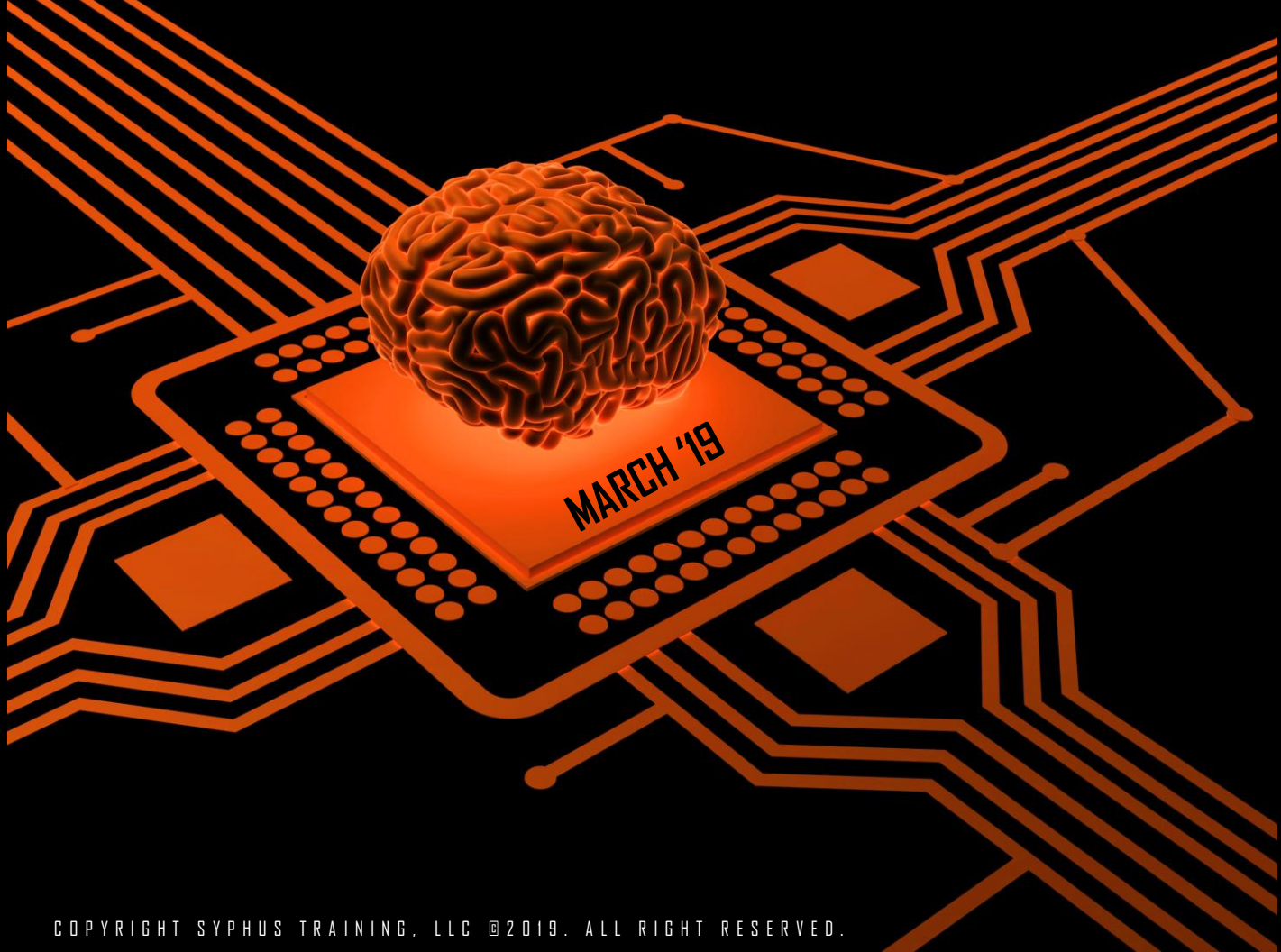


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The Motherboard Service:

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.

The published Motherboards should be used as a supplement to enhance a Syphus Training member's experience, not to replace it. The novice member will find value in the Motherboard to expedite the learning curve with circuit and task recall, proper modifications, and formulating a strategy for future workouts and competitions.

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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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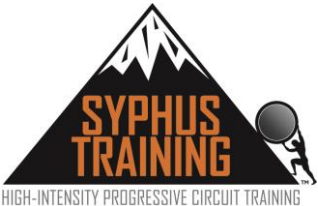
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PAGE 48.....THE SYPHER



MARCH 2019 SCHEDULE



Date	Circuits	ROQ Cap	Slope	Date	Circuits	ROQ Cap	Slope
3/1	Mayhem Taper "EZ-er" Workout	917	21	3/16	March Mayhem Round 4 - 2019	1007	34
3/2	March Mayhem Round 1 - 2019	993	32	3/17	St. Paddy's Madder Ladder	906	26
3/3	Matterhorn Mesa Moles	914	21	3/18	Split-Fade Faded3 Sink the Pirate	908	27
3/4	Chameleon Shrinking Double Gauntlet	899	35	3/19	Xerxes Switcheroo Mini EL Cycles	911	15
3/5	U = 1,2 Punch	932	33	3/20	Zenith U Xion2	903	12
3/6	MTN3 Vertex El Cycle Chaos	913	15	3/21	March Mayhem Semi-Finals - 2019	1020	37
3/7	Checklist(3) Mesa Cavity	910	29	3/22	Elcycle MTN3 Matterhorn	993	32
3/8	Equalateral Faded MTN2 Zenith	1025	28	3/23	March Mayhem Finals - 2019	983	31
3/9	March Mayhem Round 2 - 2019	993	32	3/24	Expanding Faded Vertex MTN2	936	32
3/10	Jacob's Ladder.	1069	29	3/25	Chaos And1 MTN2 U	939	5
3/11	Cross-Fusion Uplift Mole Hills	994	20	3/26	And1 Alloy MTN2 U	926	4
3/12	March Mayhem Round 3 - 2019	993	32	3/27	Expanding MTN4 Checklist(2)	928	21
3/13	Mesa Find Muck Bovine Gauntlet Xion	896	21	3/28	Ceptilian2 Xion2 Rippled C3	1021	30
3/14	Checklists to C2 MTN Flipped Rev Hybrid2	953	27	3/29	CROSS-FIRE CHECKLISTS	1061	43
3/15	Mini Reptilians	896	16	3/30	TURF WARS 9 / PLATONIC	964	27
				3/31	Neverest Reptilian n+n Checklist C2	1101	32

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

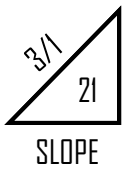
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

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

Circuit keys noted in smaller font and or the Circuit Glossary.

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



1AA
12BB
123CC
1234DD
12345EE

MAYHEM "TAPER"

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

A.

XION2

1. EN GARDE
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. TROMBONE 6+
4. GORGON (8) + RUN
5. HALO 2-1-3-1-4-1

- A. MOGUL (20) + RUN
- B. SUE STEP (20) + RUN
- C. SQ. JUMP (10) + RUN
- D. JIGGY (20) + RUN
- E. APE SHOOT!

1. NEAPOLITAN
2. MANTIS (8) + RUN
3. TROG
4. BOVINE
5. 45°

B.

CROSS-FIRE

- A. V-STEP (10) + RUN
- B. CHICKIN 2-1-3-1-4-1

C.

CHECKLIST(3)

1-8
1-8
1-8

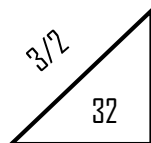
1. YETI
2. SAWED OFF (10) + TZN
3. JACKALOPE
4. TOES (20) + RUN
5. GBD (15) + RUN
6. BUCKS
7. VEXUM
8. CURL WALK 6+

D.

REV MTN2

1-8
1-6
1-4
1.2

1. HIKES
2. PLATE PUSH
3. MONKEY
4. BONSAI 3-1-4-2-4-1
5. SHWAGGIN 1:1
6. BENCHED (30) + TZN
7. TYPHON
8. INCH WORM



SLOPE

PYP CENTAURZ
CHOOSE EITHER THE
BLUE OR THE RED
TASK FOR EACH
NUMBER. FINISH THAT
TASK BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING WHICH
TASK TO DO NEXT.

