROGS
8. PRIMATES 4-1-3-1-2-1
9. K.O.D. (20) + TZN
10. ARACHNID

1  
1,22  
1,2,333  
1,2,3,4444

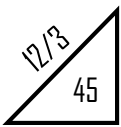
## VERTEX

1. SHOT PUT
2. SCALAWAG
3. YETI
4. PLATE PUSH

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

## EL CYCLE

1. SLING SHOT 3-2-4-2-3-1
2. TIPPY-TAP
3. JAGGER (12) + RUN
4. MONGOOSE
5. BUCK UPS



SLOPE

## CENTAUR2

- 1.1 1. TURKEYS
- 2.2 2. TWO-STEP (20) + RUN
- 3.3 3. PLATE SHAKE 9+
- 4.4... 4. INFINITY (20) + RUN
5. NEAPOLITAN
6. BULLY
7. RIBBITS (10) + RUN
8. LYCAN (10) + RUN
9. ROOSTER (10) + TZN
10. TROG
11. SAWED OFF (10) + TZN
12. REV BOVINE

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

## CAVITY

1. V-STEP (10) + RUN
2. SHWAGGIN 1:1
3. YAK
4. CURL PRESS 5+
5. QUICK FT. (20) + RUN
6. DIABLO
7. XPP
8. MUGGER (12) + RUN
9. CHICKIN 2-1-3-1-4-1
10. BUCKS

1-11  
11-1  
1-11

## N

1. PIRATE
2. SHUTTLE RUN 3-2-4-2-3-1
3. SPIKES
4. MASTODON
5. ALI 22+
6. REV INCH WORM
7. BONSAI 3-1-4-2-4-1
8. BENCHED (30) + TZN
9. ALT. SQUONQ
10. REV VIPER
11. TAKE OFF!





SLOPE

# DRY RUN

PERFORM ALL TASKS IN A CHECKLIST FORMAT, FIRST, BEFORE GOING BACK AND PERFORMING THEM AS A PROGRESSION. (HIGH X'S THRU CRAY-CRAY)

## EXPANDING

- 1. HIGH Xs
- 2. TOES (20) + RUN
- 3. STAMPEDE
- 4. W. GREMLIN
- 5. QUICK FT. (20) + RUN
- 6. EN GARDE
- 7. HIKES
- 8. FLYING MONKEY
- 9. OGRE (10) + TZN
- 10. SLING SHOT 3-2-4-2-3-1

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

## CHAMELEON

- 1A. REV GARGOYLE
- 1B. LEPRECHAUNS
- 1C. O-PINNED 2-1-3-1-4-1
- 1D. SUCK UPS

---

- 2. TWISTED
- 3. SKULLS (10) + TZN
- 4. MANTIS (8) + RUN

---

- 5A. KITCHEN SINK (10) + TZN
- 5B. DIABLO
- 5C. REVIVAL
- 5D. STORK (20) + TZN

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

## FADED2

- 1. WICCA
- 2. JOHNNY APPLESEED

---

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

---

- 5. VIP (10) + RUN
- 6. CYCLONE (12) + TZN

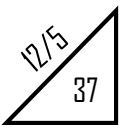
---

- 7. POTTY SHOT
- 8. MOWGLI (12) + RUN

---

- 9. TURKEYS
- 10. CRAY-CRAY

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



SLOPE

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

1,1,2,2,3,3

1,1,2,2

1,1

1-8

8-1

## REV HYBRID2

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. VIP (10) + RUN
4. GORGON (8) + RUN



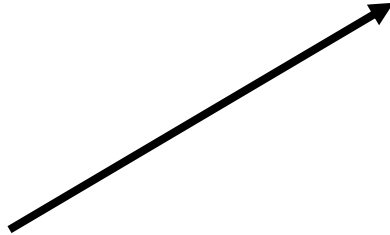
U

1. REV BOVINE
2. MIEL'S WHEELS
3. STORK (20) + TZN
4. TAUNTAUN
5. REV CUJO Ⓛ
6. APE SHOOT!
7. MONTAUK
8. AMAROK

1,2

1,2,3,3,4,4

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



## ZENITH

1. JIGSAW

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

3. HIKES

4. INCH WORM

5. SKIPS

6. JACKAL

1X

2X

3X



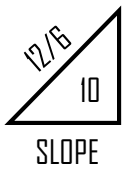
## CHECKLIST (3)

1-8

1-8

1-8

1. POTTY SHOT
2. DEATH ROW 2-1-3-1-4-1
3. ALI 22+
4. RAMP UP (8) + RUN
5. CRAZY LEGS
6. W. GREMLIN
7. C.H.B.
8. GIMPY DOG



1-10  
10-1

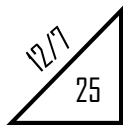
U

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. TURKEY
4. SQ. JUMP (10) + RUN
5. BULLY
6. TYSONS
7. BUZZARD
8. HIKES
9. CYCLONE (12) + TZN
10. PRIMATES 4-1-3-1-2-1

MT. CLIMB  
TASK  
MT. CLIMB  
TASK....