MARCH MAYHEM - ROUND 1

			ROQ			ROQ
1.	EN GARDE	RUN		23.	MIEL'S WHEELS	SAWED OFF (10) + TZN
2.	HOT COALS (10) + RUN	HIGH KNEES	X	24.	DELAURA	REV BEAR
3.	SHUFFLE	STAMPEDE	X	25.	YAK	CROAKIN
4.	SKATES	SWAGGIN 1:1	X	26.	TYSONS	SKUFFLE
5.	HIKES	TROMBONE 6+	X	27.	REV VIPER	HAG 1:1
6.	JIGGY (20) + RUN	W. CROOK	X	28.	TWO-STEP (20) + RUN	SCALAWAG
7.	KOBOLD	SPEED SKATES (20) + RUN	X	29.	3 PT. STANCE	MONGOOSE
8.	MOGUL PUSH	GIMPY DOG	X	30.	SCORPION TO 3/BACK	OZARK
9.	HALO 2-1-3-1-4-1	REV BOVINE	X	31.	TWISTED	CRAZY LEGS
10.	TURKEY	TAUNTAUN	X	32.	ALI 22+	ALI 22+
11.	COALITION (10) + TZN	TARASQ	X	33.	B.N.C.	PABLO
12.	BUCK UPS	CURIOUS GEORGE	X	34.	MASTODON	JIGSAW
13.	PINNED 2-1-3-1-4-1	STAT SWAG (20) + TZN	X	35.	VIP (10) + RUN	W. CROOK
14.	SLUSKI	POTTY TO BULLDOG	X	36.	AMAROK	JAGGER (12) + RUN
15.	W. GREMLIN	W. GREMLIN	X	37.	YETI	SPIKES
16.	SLAP JACK	REV BULLDOG	X	38.	ANACONDA	MIM 3-2-4-2-3-1
17.	YIKES!	RAMPANT (10) + RUN	X	39.	SQUONQ	SUICIDE 2-1-3-1-4-1
18.	KAMIKAZE 4-3-4-2-4-1-4-1	INFINITY (20) + RUN	321	40.	REV HYDRA	OGRE (10) + TZN
19.	GRIFTER (8) + SA PP	SL BUCKS	363	41.	BULLDOZER	ENFORCER
20.	GARGOYLE	NO GIMMIES	388	42.	POTTY SHOT	TRUMPET 9+
21.	JACKALOPE	MONGOOSE	415	43.	SA PP	PRIMATES 4-1-3-1-2-1
22.	BONSAI 3-1-4-2-4-1	SHUTTLE RUN 3-2-4-2-3-1	420	44.	APE SHOOT!	RAMPAGE (12) + RUN
				45.	XPP	PLATE PUSH

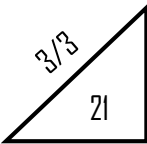
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Scores displayed reflect completion of the task's second rep.

Some task pairings may fall in a different tier under the mod-index, this is ok.

New this year, tasks outlined in a dotted line are intentionally the same to allow for partners to have "active" rest if needed, completing the same task should allow partners to re-group and strategize mid-task.

ROQ
445
478
506
514
548
559
584
634
665
683
720
758
772
793
814
862
867
898
922
937
961
972
993



SLOPE

PERFORM AS A CHECKLIST BY DOING EACH TASK THE NUMBER OF TIMES NOTED. PATTERN REMAINS CONSISTENT THROUGHOUT.

MATTERHORN

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

- 3 TWO-STEP (20) + RUN
- 1 SQUONQ
- 3 POTTY SHOT

- 3 SPEED SKATES (20) + RUN
- 1 TARASQ
- 3 REV GREMLIN

- 3 ROW STROLL 6+
- 1 3 PT. STANCE
- 3 TALL ORDER 6+

- 3 VEXED (10) + RUN
- 1 REV INCH WORM
- 3 XPP

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

MESA

- 1. GRECO
- 2. CRAISE (20) + TZN
- 3. GALLOW 2-1-4-3-4-1
- 4. MONTAUK
- 5. SKULLS (10) + TZN
- 6. LYCAN UP (10) + RUN
- 7. JAGGER (12) + RUN
- 8. B.O.R. (15) + TZN
- 9. ALI 22+
- 10. ABD. JANGLE LEG 3

- 1
- 12
- 123
- 1
- 12
- 123...

MOLE-HILLS

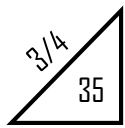
- 1. HANG (10) + RUN
- 2. MONGOOSE
- 3. MILLIPEDE (L)

- 1. TWINKLE TOES (30) + TZN
- 2. SQ. THRUST (10) + RUN
- 3. REV BULLDOG

- 1. KNEELING CURL (6) + TZN
- 2. OGRE (10) + TZN
- 3. PUSH UP (10) + RUN

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

- 1. W. CROOK
- 2. SL BUCKS
- 3. TAKE OFF!



899 high
score o.k.

SLOPE

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

CHAMELEON

- 1A. SUICIDE 2-1-3-1-4-1
 - 1B. BANDIT (20) + RUN
 - 1C. B. LUNGE
 - 1D. 0-PINNED 2-1-3-1-4-1
-
- 2. TIP-TOES (20) + RUN
 - 3. W. GREMLIN
 - 4. INFINITY (20) + RUN
-
- 5A. TURKEYS
 - 5B. GARGOYLE
 - 5C. FLYING JACKAL
 - 5D. TARASQ

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

SHRINKING

- 1. SCORPION TO 3/BACK
- 2. YIKES!
- 3. KOBOLD
- 4. MOGUL (20) + RUN
- 5. YETI
- 6. GRIFTER (8) + SA PP
- 7. TRIFECTA! 6+
- 8. KAMIKAZE 4-3-4-2-4-1-4-1
- 9. HAG 1:1
- 10. JOHNNY APPLESEED

DOUBLE PUSH GAUNTLET

2 P. PUSH
TASK
2 P. PUSH
TASK...

2X PLATE PUSH

- 1. 90° (10) + TZN

2X PLATE PUSH

- 2. GBD (15) + RUN

2X PLATE PUSH

- 3. SHOT PUT

2X PLATE PUSH

- 4. VIPER

2X PLATE PUSH

- 5. STORK (20) + TZN

2X PLATE PUSH

- 6. RDL (8) + TZN

2X PLATE PUSH

- 7. REV HYDRA

2X PLATE PUSH

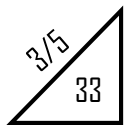
- 8. RESURRECTION

2X PLATE PUSH

- 9. SLAP JACK

2X PLATE PUSH

- 10. OZARK



SLOPE

1-12

12-1

U

1. **QUICK FT. (20) + RUN**
2. **STAMPEDE**
3. **SWAGGIN 1:1**
4. **TYSON**
5. **VEXED (10) + RUN**
6. **MIEL'S WHEELS**
7. **POTTY SHOT**
8. **SQUANTOES (20) + RUN**
9. **ROW STROLL 6+**
10. **BAYOK (6) + RUN**
11. **CRAISE (20) + TZN**
12. **REV BULLDOG**

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

=IBRIOUS

1. **JIGGY (20) + RUN**
2. **BOVINE**
3. **COALITION (10) + TZN**
4. **CRAZY LEGS**
5. **SAWED OFF (10) + TZN**
6. **APE SHOOT**

1,22

1,22,3,44

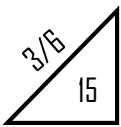
1,22,3,44,5,66

1,22,3,44,5,66,7,88

"1,2, PUNCH"

MTN2

1. **GRECO**
2. **RAMBO (10) + RUN**
3. **CHICKIN 2-1-3-1-4-1**
4. **TWO-STEP (20) + RUN**
5. **DEVIL**
6. **MIM 3-2-4-2-3-1**
7. **JUNKIE JUMP (8) + RUN**
8. **SA PP**



SLOPE

MTN3

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

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

4. PLATE SHAKE 9+
5. HIKES
6. ALI 22+

7. V-STEP (10) + RUN
8. EN GARDE
9. PISTON (10) + TZN

10. INCH WORM
11. FLYING MONKEY
12. CALF-IN-ATOR

1
122
12333
1234444

VERTEX

1. WARRIOR
2. SLUSKI
3. W. CROOK
4. PRIMATES 4-1-3-1-2-1

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

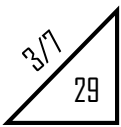
EL CYCLE

1. GRIFTER (8)+SAPP
2. POTTY SHOT
3. SHUTTLE RUN 3-2-4-2-3-1
4. VENOM
5. RAMP UP (8) + RUN

PERFORM EACH TASK NUMBER OF TIMES
INDICATED IN A CHECKLIST FASHION.

CHAOS

- 2 CYCLONE (12) + TZN
- 4 STAMPEDE
- 1 KITCHEN SINK (10) + TZN
- 3 RAMPAGE (12) + TZN
- 1 M.F.T.
- 1 SL BOULDER
- 2 3 PT. STANCE
- 3 TROG
- 1 DEATH ROW 2-1-3-1-4-1
- 3 SPEED SKATES (20) + RUN
- 2 JAGGER (12) + RUN
- 1 TWEAKER (L)
- 1 REV MASTODON
- 3 NEAPOLITAN



SLOPE

1-10
1-10
1-10

CHECKLIST(3)

1. HOT COALS (10) + RUN
2. TYSON
3. MOGUL (20) + RUN
4. W. GREMLIN
5. VIP (10) + RUN
6. SQ. JUMP (10) + RUN
7. ENFORCER
8. KAMIKAZE 4-3-4-2-4-1-4-1
9. HALO 2-1-3-1-4-1
10. MATTADOR (L)

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

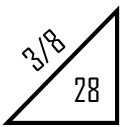
MESA

1. RUN
2. BUZZARD
3. BEAR
4. MUGGER (12) + RUN
5. CRAY-CRAY
6. FLAMINGO (6) + TZN
7. JESTER
8. TOES (20) + RUN
9. TROG
10. RDL (8) + TZN

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

CAVITY

1. BULLDOZER
2. MONKEY
3. GALLOW 2-1-4-3-4-1
4. YIKES!
5. SL BRDG BENCH (15) + TZN
6. MASTODON
7. SCALAWAG
8. PABLO
9. RAZOR
10. QUICK FT. (20) + RUN



SLOPE

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

=ATERAL

1. **TOES (20) + RUN**
2. **TYSON**
3. **STAT SWAG (20) + TZN**
4. **LYCAN (10) + RUN**
5. **JIGGY (20) + RUN**

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

FADEDZ

1. **STAT ROW (6) + TZN**
2. **REVIVAL**

3. **NO GIMMIES**

4. **TRIFECTA 6+**

5. **JUNKIE JUMP (8) + RUN**

6. **HAG 1:1**

7. **GBD (15) + RUN**

8. **REV PLATE PUSH**

9. **EN GARDE**

10. **TWINKLE TOES (30) + TZN**

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

ZENITH

1. **COBRA (10) + PUSH** 1X

2. **B. LUNGE**

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

4. **BOULDER**

5. **MONGOOSE**

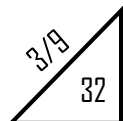
6. **STAMPEDE** 3X

7. **MIEL'S WHEELS**

8. **ANY 4 PUSHES** 4X



IN SCORING AS VENOMS

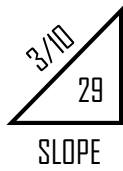


SLOPE

PYP CENTAUR2
CHOOSE EITHER THE
BLUE OR THE RED
TASK FOR EACH
NUMBER. FINISH THAT
TASK BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING WHICH
TASK TO DO NEXT.

MARCH MAYHEM - ROUND 2

			ROQ			ROQ	
1.	SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1	X	24.	W. CROOK	YIKES!	501
2.	EN GARDE	STAMPEDE	X	25.	VEVUM	SLALOM	531
3.	SWAGGIN 1:1	W. GREMLIN	X	26.	BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1	536
4.	BULLY	MOGUL (20) + RUN	X	27.	APE SHOOT!	V-STEP (10) + RUN	548
5.	TYSONS	QUICK FT. (20) + RUN	X	28.	SA DIABLO	REV PLATE PUSH	595
6.	PLATE PUSH	X PP	X	29.	CRAZY LEGS	REV YAK	626
7.	RAMPANT (10) + RUN	TIP-TOES (20) + RUN	X	30.	SKIPS	HIGH KNEES	627
8.	TARASQ	TROMBONE 6+	X	31.	VENOM	REV BEAR	658
9.	INCH WORM	BAYOK (6) + RUN	X	32.	BULLDOG	BUZZARD	683
10.	SPEED SKATES (20) + RUN	KOBOLD	X	33.	GIMPY DOG	VIPER	713
11.	MONKEY	SA PP	X	34.	TAUNTAUN	TAUNTAUN	715
12.	NO GIMMIES	TAKE OFF!	X	35.	0-PINNED 2-1-3-1-4-1	SQ. THRUST (10) + RUN	749
13.	JACKAL	CRAY-CRAY	X	36.	REV GREMLIN	SKY HIGH 4-1	754
14.	SQ. JUMP (10) + RUN	ALI 22+	X	37.	BUCKS	REV GARGOYLE	791
15.	B. LUNGE	B. LUNGE	X	38.	MONTAUK	MIEL'S WHEELS	819
16.	YETI	FROGS	X	39.	MOGUL PUSH	DELAURA	850
17.	BOVINE	GROWLER	X	40.	GARGOYLE	JAGGER (12) + RUN	875
18.	F. LUNGE	FLAMINGO (6) + TZN	333	41.	INFINITY (20) + RUN	TROG	886
19.	DEATH ROW 2-1-3-1-4-1	REV BOVINE	366	42.	C.H.B.	313	930
20.	BEAR	NEAPOLITAN	391	43.	VIP (10) + RUN	VEVEX (10) + RUN	944
21.	HOT COALS (10) + RUN	KAMIKAZE 4-3-4-2-4-1-4-1	402	44.	MONGOOSE	MONKEY	966
22.	OZARK	BULLSHIT	450	45.	TYPHON	PRIMATES 4-1-3-1-2-1	993
23.	REV BULLDOG	SLAP JACK	483				



JACOB'S LADDER

- 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

- 5. PROWLER [Ⓛ]
- 4. GALLOW 2-1-4-3-4-1
- 3. MONKEY
- 2. SKULLS (10) + TZN

- 5.1. YETI

- 4. SLUSKI
- 3. RDL (8) + TZN
- 2. VIP (10) + RUN

- 5.1. BOVINE

- 4. TROG
- 3. DEATH ROW 2-1-3-1-4-1
- 2. HANG (10) + RUN

- 5.1. DIABLO

- 4. SUPP (10)
- 3. GORGON (8) + RUN
- 2. W. GREMLIN

- 5.1. ENFORCER

- 4. B.O.R. (15) + TZN
- 3. BULLDOG
- 2. CURL WALK 6+

- 5.1. KOBOLD

- 4. PINNED 2-1-3-1-4-1
- 3. RIBBITS (10) + RUN
- 2. STAMPEDE

- 5.1. STACKSHOT

- 4. QUICK FT. (20) + RUN
- 3. SKUFFLE
- 2. V-STEP (10) + RUN
- 1. SUICIDE 2-1-3-1-4-1



SLOPE

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

CROSS FUSION

A.

1. HIGH Xs
2. TWO-STEP (20) + RUN
3. GORGON (8) + RUN
4. V-STEP (10) + RUN
5. HANG (10) + RUN

- A. SQUONQ
- B. JAGGER (12) + RUN
- C. STAT SWAG (20) + TZN

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

B.

1. RAZOR
2. BONSAI 3-1-4-2-4-1
3. BUCKS
4. FLAMINGO (6) + TZN
5. FANGS (5) + PUSH

1. TRIFECTA 6+
2. STAMPEDE
3. QUICKSAND (L)

-
1. APE SHOOT!
 2. THRASHER
 3. JUNKIE JUMP (8) + RUN
-

1. PISTON (10) + TZN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. CRAY-CRAY

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

MOLE HILLS

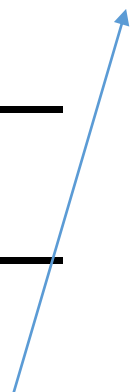
C.