## MT. CLIMB GAUNTLET

1. CURIOUS GEORGE
2. CHICKIN 2-1-3-1-4-1
3. SQUIBBLE
4. OGRE (10) + TZN
5. VENOM
6. TRUMPET 6+
7. DEATH ROW 2-1-3-1-4-1
8. VIPER
9. TROG
10. BENCHED (30) + TZN
11. ALI 22+
12. OFFERING
13. ABD. MANTIS (8) + RUN
14. POGOTO (6) + TZN
15. WARRIOR
16. STORK (20) + TZN
17. HANG (10) + RUN
18. DECALF
19. RAZOR
20. RAMBO (10) + RUN
21. SHALO 1:1
22. BULLDOZER
23. FROZEN CROOK 8
24. JOUNCE 2-1-3-1-4-1
25. OZARK
26. CALF-IN-ATOR
27. TIP-TOES (20) + RUN
28. DIABLO
29. JIGGY (20) + RUN
30. 45°
31. ANACONDA
32. TWISTED
33. RDL (8) + TZN
34. APE SHOOT!
35. O-BOR (10) + TZN
36. TAKE OFF!



SLOPE

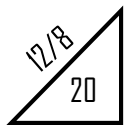
# HUNTER GATHERER CHECKLIST(2)

|    | RD. 1<br>BASE ROQ | RD. 2<br>BASE ROQ |    | RD. 1<br>BASE ROQ    | RD. 2<br>BASE ROQ |     | RD. 1<br>BASE ROQ | RD. 2<br>BASE ROQ        |     |      |
|----|-------------------|-------------------|----|----------------------|-------------------|-----|-------------------|--------------------------|-----|------|
| 1  | X                 | 552               | 21 | F. Lunge             | 194               | 742 | 41                | Growler                  | 433 | 982  |
| 2  | X                 | 556               | 22 | Ribbits (10) + Run   | 203               | 751 | 42                | Jack-Ass                 | 458 | 1008 |
| 3  | X                 | 557               | 23 | O-Pinned 2-1-3-1-4-1 | 219               | 768 | 43                | Stack Shot               | 477 | 1026 |
| 4  | X                 | 563               | 24 | Petra                | 239               | 788 | 44                | Spikes                   | 488 | 1037 |
| 5  | X                 | 564               | 25 | SKUFFLE              | 240               | 789 | 45                | Neapolitan               | 500 | 1049 |
| 6  | X                 | 568               | 26 | Gallow 2-1-4-3-4-1   | 243               | 792 | 46                | Kamikaze 4-3-4-2-4-1-4-1 | 506 | 1055 |
| 7  | X                 | 577               | 27 | Amarok               | 254               | 802 | 47                | Lycan (10) + Run         | 514 | 1064 |
| 8  | X                 | 584               | 28 | SAPP                 | 266               | 814 | 48                | Swaggin 1:1              | 518 | 1068 |
| 9  | X                 | 600               | 29 | Inch Worm            | 286               | 835 | 49                | Ogre's Bridge (10) + Tzn | 534 | 1083 |
| 10 | X                 | 610               | 30 | Tip-Toes (20) + Run  | 293               | 842 | 50                | Infinity (20) + Run      | 540 | 1089 |
| 11 | X                 | 622               | 31 | Mantis (8) + Run     | 305               | 854 | 51                | Kobold                   | 545 | 1094 |
| 12 | X                 | 633               | 32 | Sawed Off (10) + Tzn | 317               | 866 | 52                | Quick Feet (20) + Run    | 549 | 1099 |
| 13 | X                 | 642               | 33 | Rev Ball N Chain     | 339               | 888 |                   |                          |     |      |
| 14 | X                 | 654               | 34 | Bovine               | 351               | 900 |                   |                          |     |      |
| 15 | X                 | 664               | 35 | Venom                | 366               | 916 |                   |                          |     |      |
| 16 | X                 | 678               | 36 | Stork (20) + Tzn     | 379               | 928 |                   |                          |     |      |
| 17 | X                 | 697               | 37 | Miel's Wheels        | 391               | 940 |                   |                          |     |      |
| 18 | X                 | 709               | 38 | Tarasq               | 398               | 947 |                   |                          |     |      |
| 19 | X                 | 724               | 39 | Sky High 4-1         | 401               | 950 |                   |                          |     |      |
| 20 | X                 | 730               | 40 | Peg Leg (8) + Run    | 421               | 970 |                   |                          |     |      |

Start by completing the tasks in a Checklist(2) manner Then, at the 45:00, 25:00 and 5:00 marks you will have 5 minutes to catch as many Jackalopes as possible.

To catch a Jackalope you must Tarzan the plate to 4, leave it there, perform ANY crawl to line 1 and back to 4, then Jackalope the plate back to line 1.

After the 5 minutes of hunting are up, tally how many Jackalopes you snagged and your PRO will award you 15 points per catch on top of your base ROQ. NOTE THE INCREASE IN POINTS PER JACKALOPE IN COMPARISON TO PREVIOUS VERSIONS.



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. BUTT KICKS
2. SUE-STEP (20) + RUN
3. COALITION (10) + TZN
4. PUSH UP (10) + RUN
5. PROWLER (L)

- 1-15
  - 6-15, 1-5
  - 11-15, 1-10
- ## MIYAGI

1. GALLOW 2-1-4-3-4-1
2. BOVINE
3. W. GREMLIN
4. TROG
5. LYCAN UP (10) + RUN

---

6. RDL (8) + TZN
7. B.D.R. (15) + TZN
8. SUPP 10
9. SHUFFLE
10. TAKE OFF!

---

11. SPIKES
12. SL BRIDGED BENCHED (15) + TZN
13. ROW STROLL 6+
14. CROAKIN
15. VIPER

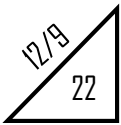
- 1,1,2,2,3,3,4A
- 1,1,2,2,3,3, 4B
- 1,1,2,2,3,3, 4C