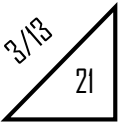
1. MANTIS (8) + RUN
2. TYSON
3. CURL WALK 6+

-
1. STACK SHOT
 2. B.D.R. (15) + TZN
 3. HAMSTRUNG
-

1. MT. CLIMB (20) + RUN
2. TROG
3. REV PLATE PUSH

1. SKIPS
2. EXPLOSIONS
3. UNLEASHED





SLOPE

A.

MESA

1. BONSAI 3-1-4-2-4-1
2. TOES (20) + RUN
3. SQUONQ
4. V-STEP (10) + RUN
5. SWAGGIN 1:1
6. PARATROOP (10) + RUN
7. PUSH UP (10) + RUN
8. POTTY SHOT
9. TRIFECTA 6+
10. NEAPOLITAN

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

B.

FIND MUCK

- 4321 RAMPAGE (12) + RUN
- 321 HIKES
- 21 SL BOULDER
- 1 O-PINNED 2-1-3-1-4-1

RAMPAGE 4X RAMPAGE 3X RAMPAGE 2X RAMPAGE 1X
 HIKES 3X HIKES 2X HIKES 1X
 SL BOULDER 2X SL BOULDER 1X
 O-PINNED 1X

D.

1. MOGUL MADNESS 10
2. JIGGY (20) + RUN
3. BANDIT (20) + RUN
4. EXPLOSIONS
5. JACK BOX
6. TROG

C.

BOVINE GAUNTLET

1. PEG LEG (8) + RUN
2. SHOT PUT
3. SUICIDE 2-1-3-1-4-1
4. ALI 22+
5. BUTT KICKS
6. SPIKES
7. FROZEN LUNGE 5
8. SL OGRE (10) + TZN

BOVINE, TASK
BOVINE, TASK...

XION

- A. SCURL 1:1
- B. REV GROWLER
- C. O-B.O.R. (10) + TZN
- D. FUZZARD
- E. REVIVAL
- F. X PP

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



SLOPE

1-10

11,22,33...

CHECKLIST TO C2

1. TWO-STEP (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. SQUONQ
4. BANDIT (20) + RUN
5. TRUMPET 9+
6. MOGUL (20) + RUN
7. HIKES
8. CHICKIN 2-1-3-1-4-1
9. MONKEY
10. BAYOK (6) +RUN |

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

MTN

1. DELAURA
2. KOBOLD
3. MUGGER (12) +RUN
4. ARACHNID
5. ALI 22+

1233
2344
3455...

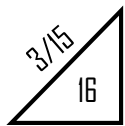
RIPPLED

1. DIABLO
2. SWAGGIN 1:1
3. OGRE (10) + TZN
4. CURL WALK 6+
5. MONTAUK
6. KITCHEN SINK (10) + TZN
7. DEATH ROW 2-1-3-1-4-1
8. ANACONDA

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

REV HYBRID2

1. TAUNTAUN
2. XPP
3. MANTIS (8) + RUN
4. QUICKSAND Ⓛ



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

REPTILIAN

SLOPE
896 ok

1. BONSAI 3-1-4-2-4-1
 2. BANDIT (20) + RUN
 3. TURKEYS
 4. SUE-STEP (20) + RUN
 5. HIKES
-
- 6A. LYCAN (10) + RUN
 - 6B. TROG
 - 6C. GROWLER

REPTILIAN

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

1. KAMIKAZE 4-3-4-2-4-1-4-1
 2. B. LUNGE
 3. PUSH UP (10) + RUN
 4. CROAKIN
-
- 5A. SUPP (10)
 - 5B. B.N.C.
 - 5C. OGRE (10) + TZN

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

REPTILIAN

1. TYSON
2. RAMPANT (10) + RUN
3. KOBOLD
- 4A. MONKEY
- 4B. DECALF
- 4C. OFFERING
- 4D. SKULLS (10) + TZN

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

REPTILIAN

1. C.H.B.
2. MT. CLIMB (20) + RUN
3. SPIKES
- 4A. DENSER 2-1-3-1-4-1
- 4B. YAK

1-2, 3A
1-2, 3B
1-2, 3C
1-2, 3D
1-2, 3E

REPTILIAN

1. SKY HIGH 4-1
 2. TOES (20) + RUN
-
- 3A. HALO 2-1-3-1-4-1
 - 3B. REV PLATE PUSH
 - 3C. REV BEAR
 - 3D. SHOT PUT
 - 3E. REV INCH

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

REPTILIAN

1. INFINITY (20) + RUN
2. SL MANTIS (8) + RUN
3. TWISTED
4. CYCLONE (12) + TZN
5. AMAROK
- 6A. BOULDER
- 6B. SA DIABLO
- 6C. GIMPY DOG

MARCH MAYHEM - ROUND 4

3/16

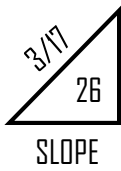
34

SLOPE

PYP CENTAUR2
CHOOSE EITHER
THE BLUE OR
THE RED TASK
FOR EACH
NUMBER. FINISH
THAT TASK
BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING
WHICH TASK TO
DO NEXT.

	1. RUN	2. RUN	ROD			ROD	
2.	STAMPEDE	EN GARDE	X	24.	PRIMATES 4-1-3-1-2-1	GARGANTUAN	450
3.	COALITION (10) + TZN	HIKES	X	25.	OZARK	ATTACK-IT	499
4.	CURL WALK 6+	ROW STROLL 6+	X	26.	BONSAI 3-1-4-2-4-1	BONSAI 3-1-4-2-4-1	505
5.	W. GREMLIN	TOES (20) + RUN	X	27.	SPEED SKATES (20) + RUN	KOBOLD	516
6.	TAUNTAUN	SKIPS	X	28.	TARASQ	STAT. CURL (6) + TZN	631
7.	RIBBITS (10) + RUN	HANG (10) + RUN	X	29.	MOGUL PUSH	VENOM	562
8.	W. CROOK	SCALAWAG	X	30.	TORD	SHOT PUT	605
9.	NEAPOLITAN	MIEL'S WHEELS	X	31.	TARZAN	SKUFFLE	607
10.	HALO 2-1-3-1-4-1	PINNED 2-1-3-1-4-1	X	32.	MONTAUK	YAK	634
11.	BUZZARD	BULLDOG	X	33.	SL INCH	MINDTAUR	691
12.	BEAR	BOVINE	X	34.	POTTY SHOT	3 PT. STANCE	705
13.	CRAZY LEGS	SA PP	X	35.	YIKES!	VEXUM	730
14.	TYSONS	QUICK FT. (20) + RUN	X	36.	DIABLO	BOULDER	774
15.	STACK SHOT	SLING SHOT 3-2-4-2-3-1	X	37.	GREMLIN	SUICIDE 2-1-3-1-4-1	775
16.	JACK BOX	FLYING JACKAL	X	38.	REVIVAL	C.H.B.	829
17.	GALLOW 2-1-4-3-4-1	GALLOW 2-1-4-3-4-1	X	39.	MONGOOSE	MONKEY	850
18.	SPIKES	SLAP JACK	330	40.	B. LUNGE	CROAKIN	878
19.	TROG	APE SHOOT!	342	41.	SHWAGGIN 1:1	STAT SWAG (20) + TZN	909
20.	GROWLER	GARGOYLE	366	42.	BUTT KICKS	BUTT KICKS	911*
21.	JACKALOPE	REV HYDRA	393	43.	MASTODON	B.N.C.	944
22.	SWAGGIN 1:1	TIPPY-TAP	402	44.	BUCKS	REV GARGOYLE	982
23.	TYPHON	DELAURA	429	45.	YETI	TAKE OFF!	1003

*Use this score for Mayhem; higher score than reflected on task list



ST. PADDY'S MADDER LADDER

- 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

- 5. SHOT PUT
- 4. DIABLO
- 3. ROOSTER (10) + TZN
- 2. F. LUNGE

- 5.1. HATTER
- 4. PEG LEG (8) + RUN
- 3. MILLIPEDE (L)
- 2. POTTY SHOT

- 5.1. HATTER
- 4. BOULDER
- 3. PINNED 2-1-3-1-4-1
- 2. YIKES!