## CEPTILIAN2

1. B.N.C.
2. PLATE SHAKE 9+
3. MONGOOSE

---

- 4A. REVIVAL
- 4B. THRASHER
- 4C. VENOM



SLOPE

1. BONSAI 3-1-4-2-4-1
2. TIP-TOES (20) + RUN
3. HIKES
4. SA PP
5. HANG (10) + RUN
6. COBRA (10) + PUSH

### XION2

- A. TYSON
- B. MT. CLIMB (20) + RUN
- C. MIEL'S WHEELS
- D. BAYOK (6) + RUN
- E. SAWED OFF (10) + TZN
- F. SQUANTOES (20) + RUN

- 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

### MTN

1. MUGGER (12) + RUN
2. DENSER 2-1-3-1-4-1
3. MONKEY
4. SCORPION TO 3/BACK

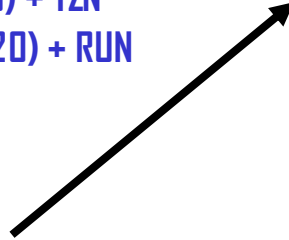
- 1
- 1.2
- 1.2.3
- 1.2.3.4



### CENTAUR 3

1. 3 PT. STANCE
2. BUZZARD
3. V-STEP (10) + RUN
4. GARGOYLE
5. SKY HIGH 4-1
6. RIBBITS (10) + RUN
7. REV B.N.C.
8. APE SHOOT!

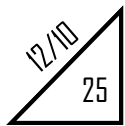
- 1.1.1
- 2.2.2
- 3.3.3...



### GAUNTLET

1. TORO
2. GALLOW 2-1-4-3-4-1
3. THRASHER
4. BULLY
5. C.H.B.
6. ALI 22+
7. STRANGLEHOLD
8. W. CROOK
9. JANGLE LEG 3
10. UNLEASHED

- PLATE PUSH, 1
- PLATE PUSH, 2
- PLATE PUSH, 3...



SLOPE

# TWO-THIRDS

FIRST PERFORM THE WARM UP MTN, THEN PERFORM THE BLUE AS A SIMPLE CHECKLIST 1-36. THEN, PERFORM 2/3<sup>RD</sup> OF THE CHECKLIST BY DOING 1-24. THEN REDUCE AGAIN BY GOING 1-16 TO FINISH THE WORKOUT.

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

## W/UP MTN

1. EN GARDE
2. MOGUL (20) + RUN
3. BULLY
4. TIPPY-TAP

- |                           |                        |                         |
|---------------------------|------------------------|-------------------------|
| 1. YIKES!                 | 13. YAK                | 25. VIP (10) + RUN      |
| 2. ALI 22+                | 14. STROW 1:1          | 26. HALO 2-1-3-1-4-1    |
| 3. FLAMINGO (6) + TZN     | 15. VEXED (10) + RUN   | 27. GARGOYLE            |
| 4. RAMPAGE (12) + RUN     | 16. GRECO              | 28. GALLOW 2-1-4-3-4-1  |
| 5. REV POUNCER (10) + RUN | 17. SL DGRE (10) + TZN | 29. 3 PT. STANCE        |
| 6. TOES (20) + RUN        | 18. SKUFFLE            | 30. B. LUNGE            |
| 7. K.O.D. (20) + TZN      | 19. SPIKES             | 31. RAMBO (10) + RUN    |
| 8. TWISTED                | 20. JAGGER (12) + RUN  | 32. GROWLER             |
| 9. QUICK FT. (20) + RUN   | 21. POTTY SHOT         | 33. WICCA               |
| 10. SLAP JACK             | 22. MOWGLI (12) + RUN  | 34. TROG                |
| 11. W. GREMLIN            | 23. G.B.D. (15) + RUN  | 35. SUICIDE 2-1-3-1-4-1 |
| 12. PARATROOP (10) + RUN  | 24. REV PLATE PUSH     | 36. M.F.T.              |



### A. MTN

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. PLATE SHAKE 9+

### B. VERTEX

1. QUICK FT. (20) + RUN
2. POTTY SHOT
3. X PP

### C. EL CYCLE

1. MONKEY
2. SQUONQ
3. SPIDOTO

### D. CHECKLIST (2)

1. ALI 22+
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. REV PLATE PUSH
4. W. GREMLIN

### E. CROSS-FIRE

1. STAMPEDE
2. BOVINE
3. CURL PRESS 5+

### F. MT. NEVEREST

- 1X GRECO
- 2X TROG
- 3X MIEL'S WHEELS

### G. FADED

1. THRASHER
2. SAPP
3. TURKEYS

### H. U-TURN

1. QUICKSAND Ⓞ
2. MASTODON
3. APE SHOOT

- A. HALO 2-1-3-1-4-1
- B. FROGS
- C. YETI

# SHORT CIRCUIT

### I. CENTAUR3

1. SKY HIGH 4-1
2. JACKALOPE
3. O-PINNED 2-1-3-1-4-1

### J. MTN2

1. TRUMPET 9+
2. TRIFECTA! 6+
3. OZARK
4. INCH WORM

### K. CAVITY

1. TALL ORDER 6+
2. SL REVIVAL
3. DEVIL
4. GALLOW 2-1-4-3-4-1

REFER TO THE  
CIRCUIT  
GLOSSARY AT  
THE END OF THIS  
ISSUE OR AS  
YOUR PRO FOR  
PROGRESSIONS





SLOPE

## FLIPPED

- 1,1,2,3. 1. SUICIDE 2-1-3-1-4-1
- 2,2,3,4 2. QUICK FT. (20) + RUN
- 3,3,4,5 3. MOGULS (20) + RUN
- 4,4,5,6... 4. XPP
- 5. TIPPY-TAP
- 6. RIBBITS (10) + RUN
- 7. OFFERING
- 8. KOBOLD
- 9. SL OGRE'S (10) + TZN
- 10. MOGUL<sup>6</sup> TO FROG