- 5.1. HATTER
- 4. DEATH ROW 2-1-3-1-4-1
- 3. GROWLER
- 2. SHUFFLE

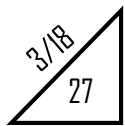
- 5.1. HATTER
- 4. CRAISE (20) + TZN
- 3. PISTON (10) + TZN
- 2. YETI

- 5.1. HATTER
- 4. TRUMPET 9+
- 3. TIP-TOES (20) + RUN
- 2. MOGUL (20) + RUN
- 1. EN GARDE

HATTER OPTIONS

- A. LEPRECHAUN
- B. PARATROOPER (10) + RUN
- C. JIGGY (20) + RUN
- D. KNEELING CURL (6) +TZN
- E. TRIFECTA 6+

PERFORM THIS WORKOUT JUST AS YOU WOULD A TRADITIONAL JACOB'S LADDER HOWEVER, ONCE YOU GET TO THE "HATTER" SECTION IT'LL BE LUCK THE OF DRAW WHICH TASK YOU'LL DO BY PULLING A RANDOM TICKET FROM A HAT. NATURALLY, TASKS CAN BE DUPLICATED. BEST OF LUCK!



SLOPE

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

SPLIT-FADE

1. SUICIDE 2-1-3-1-4-1
2. MT. CLIMB (20) + RUN
3. BULLY
4. TWO-STEP (20) + RUN
5. VIP (10) + RUN

6. COALITION (10) + TZN
7. ALI 22+
8. XPP
9. APE SHOOT!
10. GARGOYLE

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

FADED MTN3

1. CYCLONE (12) + TZN
2. W. CROOK
3. OZARK

4. GORGON (8) + RUN
5. RDL (8) + TZN
6. FLYING MONKEY

7. STORK (20) + TZN
8. TROG
9. SUCK UPS

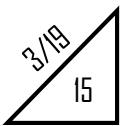
10. BANDIT (20) + RUN
11. ALT SQUONQ
12. TROMBONE 6+

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

NEW!

SINKING

P	PIRATE
	1. OGRE (10) + TZN
	2. SA PP
	3. RIBBITS (10) + RUN
	4. TYSON



SLOPE

1A
12BB
123CCC
1234DDDD
12345EEEE

NEW!
A. XERXES

- | | |
|-------------------------|--------------------|
| 1. SHUFFLE | A. TOES (20) + RUN |
| 2. QUICK FT. (20) + RUN | B. STAMPEDE |
| 3. V-STEP (10) + RUN | C. SWAGGIN 1:1 |
| 4. O-B.O.R. (10) + TZN | D. HIKES |
| 5. REVIVAL | E. PLATE PUSH |

NEW!

B. SWITCHEROO

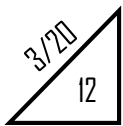
- | | | |
|------|---------------------------|----------------------|
| 1-10 | 1. AMAROK | JAGGER (12) + RUN |
| 1-10 | 2. DELAURA | REV BEAR |
| 1-10 | 3. MIEL'S WHEELS | ENFORCER |
| | 4. BONSAI 3-1-4-2-4-1 | SUICIDE 2-1-3-1-4-1 |
| | 5. SQUIBBLE | SQUANTOES (20) + RUN |
| | 6. SLING SHOT 3-2-4-2-3-1 | STACK SHOT |
| | 7. KOBOLD | PLATE SHAKE 9+ |
| | 8. HOT COALS (10) + RUN | EXPLOSIONS |
| | 9. GIMPY DOG | SLAP JACK |
| | 10. MOGUL (20) + RUN | INFINITY (20) + RUN |



C. MINI EL CYCLES

- | | |
|---------|-----------------------|
| | 1. BUZZARD |
| | 2. VENOM |
| 1-3,3-1 | 3. BEAR |
| 2.2 | ----- |
| | 1. W. ROT. SQUAT |
| | 2. PINNED 2-1-3-1-4-1 |
| | 3. YETI |
| 1-3,3-1 | ----- |
| 2.2 | 1. TARASQ |
| | 2. ROW STROLL 6+ |
| | 3. NEAPOLITAN |
| 1-3,3-1 | ----- |
| 2.2 | 1. MANTIS (8) + RUN |
| | 2. TAKE OFF! |
| | 3. DENSER 2-1-3-1-4-1 |

PERFORM 1-10 AS A CHECKLIST(3) WITH A TWIST. THE FIRST TIME THROUGH YOU CAN CHOOSE ANY TASK (EITHER THE BLUE OR THE RED), THEN THE SECOND TIME THROUGH, YOU WILL HAVE TO DO THE OTHER TASK THAT YOU DIDN'T DO THE FIRST TIME THROUGH. THE THIRD TIME, YOU MUST REVERT BACK TO YOU FIRST SELECTIONS. SCORES ENTERED IN AS THE BLUE LIST.



SLOPE

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

ZENITH

- 1. EN GARDE 1X
- 2. TURKEYS 1X

- 3. HOT COALS (10) + RUN 2X
- 4. YIKES! 2X

- 5. ALI 22+ 3X
- 6. TROMBONE 6+ 3X

- 7. NEAPOLITAN 4X
- 8. PRIMATES 4-1-3-1-2-1 4X

- 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

1-10
10-1

U-TURN

1. SWASHBUCKLER
2. MIEL'S WHEELS
3. SUICIDE 2-1-3-1-4-1
4. FLAMINGO (6) + TZN
5. RDL (8) + TZN
6. SKATES
7. CHIMP (8) + RUN
8. YETI
9. MANTIS (8) + RUN
10. OFFERING

XION2

- 1. BONSAI 3-1-4-2-4-1
- 2. TYSONS
- 3. PLATE PUSH
- 4. TRIFECTA! 6+
- 5. BUZZARD
- 6. THRASHER
- A. BENCHED (30) + TZN
- B. STRANGLEHOLD
- C. TARASQ
- D. VENOM
- E. JAWBREAKER
- F. GRECO

3/21
37

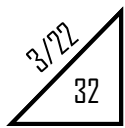
MARCH MAYHEM - SEMI-FINALS

SLOPE

PYP CENTAUR2
CHOOSE EITHER
THE BLUE OR
THE RED TASK
FOR EACH
NUMBER. FINISH
THAT TASK
BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING
WHICH TASK TO
DO NEXT.

			ROQ			ROQ	
1.	SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1		24.	YIKES!	AMAROK	520
2.	EN GARDE	SHUFFLE	X	25.	KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-1	531
3.	W. CROOK	ALI 22+	X	26.	JACK ASS	JABBERWOCKY	582
4.	SUE-STEP (20) + TZN	MT. CLIMB (20) + RUN	X	27.	REV BEAR	PINNED 2-1-3-1-4-1	613
5.	ROW STROLL 6+	HIKES	X	28.	MONTAUK	NEAPOLITAN	641
6.	MONGOOSE	PLATE PUSH	X	29.	TURKEY	TAUNTAUN	642
7.	KOBOLD	BANDIT (20) + RUN	X	30.	SKY HIGH 4-1	SQUONQ	647
8.	SPIKES	YETI	X	31.	CRAY-CRAY	GIMPY DOG	681
9.	POTTY TO BULLDOG	MASTODON	X	32.	CURIOUS GEORGE	BUCKS	716
10.	SWAGGIN 1:1	ALT SQUONQ	X	33.	SA PP	NO GIMMIES	740
11.	AMAROK	GROWLER	X	34.	BULLDOZER	BULLDOG	764
12.	B. LUNGE	PUSH UP (10) + RUN {ON TDES}	X	35.	TARASQ	POTTY SHOT	779
13.	B.N.C.	PABLO	X	36.	MIEL'S WHEELS	MIEL'S WHEELS	803
14.	DIABLO	BOULDER	X	37.	MOGUL MADNESS 10	TYPHON	831
15.	GREMLIN	GREMLIN	X	38.	SCORPION TO 3/BACK	M.I.M. 3-2-4-2-3-1	883
16.	REV HYDRA	REV YAK	316	39.	SKIPS	BUTT KICKS	884*
17.	COBRA (10) + PUSH	INCH WORM	356	40.	JACKALOPE	VIPER	911
18.	SHUTTLE RUN 3-2-4-2-3-1	BONSAI 3-1-4-2-4-1	361	41.	ENFORCER	XPP	936
19.	APE SHOOT!	HOT COALS (10) + RUN	373	42.	MONKEY	YETI	957
20.	M.F.T.	HACK-IT	426	43.	SLUSKI	REV MASTODON	998
21.	TARZAN	TIPPY-TAP	428	44.	STAMPEDE	SKATES	999
22.	REV GARGOYLE	SWASHBUCKLER	496	45.	PRIMATES 4-1-3-1-2-1	TAKE OFF!	1020
23.	CRAZY LEGS	MOGUL PUSH	520				