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

## AND 1

- 1. TYSONS
- 2. SWAGGIN 1:1
- 3. F. LUNGE
- 4. VITRIOL (L)

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

## EL CYCLE

- 1. CYCLONE (12) + TZN
- 2. SUPP 10
- 3. SKULLS (10) + TZN
- 4. GRIFTER (8) + SA PP

1-4  
1-8  
1-12

## MTN4

- 1. 90° PISTON (10) + TZN
- 2. SQUAT THRUST (10) + RUN
- 3. BANDIT (20) + RUN
- 4. PINNED 2-1-3-1-4-1

---

- 5. VEXUM
- 6. HALO 2-1-3-1-4-1
- 7. SLAP JACK
- 8. GALLOW 2-1-4-3-4-1

---

- 9. CURL PRESS 5+
- 10. BULLDOG
- 11. TYPHON
- 12. SCORPION TO 3/BACK



SLOPE

# =IBRIDIOUS DAY (12.13) MOLE-HILLS

1,2,1,3  
2,3

1. SUICIDE 2-1-3-1-4-1
  2. EN GARDE
  3. QUICK FT. (20) + RUN
- 

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

1. TYSONS
  2. KOBOLD
  3. CURL WALK 6+
  4. GORGON (8) + RUN
- 

1,2,1,3  
2,3

1. HIKES
  2. REV BEAR
  3. JACKALOPE
- 

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

1. PINNED 2-1-3-1-4-1
2. F. LUNGE
3. BANDIT (20) + RUN
4. TROG

1,2,1,3  
2,3

1. ROW STROLL 6+
  2. B.N.C.
  3. GBD (15) + RUN
- 

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

1. V-STEP (10) + RUN
  2. MASTODON
  3. TWINKLE TOES (30) + 1
  4. CRAZY LEGS
- 

1,2,1,3  
2,3

1. BONSAI 3-1-4-2-4-1
  2. BUCKS
  3. SWASHBUCKLER
- 

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

1. PUSH UP (10) + RUN
2. W. GREMLIN
3. ALI 22+
4. VENOM

1,2,1,3  
2,3

1. KAMIKAZE 4-3-4-2-4-1-4-1
  2. INCH WORM
  3. GRIFTER (8) + SA PP
- 

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

1. MONTAUK
  2. CURIOUS GEORGE
  3. MIEL'S WHEELS
  4. TYPHON
-



SLOPE

# SYPHYLOGENY

SYPHYLOGENY CIRCUITS ARE DESIGNED TO SHOW YOU THE STEP-BY-STEP EVOLUTION OF A TASK STARTING AT THE GRANULAR BASE MOVEMENTS PROGRESSING TO THE LARGER MORE COMPLEX.

FROM LEFT TO RIGHT PERFORM ALL THE 1s FROM EACH SECTION. THEN, 1 AND 2 IN ORDER FROM EACH SECTION, FINALLY 1, 2, AND 3 IN ORDER FROM EACH SECTION. THIS IS ALSO KNOWN AS "PEAKS" PROGRESSION.

NEXT YOU'LL TURN THE SECTIONS INTO REPTILIANS BY PERFORMING 1-4A IN EACH SECTION, STILL LEFT TO RIGHT. CONTINUE TO DO 1-3, 4B; 1-3, 4C; 1-3, 4D.

## SLINGSHOT

1. SHUTTLE RUN 3-2-4-2-3-1
2. QUICK FT. MADNESS 10
3. PLATE PUSH

- 4a. REV BEAR
- 4b. REV BNC
- 4c. REV PLATE PUSH
- 4d. SLINGSHOT 3-2-4-2-3-1

## ZOMBIE

1. SWAGGIN 1:1
2. BULLY
3. PLATE SHAKE 9+

- 4a. OFFERING
- 4b. TROMBONE 6+
- 4c. STORK (20) + TZN
- 4d. ZOMBIE

## SL BOULDER

1. TOES (20) + RUN
2. SL BAYOK (6) + RUN
3. GIMPY DOG

- 4a. BOVINE
- 4b. BOULDER
- 4c. GARGANTUAN
- 4d. SL BOULDER

## SHALO

1. SKY HIGH
2. W. CROOK
3. HALO 2-1-3-1-4-1

- 4a. OPA (8) + TZN
- 4b. TALL ORDER 6+
- 4c. HAG
- 4d. SHALO 1:1

12/15

29

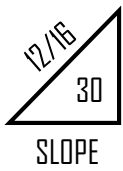
SLOPE

**3 HIGH Xs****2 SQUONQ****1 SWAGGIN 1:1****1 GORGON (8) + RUN****3 VIP (10) + RUN****2 NEAPOLITAN****1 SKUFFLE****1 MONTAUK****3 MIEL'S WHEELS****2 YIKES!****1 FLAMINGO (6) + TZN****1 K.O.D. (20) + TZN****3 AMAROK****2 ROW STROLL 6+****1 KAMIKAZE 4-3-4-2-4-1-4-1****1 GRECO****3 TURKEY****2 PLATE PUSH****1 TYPHON****1 RESURRECTION**