*Use this score for Mayhem; higher score than reflected on task list



SLOPE

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

EL CYCLE

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. BANDIT (20) + RUN
4. TROMBONE 6+
5. PEG LEG (8) + RUN

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

MTN3

1. SAWED OFF (10) + TZN
2. MIEL'S WHEELS
3. SQ. JUMP (10) + RUN
4. YETI
5. PIRATE
6. W. GREMLIN
7. TARASQ
8. ARACHNID
9. SHWAGGIN 1:1
10. GRECO
11. HOT COALS (10) + RUN
12. BUCKS

MATTER HORN

- 2 G.B.D. (15) + RUN
- 1 SLUSKI
- 4 VENOM
- 2 SKY HIGH 4-1
- 1 MOGULS (20) + RUN
- 4 MONGOOSE
- 2 CHICKIN 2-1-3-1-4-1
- 1 OFFERING
- 4 HANG (10) + RUN
- 2 TALL ORDER 6+
- 1 REV PLATE PUSH
- 4 JACKALOPE
- 2 VIP (10) + RUN
- 1 SHOT PUT
- 4 RAMPAGE (12) + RUN
- 2 TRIFECTA! 6+
- 1 45°
- 4 SA PP

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

3/23

31

SLOPE

PYP CENTAUR2
CHOOSE EITHER
THE BLUE OR
THE RED TASK
FOR EACH
NUMBER. FINISH
THAT TASK
BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING
WHICH TASK TO
DO NEXT.

1. **MT. CLIMB (20) + RUN**
2. **GALLOW 2-1-4-3-4-1**
3. **QUICK FT (20) + RUN**
4. **SKATES**
5. **SHUFFLE**
6. **POTTY SHOT**
7. **HOT COALS (10) + RUN**
8. **VEXED (10) + RUN**
9. **XPP**
10. **B.N.C.**
11. **BOVINE**
12. **YIKES!**
13. **SLING SHOT 3-2-4-2-3-1**
14. **TARASQ**
15. **CROOK**
16. **INFINITY (20) + RUN**
17. **MOGUL PUSH**
18. **KOBOLD**
19. **HANG (10) + RUN**
20. **GRECO**
21. **SCALAWAG**
22. **TWISTED**
23. **CHICKIN 2-1-3-1-4-1**

- MOGUL (20) + RUN
- SUICIDE 2-1-3-1-4-1
- SUE-STEP (20) + RUN
- TURKEY
- SKIPS
- HIKES
- PLATE SHAKE 9+
- TIP-TOES (20) + RUN
- YETI
- BUCKS
- SA PP
- MIEL'S WHEELS
- STACK SHOT
- ROW STROLL 6+
- SHUTTLE RUN 3-2-4-2-3-1
- TROG
- GIMPY DOG
- APE SHOOT!
- AMAROK
- DIABLO
- SCALAWAG
- VENOM
- PABLO

MARCH MAYHEM - FINALS

ROQ

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

X

354

375

405

441

24. **YAK**
 25. **XPP**
 26. **REV BULLDOG**
 27. **BONSAI 3-1-4-2-4-1**
 28. **ROOTED GROOT (8) + PUSH**
 29. **SWAGGIN 1:1**
 30. **GROWLER**
 31. **TOES (20) + RUN**
 32. **ARACHNID**
 33. **NO GIMMIES**
 34. **ALI 22+**
 35. **MONGOOSE**
 36. **W. CROOK**
 37. **VIP (10) + RUN**
 38. **VEXUM**
 39. **WICCA**
 40. **GARGOYLE**
 41. **LYCAN (10) + RUN**
 42. **PIRATE**
 43. **JACKALOPE**
 44. **TAUNTAUN**
 45. **TAKE OFF!**
- PUSH UP (10) + RUN
 - SPIKES
 - MASTODON
 - SKY HIGH 4-1
 - SL INCH
 - SWAGGIN 1:1
 - MONKEY
 - V-STEP (10) + RUN
 - BUCK UP
 - BULLDOZER
 - OFFERING
 - SLAP JACK
 - W. CROOK
 - CURL WALK 6+
 - REV BEAR
 - QZARK
 - MIEL'S WHEELS
 - ALI 22+
 - SHOT PUT
 - TYPHON
 - STAMPEDE
 - TAKE OFF!

ROQ

469

490

520

526

582

590

614

623

663

687

705

726

744

759

790

843

868

886

930

958

971

983



SLOPE

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

EXPANDING

1. SL BUCKS
2. GIMPY DOG
3. SL GORGON (8) + RUN
4. MT. CLIMB (20) + RUN
5. STAMPEDE
6. TURKEYS
7. SUE-STEP (20) + RUN
8. STORK (20) + TZN
9. SL PUSH UP (10) + RUN
10. SUPP MADNESS 5

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

FADED VERTEX

1. SQUONQ
2. VEXUM
3. TALL ORDER 6+
4. BONSAI 3-1-4-2-4-1
5. WICCA

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

MTN2

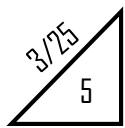
1. APE SHOOT!
2. JIGGY MADNESS 10

3. ALI 22+
4. PIRATE

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

7. PISTON (10) + TZN
8. 45°

9. TARASQ
10. DECALF



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

SLOPE

CHAOS

2 SHUFFLE

1 QUICK FT. (20) + RUN

3 SWAGGIN 1:1

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

1 VIP (10) + RUN

3 ROW STROLL 6+

2 HOP SCOTCH

1 MONGOOSE

1 SQ. THRUST (10) + RUN

3 TOES (20) + RUN

2 MANTIS (8) + RUN

4 TYSONS

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

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

3 ALT. SQUONQ

AND1

1. SPIKES

2. SUE-STEP (20) + RUN

3. G.B.D. (15) + RUN

4. MATTADOR (L)

MTN2

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

1-4 2. B.O.R. (15) + TZN

1-6

1-8 3. TAUNTAUN

1-10

4. JACKALOPE

5. X PP

6. HANG (10) + RUN

7. OFFERING

8. THRASHER

9. RAMP UP (8) + RUN

10. GARGOYLE

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

1-10
10-1

U

1. REV INCH

2. TRIFECTA! 6+

3. W. GREMLIN

4. RIBBITS (10) + RUN

5. QUICKSAND (L)

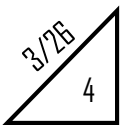
6. AMAROK

7. TALL ORDER 6+

8. STAMPEDE

9. ENFORCER

10. DIABLO



SLOPE

I

II,2

III,2,2,3

IIII,2,2,2,3,3,4

AND 1

1. STAMPEDE
2. HOT COALS (10) + RUN
3. ROW STROLL 6+
4. BULLDOZER

II,22

II,22,33,44

II,22,33,44,55,66

II,22,33,44,55,66,77,88

ALLOY MTN2

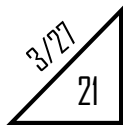
1. BONSAI 3-1-4-2-4-1
2. SQUONQ
3. HANG (10) + RUN
4. BULLY
5. REV B.N.C.
6. INFINITY (20) + RUN
7. REV GROWLER
8. BOULDER

II,22,33,44,55,66,77,88,99,10 10

10 10,99,88,77,66,55,44,33,22,11

C2U

1. NEAPOLITAN
2. COALITION (10) + TZN
3. SHOT PUT
4. POTTY SHOT
5. SL OGRE (10) + TZN
6. INCH WORM
7. TAUNTAUN
8. SA DIABLO
9. APE SHOOT!
10. VEXUM