# MATTER HORN

**3 PARATROOP (10) + RUN****2 ABD. MANTIS (8) + RUN****1 SPIKES****1 REV BULLDOG****3 RAMPAGE (12) + RUN****2 HALO 2-1-3-1-4-1****1 45°****1 BRIDGED BENCHED (30) + TZN****3 SUICIDE 2-1-3-1-4-1****2 INCH WORM****1 B.O.R. (15) + TZN****1 VIPER****3 HOT COALS (10) + RUN****2 SKULLS (10) + TZN****1 STACK SHOT****1 POGOTO (6) + TZN****3 MT. CLIMB (20) + RUN****2 SCURL 1:1****1 JOHNNY APPLESEED****1 COBRA (10) + PUSH****3 KOBOLD****2 MONKEY****1 TUCKS (10) + RUN****1 BUZZARD****3 STAMPEDE****2 SL BUCKS****1 WICCA****1 SAWED OFF (10) + TZN****3 HANG (10) + RUN****2 PISTON (10) + TZN****1 JACK-ASS****1 GIMPY DOG****3 CURL WALK 6+****2 SAPP****1 JACKAL****1 GALLOW 2-1-4-3-4-1**

Perform the tasks in a checklist format, completing each task the number of times noted. Task repetition pattern repeated throughout the entire workout.



# TANGENTIAL

## 1. CARDIO

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

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

**SPEED SKATES (20) + RUN**

## 2. CRAWL

**GARGOYLE**

**MONGOOSE**

**PRIMATES 4-1-3-1-2-1**

## 3. CARRY

**SKY HIGH 4-1**

**SWAGGIN 1:1**

**CURL PRESS 5+**

## 4. DRAG

**ARACHNID**

**JACKALOPE**

**SA DIABLO**

**A. HIKES**

**B. POTTY SHOT**

**C. APE SHOOT**

**D. BUCKS**

**E. 3 PT. STANCE**

**F. ANACONDA**

**G. SHOT PUT**

PERFORM NUMBERED SECTIONS ON THE LEFT AS A CHECKLIST AND CROSS OVER TO THE LETTERED TASKS IN A SIMILAR FASION TO A CROSS-FIRE.

1.A,1,B,1,C,1,D,1,E,1,F,1,G

2.A,2,B,2,C,2,D,2,E,2,F,2,G

3.A,3,B,3,C,3,D,3,E,3,F,3,G

4.A,4,B,4,C,4,D,4,E,4,F,4,G



SLOPE

1-8  
1-8  
1-8  
1-8

### CHECKLIST (4)

1. HOT COALS (10) + RUN
2. SQUONQ
3. VIP (10) + RUN
4. W. CROOK
5. ROW STROLL 6+
6. LYCAN (10) + RUN
7. YIKES!
8. CRAZY LEGS

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

### REV MTN 3

1. B. LUNGE
2. PISTON (10) + TZN
3. MONTAUK

---

4. RDL (8) + TZN
5. CURL WALK 6+
6. VEXED (10) + RUN

---

7. SL MANTIS (8) + RUN
8. YETI
9. OFFERING

---

10. JIGSAW
11. PABLO
12. TARASQ

1  
1,22  
1,22,333  
1,22,333,4444

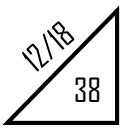
### MT. NEVEREST

- 1X POGOTO (6) + TZN
- 2X MASTODON
- 3X SKY HIGH 4-1
- 4X BULLDOZER

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

### =LATERAL

1. TROMBONE
2. REV BULLDOG
3. SLAP JACK
4. TURKEY



SLOPE

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

## DARK SIDE

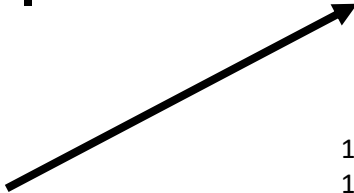
1. HIGH KNEES
2. QUICK FT. (20) + RUN
3. ALT. SQUONQ
4. RAMBO (10) + RUN



U

- 1-8
  - 8-1
1. SAWED OFF (10) + TZN
  2. TRIFECTA 6+
  3. VENOM
  4. TROG
  5. W. CROOK
  6. BULLSHIT
  7. BONSAI 3-1-4-2-4-1
  8. JOUNCE 2-1-3-1-4-1

HIGH Xs  
ALI 22+  
KOBOLD  
BULLDOG



## CROSS-FIRE

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

1. JAGGER (12) + RUN
2. GALLOW 2-1-4-3-4-1
3. O-PINNED 2-1-3-1-4-1
4. SCALAWAG
5. JUNKIE JUMP (8) + RUN

A. BUCKS  
B. HAG



W

- 1-11
  - 11-1
  - 1-11
1. JACK-ASS
  2. MOGUL (20) + RUN
  3. STACK SHOT
  4. SHWAGGIN 1:1
  5. TOES (20) + RUN
  6. 45°
  7. VIPER
  8. GBD (15) + RUN
  9. MIEL'S WHEELS
  10. NEAPOLITAN
  11. SHUTTLE RUN 3-2-4-2-3-1



SLOPE

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

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

## MESA

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN
3. SUE-STEP (20)+RUN
4. SQ. JUMP (10)+RUN
5. TYSONS
6. TRUMPET 9+
7. RAMPANT (10) + RUN
8. SPIKES

## VERTEX

1. FROZEN LUNGES
2. CYCLONE (12) + TZN
3. SKIPS
4. PRIMATES 4-1-3-1-2-1

# MAD HATTER

MESA  
DRAW  
MTN  
DRAW  
VERTEX  
DRAW  
REPTILIAN2  
DRAW

## CENTAUR 3

|    |           |    |         |
|----|-----------|----|---------|
| A. | 313       | B. | PIRATE  |
| C. | ZOOKEEPER | D. | BOULDER |

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

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

## MTN

1. XPP
2. MOWGLI (12)+RUN
3. HALO 2-1-3-1-4-1
4. CRAISE (20) +RUN
5. REV MASTODON

## REPTILIAN2

1. DENSER 2-1-3-1-4-1
  2. HOPSCOTCH
  3. HIKES
  4. BONSAI 3-1-4-2-4-1
- 
- 5A. THRUST TO FROG
  - 5B. WICCA
  - 5C. BUZZARD
  - 5D. MONGOOSE





1-7  
7-1 U

1. EN GARDE
2. TWO-STEP (20) + RUN
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. TROMBONE 6+
5. 3 PT. STANCE
6. POTTY SHOT
7. GORGON (8) + RUN



### ZEN-LISTS

- |                                  |    |
|----------------------------------|----|
| 1. BONSAI 3-1-4-2-4-1            | 1X |
| 2. HOT COALS (10) + RUN          |    |
| 3. ROW STROLL 6+                 | 2X |
| 4. X PP                          |    |
| 5. SCALAWAG                      | 3X |
| 6. SL BRIDGED BENCHED (15) + TZN |    |
| 7. SQUAT JUMP (10) + RUN         | 4X |
| 8. BUTT KICKS                    |    |

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

### MESA

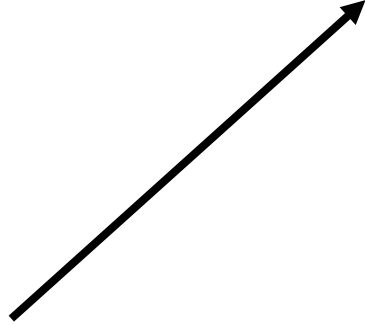
1. INFINITY (20) + RUN
2. HAG
3. JIGGY (20) + RUN
4. JOHNNY APPLESEED
5. GALLOW 2-1-4-3-4-1
6. PINNED 2-1-3-1-4-1
7. REV MASTODON
8. GRECO



### REV MTN

1. CURIOUS GEORGE
2. MOWGLI (12) + RUN
3. TARASQ
4. SHWAGGIN 1:1
5. BULLDOZER

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



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

12/21  
22

SLOPE

# INTERRUPTED MTN2

- 1. QUICK FT. (20) + RUN
- 2. BANDIT (20) + RUN

- 3. COALITION (10) + TZN
- 4. PLATE SHAKE 9+

- 5. PLATE PUSH
- 6. BULLDOG

- 7. GALLOW 2-1-4-3-4-1
- 8. VEXUM

- 9. TORO
- 10. JAGGER (12) + RUN

- 11. MATTADOR (L)
- 12. SCORPION TO 3/BACK

- U
- 1. W. GREMLIN 1-7
- 2. TROG 7-1
- 3. REV BEAR
- 4. JACKAL
- 5. KNEELING CURL (6) + TZN
- 6. BUZZARD
- 7. ABD. MANTIS (8) + RUN

- UPLIFT
- 1. SQUONQ 1, 1.2,1, 1.2,3,2,1, 1.2,3,4,3,2,1
- 2. CRAZY LEGS
- 3. PUSH UP (10) + RUN
- 4. WICCA

- FADED
- 1. PETRA 1-5
- 2. SHALO 1:1 2-5
- 3. KAMIKAZE 4-3-4-2-4-1-4-1 | 3-5
- 4. JUNKIE JUMP (8) + RUN 4,5
- 5. ENFORCER 5

1,2  
1-4  
U-TURN  
1-6  
1-8  
UPLIFT  
1-10  
FADED  
1-12



SLOPE

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. TOES (20) + RUN
2. TURKEYS
3. STAMPEDE
4. PLATE SHAKE 9+
5. VENOM
6. SQUONK
7. DEATH ROW 2-1-3-1-4-1
8. F. LUNGE
9. CRAISE (20) + TZN
10. BAYOK (6) + RUN

1-12  
12-1

## U-TURN

1. FLAMINGO (6) + TZN
2. HANG (10) + RUN
3. EXPLOSIONS
4. BENCHED (30) + TZN
5. POTTY SHOTS
6. HOT COALS (10) + RUN
7. JESTER
8. CYCLONE (12) + TZN
9. JACKALOPE
10. RIBBITS (10) + RUN
11. HELLION
12. BONSAI 3-1-4-2-4-1

PERFORM AS A  
CHECKLIST DOING  
EACH TASK NUMBER  
OF TIMES NOTED.  
PATTERN IS UNIFORM  
THROUGHOUT.

## MATTERHORN

- 2 TARASQ
- 2 MONGOOSE
- 1 NEAPOLITAN

---

2 TYSONS

2 MIEL'S WHEELS

1 THRASHER

---

2 HAG 1:1

2 ANTEATER

1 313

---

2 SWAGGIN 1:1

2 GARGANTUAN

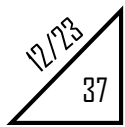
1 JOHNNY APPLESEED

---

2 VIPER

2 HALD 2-1-3-1-4-1

1 GARGOYLE



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 SQUONK
- 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

12/24

37

SLOPE



1

1,2

1,2,3

1,2,3,4

### WARM UP MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TYSON
4. SQ. JUMP (10) + RUN

START WITH THE MTN WARM UP. PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY LEFT TO RIGHT, A-I. SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE. REPEAT 3X PER TASK. REPEAT 4X PER TASK. DON'T FORGET THE W. GREMLIN "BARN BURNER". EXCEPT FOR W. GREMLINS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.

### A STOCKINGS

1. OFFERING
2. TWINKLE TOES (30) + TZN
3. KNEELING CURL (6) + TZN
4. CRAISE (20) + TZN

### D PRESENTS

1. BOVINE
2. MIEL'S WHEELS
3. BULLDOZER
4. 3 PT. STANCE

### G WHO-HASH

1. HALD 2-1-3-1-4-1
2. JACKAL
3. REV BOVINE
4. O-PINNED 2-1-3-1-4-1

### B WREATHS

1. DIABLO
2. INCH WORM
3. PETRA
4. C.H.B.

### E TINSEL

1. SLAP JACK
2. STAT TRIFECTA (6) + TZN
3. HANG (10) + RUN
4. TALL ORDER 6+

### H ROAST BEAST

1. BANDIT (20) + RUN
2. INFINITY (20) + RUN
3. JAGGER (12) + RUN
4. SPEED SKATE (20) + RUN

### C ORNAMENTS

1. K.O.D. (20) + TZN
2. SKULLS (10) + TZN
3. MANTIS (8) + RUN
4. F. LUNGE

### F WHO-PUDDING

1. MASTODON
2. WARLOCK
3. CHIMP (8) + RUN
4. REV GARGOYLE

### I "BARN BURNING" TASK

1. W. GREMLIN
2. W. GREMLIN
3. W. GREMLIN
4. W. GREMLIN

12/26

37

SLOPE



1

1,2

1,2,3

1,2,3,4

## WARM UP MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TYSON
4. SQ. JUMP (10) + RUN

START WITH THE MTN WARM UP. PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT **FOUR TIMES**. GO IN ORDER BY CATEGORY LEFT TO RIGHT, A-I. SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT **THREE TIMES**. REPEAT 2X PER TASK. REPEAT 1X PER TASK. DON'T FORGET THE W. GREMLIN "BARN BURNER". EXCEPT FOR W. GREMLINS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED. **NOTE, THE REVERSE ORDER THAN 12.24.**

## A STOCKINGS

1. OFFERING
2. TWINKLE TOES (30) + TZN
3. KNEELING CURL (6) + TZN
4. CRAISE (20) + TZN

## D PRESENTS

1. BOVINE
2. MIEL'S WHEELS
3. BULLDOZER
4. 3 PT. STANCE

## G WHO-HASH

1. HALO 2-1-3-1-4-1
2. JACKAL
3. REV BOVINE
4. O-PINNED 2-1-3-1-4-1

## B WREATHS

1. DIABLO
2. INCH WORM
3. PETRA
4. C.H.B.

## E TINSEL

1. SLAP JACK
2. STAT TRIFECTA (6) + TZN
3. HANG (10) + RUN
4. TALL ORDER 6+

## H ROAST BEAST

1. BANDIT (20) + RUN
2. INFINITY (20) + RUN
3. JAGGER (12) + RUN
4. SPEED SKATE (20) + RUN

## C ORNAMENTS

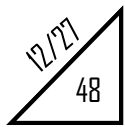
1. K.O.D. (20) + TZN
2. SKULLS (10) + TZN
3. MANTIS (8) + RUN
4. F. LUNGE

## F WHO-PUDDING

1. MASTODON
2. WARLOCK
3. CHIMP (8) + RUN
4. REV GARGOYLE

## I "BARN BURNING" TASK

1. W. GREMLIN
2. W. GREMLIN
3. W. GREMLIN
4. W. GREMLIN



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



SLOPE

## BODY WEIGHT MESA

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

1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. TOES (20) + RUN
4. JIGGY (20) + RUN
5. LYCAN (10) + RUN
6. RIBBITS (10) + RUN
7. GARGOYLE
8. CROOK
9. FLYING MONKEY
10. MOGUL MADNESS 10
11. SKUFFLE
12. TYPHON

KEY BELOW CIRCUIT

## INTERRUPTED MTN GLUED PLATE

1. TROMBONE 6+
2. 0-PINNED 2-1-3-1-4-1
3. SHWAGGIN 1:1
4. RDL (8) + TZN
5. SAWED OFF (10) + TZN
6. DEATH ROW 2-1-3-1-4-1

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

## 1-3 CHECKLIST

1. STAMPEDE
2. TYSON
3. TURKEY

## 1-3 CHECKLIST

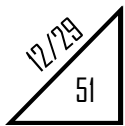
1. HIGH Xs
2. KOBOLD
3. ALI 22+

1-10  
10-1  
1-10

## 1-10 GROUNDED W

1. PLATE PUSH
2. MONTAUK
3. DIABLO
4. NEAPOLITAN
5. YETI
6. BOULDER
7. SLIGER
8. CRAY-CRAY
9. GRYPHON (8) + PUSH
10. SCORPION TO 3/BACK





SLOPE

PERFORM ALL  
BLACK TASKS IN  
CHECKLIST  
FORMAT.  
PERFORM ALL  
REDS NOTED IN  
PROGRESSION.

A  
A.B  
A.B.C  
A.B.C.D

1. SHUFFLE
2. TYSONS
3. HOT COALS (10) + RUN
4. BANDIT (20) + RUN
5. BUTT KICKS
6. SKIPS
7. RIBBITS (10) + RUN
8. W. GREMLIN
9. ROW STROLL 6+
10. TROG

### MTN

- A. 3 PT. STANCE
- B. CHICKIN 2-1-3-1-4-1
- C. MANTIS (8) + RUN
- D. POGOTO (6) + TZN
21. X PP
22. SWAGGIN 1:1
23. YETI
24. MOGUL (20) + RUN
25. VEXED (10) + RUN
26. TIPPY-TAP
27. GARGOYLE
28. TALL ORDER 6+
29. OGRE (10) + RUN

# LABYRINTH

### VERTEX

- A. SHOT PUT A
- B. REV BULLDOG A.BB
- C. TWISTED A.B.CCC
39. STAMPEDE
40. TRUMPET 9+
41. RDL (8) + TZN
42. TOES (20) + RUN
43. HALD 2-1-3-1-4-1
44. VIP (10) + RUN
45. BULLY
46. SLAP JACK
47. SUICIDE 2-1-3-1-4-1
48. TURKEY

### U

- A. OOZIE
- B. FUZZARD A-D, D-A
- C. SCURL 1:1
- D. BOULDER
57. FROGS
58. JAGGER (10) + RUN
59. BONSAI 3-1-4-2-4-1
60. RAMBO (10) + RUN
61. APE SHOOT!

62. LOWLY (10) + RUN
63. BUCKS
64. GALLOW 2-1-4-3-4-1

### CENTAUR 3

- A. ANACONDA AAA
- B. VENOM BBB
- C. K.O.D. (20) + TZN CCC
- D. RAZOR DDD
77. SAWED OFF (10) + TZN
78. ENFORCER
79. REV GREMLIN
80. PLATE SHAKE 9+
81. POTTY SHOT
82. INFINITY (10) + RUN
83. SAPP



SLOPE

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

## FILLING

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. W. GREMLIN
3. MIEL'S WHEELS
4. ENFORCER
5. REV INCH WORM
6. ARACHNID
7. BANDIT (20) + RUN
8. BEAR
9. PLATE SHAKE 9+
10. TOES (20) + RUN

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

## CAVITY

1. CHICKIN 2-1-3-1-4-1
2. TROG
3. FLAMINGO (6) + TZN
4. RDL (8) + TZN
5. OZARK
6. SHOT PUT
7. VEXUM
8. B. LUNGE
9. AMAROK
10. SPIKES

- 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. PRIMATES 4-1-3-1-2-1
2. ALI 22+
3. JIGGY (20) + RUN
4. B.O.R. (15) + TZN
5. QUICKSAND Ⓛ

# THE YEARBOOK

IN THE 2018 FINALE, WE LOOKED BACK AT THE WORKOUTS WITH THE MOST "BUMPS" EACH MONTH AND WE EXTRACTED SECTIONS FROM EACH. SEE THE CIRCUIT GLOSSARY OR YOUR TURF PRO FOR PROGRESSIONS.

SLOPE

## A. JAN.15.18 RAPTURE

MTN

1. MT. CLIMB (20) + RUN
2. SUE-STEP (20) + RUN
3. KOBOLD
4. SWAGGIN 1:1

## B. JAN.27.18 =LATERAL

=ATERAL

1. W. STAT. SQ. (10) + TZN
2. JAGGER (12) + RUN
3. MIEL'S WHEELS

## C. MAR.27.18 BARN BURNER

PICK ONE TASK DO IT TWICE

1. TROG
2. QUICK FT. (20) + RUN
3. APE SHOOT!
4. PLATE SHAKE 9+

PICK ONE TASK DO IT TWICE

1. REV PLATE PUSH
2. DEVIL
3. ANACONDA
4. STROW 1:1

PICK ONE TASK DO IT TWICE :-)

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS
4. EXPLOSIONS

## D. APR.10.18 MINI GAUNTLETS

OGRE (10) + TZN

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

## E. MAY.24.18 GLUED

PLATE MTN

1. TROMBONE 6+
2. D-PINNED 2-1-3-1-4-1
3. SHWAGGIN 1:1

## F. JUN.26.18 MESA x 2'S

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. W. GREMLIN
4. VIP (10) + RUN
5. TRUMPET 9+
6. RIBBITS (10) + RUN

## G. JUL.24.18 PLATONIC XIONZ

1. APE SHOOT
2. SKULLS (10) + TZN
3. NEAPOLITAN

- A. OFFERING
- B. JACKALOPE
- C. PLATE SHAKE 9+

## H. AUG.21.18 MOUNTAINOUS MOLE-HILLS

1. BEAR
  2. YETI
  3. GROWLER
- 
1. F. LUNGE
  2. SL TOES (20) + RUN

## I. SEP.17.18 CHECKLIST

1. AMAROK
2. B.N.C.
3. REVIVAL

## J. OCT.1.18 FADEDZ

1. XPP
2. YIKES
3. HALO 2-1-3-1-4-1
4. GARGOYLE
5. ENFORCER
6. GBD (15) + RUN

## K. NOV.6.18 ELECTION DAY PYP CENTAURZ

1. TWISTED SLIGER
2. CURL PRESS 5+ ALI 22+
3. B.N.C SWASHBUCKLER

# 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