SLOPE

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

EXPANDING

1. KITCHEN SINK (10) + TZN
2. PUSH UP (10) + RUN
3. HIKES
4. PLATE SHAKE 9+
5. GALLOW 2-1-4-3-4-1
6. MT. CLIMB (20) + RUN
7. SUE-STEP (20) + RUN
8. MONKEY
9. 45°
10. MATTADOR (L)

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

MTN4

1. TWISTED
2. STAT ROW (6) + TZN
3. EN GARDE
4. TYPHON

5. SKULLS (10) + TZN
6. MONTAUK
7. MOWGLI (12) + RUN
8. W. GREMLIN

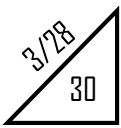
9. SAWED OFF (10) + TZN
10. SUPP (10)
11. RAMPANT (10) + RUN
12. FLYING JACKAL

13. HALO 2-1-3-1-4-1
14. MONGOOSE
15. SUICIDE 2-1-3-1-4-1
16. OZARK

1-12
1-12

CHECKLIST(2)

1. JAGGER (12) + RUN
2. TYSON
3. ARACHNID
4. SWAGGIN 1:1
5. BULLFROG
6. SQ. JUMP (10) + RUN
7. RDL (8) + TZN
8. MUGGER (12) + RUN
9. BUCKS
10. BULLDOG



SLOPE

11,22,33,4A
11,22,33,4B
11,22,33,4C

A. CEPTILIANZ

1. EN GARDE
 2. TWINKLE TOES (30) + TZN
 3. TYSON
-
- 4A. LYCAN (10) + RUN
 - 4B. 3 PT. STANCE
 - 4C. REV PLATE PUSH

2X

1. SHUTTLE RUN 3-2-4-2-3-1
2. CHICKIN 2-1-3-1-4-1
3. MANTIS (8) + RUN
4. KOD (20) + TZN
5. CUJO (L)

C. RIPPLED

1233
2344
3455
4566
5677
6788

1. THRASHER
2. VIP (10) + RUN
3. B.O.R. (15) + TZN
4. CRAY-CRAY
5. YIKES!
6. ALI 22+
7. GBD (15) + RUN
8. RAMP UP (8) + RUN

1,A1,A2
12,B1,B2
123,C1,C2
1234,D1,D2
12345,E1,E2

B. XION N+N

- | | |
|----------------------|-------------------------|
| A1 F. LUNGE | A2 B. LUNGE |
| B1 CRAISE (20) + TZN | B2 SQUANTOES (20) + RUN |
| C1 FROGS | C2 CROAKIN |
| D1 TARASQ | D2 TROG |
| E1 STORK (20) + TZN | E2 FLAMINGO (6) + TZN |

D. CENTAUR3

111
222
333...

1. XPP
2. BOVINE
3. W. STAT SQUAT (10)+TZN
4. SKY HIGH 4-1
5. SCALAWAG
6. BUCKS
7. REV HYDRA
8. MIEL'S WHEELS



SLOPE

1A,1B,1C
2A,2B,2,C
3A,3B,3C
4A,4B,4C
5A,5B,5C
6A,6B,6C

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

2. VENOM
SQUANTOES (20) + RUN
POTTY SHOT

3. YETI
KOD (20) + TZN
TROG

4. ALI 22+
JACKALOPE
BUZZARD

5. SHWAGGIN 1:1
SA PP
SLUSKI

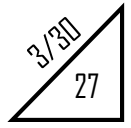
6. 90° (10) +TZN
MOGUL MADNESS 10
JABBERWOCKY

CROSS-FIRE CHECKLISTS "CROSS-LISTS"

A. MT. CLIMB (20) + RUN
W. GREMLIN

B. HIKES
O-PINNED 2-1-3-1-4-1

C. MASTODON
B.N.C.



SLOPE

PLATONIC RAPTURE

- ORDER**
 U-TURN
 NEVEREST
 U-TURN
 GAUNTLET
 U-TURN
 INVERTILIAN
 U-TURN

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

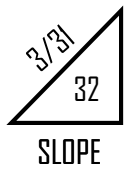
- C.**
INVERTILIAN
- 1A. SL INCH
 - 1B. SL OZARK
 - 1C. NEMESIS TO 3/BACK
 - 1D. ANACONDA
-
2. TZN
 3. W. CROOK
 4. 3 PT. STANCE
 5. OFFERING

- A.**
MT. NEVEREST
- 1X PINNED 2-1-3-1-4-1
 - 2X STACK SHOT
 - 3X ROW STROLL 6+
 - 4X W. GREMLIN

- U-TURN** ¹⁻⁴/₄₋₁
1. SWAGGIN 1:1
 2. HIKES
 3. MIEL'S WHEELS
 4. XPP

P.PUSH
 TASK
 P. PUSH
 TASK...

- B.**
GAUNTLET
1. POGOTO (6) + TZN
 2. SAWED OFF (10) + TZN
 3. SLUSKI
 4. APE SHOOT!
 5. SKULLS (10) + TZN
 6. KOD (20) + TZN
 7. OGRE (10) + TZN
 8. PISTON (10) + TZN
 9. KITCHEN SINK (10) + TZN



MT. NEVEREST

1X EN GARDE

2X HOT COALS (10) + RUN

3X CRAZY LEGS

4X MONTAUK

5X STAMPEDE

1

1, 22

1, 22, 333

1, 22, 333, 4444

1, 22, 333, 4444, 55555

1-5, 6A, 7A

1-5, 6B, 7B

1-5, 6C, 7C

1-5, 6D, 7D

1-5, 6E, 7E

REPTILIAN N+N

1. F. LUNGE

2. SUE STEP (20) + RUN

3. MONKEY

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

5. SUPP (10)

6A. ROW STROLL 6+

7A. TALL ORDER 6+

6B. REV BULLDOG

7B. DIABLO

6C. B.N.C.

7C. INCH WORM

6D. TROG

7D. LEPRECHAUN

6E. YETI

7E. AMAROK

1-10

11, 22, 33, 44...

CHECKLIST + CENTAUR2

1. CYCLONE (12) + TZN

2. VENOM

3. THRASHER

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

5. HIKES

6. SCORPION TO 3/BACK

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

8. BUCKS

9. SKIPS

10. TAKE OFF!

THE MODIFICATION INDEX

The following pages hold the Modification Index. This section includes both the Alpha-Mod and Tier-Mod. The Alpha-Mod lists all of our tasks in Alphabetical order along with their tier. The Tier-Mod section groups all tasks by their valuation/difficulty.

How to Find a Modification:

- Search the task you're wishing to modify by looking it up in the Alpha-Mod **FIRST**
- Find the Tier associated with that task
- Flip to the Tier-Mod list
- Find the correct Tier associated with that task
- Find another task in the same Tier as your modification
- Have the Mod approved by your **PRO**

ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
313	5.A	Boulder Push	5.A	Crook Shake	4.C	Explosions	2.A	Halo 2-1-3-1-4-1	4.A
3 Pt. Stance	2.D	Bovine	3.B	Crooked Bully	4.C	F. Lunge	3.A	HamStrung	5.C
45 Degree Lunge	3.D	Brazen (6) + Run	4.C	Crooked Chickin !!	4.C	Flamingo (6) + TZN	3.B	HANG (10) + Run	2.C
90 Degree Piston (10) + TZN	4.A	Bridged Benched (30) + TZN	4.C	Crooked Pin	4.A	Flying Jackal	5.B	Hang Madness6	4.B
Abduct. Mantis (8) + Run	4.A	BTown Bump (6) + TZN	4.A	Cross Overs	1.A	Flying Monkey	4.B	Heave Ho	3.D
Abduct. Push Up (8) + Run	4.B	Buck Up	4.B	Cross-Bear	3.A	Frogs	2.D	Hellion	5.C
Airplanes	3.D	Bulldog	3.B	Crucifixion	4.B	Frozen Crook	4.B	High Knees	1.B
Ali Shuffle (Ali) 22+	2.C	Bulldozer	3.A	CUJD	6.B	Frozen Gremlin	4.C	High Xs	1.B
Alt. Squonq	1.D	BullFrog	5.A	Curious George	4.B	Frozen Lunge	4.C	Hikes	2.B
Amarok	2.D	Bullsh!t	5.B	Curl Madness	5.B	Frozen Pipes (3/8)	6.A	Hip Twists	1.A
Anaconda	5.B	Bully	2.A	Curl Press 5+	2.C	Frozen Push Up	4.C	Hippie (10) + Run	2.D
Anteater	3.A	Bunyan	4.C	Curl Walk	2.B	Frozen Sawed Off	4.C	Hooked (10) + Run	2.D
Ape Shoot!	2.A	Butt Kicks	1.A	Cyclone (12) + Tzan	3.C	Frozen W. Crook	5.B	Hop Scotch	2.A
Arachnid	4.C	Buzzard	3.B	Cyclops (6) + Tzan	3.D	Gallow 2-1-4-3-4-1	1.C	Hot Coals (10) + Run	2.A
Asphyxiation	5.A	Caduceus	5.C	Death Row 2-1-3-1-4-1	4.A	Gargantuan	4.A	Hurl and Twist	4.C
Assault 4-2-4-3-4-1	1.C	Calf-in-ator	4.B	Debacle (6) + TZN	4.C	Gargoyle	3.A	Hydra	3.B
Attack It	5.C	Captain Hook	4.C	DeCalf	4.C	Gator to 3	4.C	Inch Worm	4.C
Aurox	6.C	Cerb (5) + Sapp	5.A	DeLaura	3.D	GBD (15) + Run	2.C	Inch Worm + Push Up	6.B
B. 45	3.D	C.H.B.	5.A	Demonic (8) + TZN	4.A	Gimpy Dog	4.A	Infinity (20) + Run	2.A
B. Bunyan	4.C	Chickin 2-1-3-1-4-1	4.B	Denser	3.D	Gimpy Mayhem	4.C	Iron Will	5.B
B. Lunge	3.C	Chimera	4.B	Devastator	6.B	Gorgon (8) + Run	4.A	Jabberwocky	5.C
B.O.R. (15) + TZN	3.B	Chimp (8) + Run	4.B	DeViL	5.B	Gorgon Push Up (8) + Run	4.C	Jack Box	5.C
Ball N Chain (BNC)	4.B	Chupacabra	5.C	Diablo	5.A	Grapnel (6) + Push	4.C	Jackal	4.A
Bandit (20) + Run	2.A	Coalition (10) + TZN	2.B	Diabolical	6.A	Greco	5.A	Jackalope	3.C
Bandit Mayhem	4.C	Cobra (10) + Push	4.C	Double Boulder	6.B	Gremlin	1.B	Jack-Ass	5.C
Banshee	3.D	Conan 3/back	6.A	Double Push	5.C	Grifter (10) + Push	4.A	Jagger (10) + Run	3.B
Bayok (6) + Run	4.A	Conquistador	6.A	Double Push	5.C	Grootslang	6.C	Jangle Leg3	6.A
Bear Crawl	3.B	Corrective Push Up Madness	3.C	Double Rev Inch	6.A	Growler	2.D	Jen-erator (10) + TZN	3.C
Benched (30) + TZN	4.C	Crap Shoot	3.A	Double Rev P Push	5.B	Gryphon (8) + Push	5.A	Jester	5.C
Big Bucks	4.B	Cray-Cray	4.A	Double Venom	4.C	Gryphon Madness	5.C	Jiggy (20) + Run	2.C
BOA	5.B	Crazy Legs	3.D	DRAGO to 3	6.C	Hack-It	6.A	Jiggy Madness6	4.C
Bonsai 3-1-4-2-4-1	1.C	Croakin	3.C	Drop Kicks	5.A	HAG	4.A	JigSaw	4.C
BOR Madness3	3.D	Crockpot (6) + TZN	4.C	En Garde	1.B	Half Blaked	6.A	Jigsaw6 Mayhem	5.B
		Crook	1.D	Enforcer	3.A				

ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
Jog	1.A	Minotaur	6.B	Orca	6.C	Rahaim Step (10) + Run	2.D	Rev Pouncer (10) + Run	4.A
Johnny Appleseed	6.A	Mocker	5.C	Ozark	5.C	Rambo (10) + Run	2.C	Rev Scorpion to 3/back	6.B
Jounce 2-1-3-1-4-1	5.B	Mogul Madness10	3.D	P.O.D. (:10) + TZN	3.C	Ramp Up (8) + Run	3.D	Rev Yak	3.D
Jumping Jacks (20) + Run	1.D	Mogul Mayhem	4.C	Paratroopers (10) + Run	2.C	Rampage (12) + Run	2.A	Rev. Arachnid	5.B
Junkie Jump (8) + Run	3.B	Mogul Push	3.D	Patty Cake (20) + run	3.B	Rampage Mayhem	5.A	Rev. Zookeeper	5.B
KAA (10) + Push	5.C	Mogul to Frog	6.A	Peg Leg (8) + Run	4.B	Rampant (10) + Run	2.B	Revival (Rev. Resurrect)	6.A
Kamikaze 4-3-4-2-4-1-4-1	1.D	Moguls (20) + Run	2.A	Pele	1.C	Rampant Madness	3.D	Ribbits (10) + Run	2.C
Keg Toss (8)+ Run	3.D	Mongoose	2.D	Petra	4.C	Rampant Mayhem	5.A	Rigamortis	4.C
King Kong	5.A	Monkey Crawl	2.D	Pinned	3.D	Ravage	6.A	Rooster (10) + TZN	4.A
Kitchen Sink (10) + TZN	4.B	Montauk	3.B	Pipsqueak	1.C	Razor Push	3.D	Rooted Groot (8) + Push	6.B
Kneeling Curl (6) + Tzn	2.C	Mother Buzzard	5.C	Pirate	5.A	RDL (8) + TZN	4.A	Rotating Squat	3.C
Kobold	2.A	Mr. Atlas to 3/back	6.A	Piston (10) + TZN	3.A	Resurrection	5.C	Row Madness3	5.B
KOD (20) + TZN	3.B	Mt. Climb (20) + Run	2.A	Plate Push	2.D	Rev 313	5.C	Row Stroll 6+	2.B
K-Step (20) + Run	2.B	Mt. Climb Madness	3.B	Plate Shake 9+	2.A	Rev Ball N Chain (REV BNC)	5.A	Rump Roast	6.A
Ladder 2-1-3-2-4-3-4-3-4-2-3-	1.D	MTN Man	4.C	Pogato (6) + TZN	4.C	Rev Bear Crawl	3.D	S.A. Boulder	5.C
Leaps	1.A	Mugger (10) + Run	2.C	Potty Shot	2.B	Rev Bovine	4.A	SA Diablo	5.A
Leprechaun	2.C	Mukwonago	4.A	Potty Shot Hops	5.A	Rev Bulldog	3.D	SA Diablo	5.A
Lieutenant Dan	6.A	MuskRat	3.B	Potty Squat	2.C	Rev Buzzard	5.A	SA Greco	5.A
Lowly (10) + Run	2.D	Neapolitan	3.B	Potty to Bulldog	4.C	Rev Gargoyle	4.B	SA P.P.	3.B
Lumberjacks (8) + Run	3.B	Nemesis	6.B	Pouncer (10) + Run	4.A	Rev Gator to 3	5.C	Samurai	4.C
Lycan (10) + Run	2.C	Night Crawler	5.A	Primates 4-1-3-1-2-1	3.B	Rev Gremlin	1.C	Sawed Off (10) + Tzan	3.C
Lycan Up (10) + Run	4.A	No Gimmies	3.A	Primitive	6.A	Rev Growler	3.D	scarab to 3/back	6.A
M.F.T.	6.A	0-B.D.R. (10) + TZN	3.D	Prowler	6.A	REV Hydra	3.D	Scorpion to 3/BACK	5.C
Mantis (8) + Run	3.A	Obliterator	5.C	Push Ups (10) + Run	3.C	Rev Inch Worm	5.C	SCURL 1!	5.B
Mastodon	4.C	Oblivion	6.A	Python	5.B	Rev Mastodon	5.A	SHALO 1!	5.B
MaTador	6.A	Offering	2.C	QuadZilla	6.B	Rev Mongoose	3.D	Shot Put	5.A
Maxum	3.D	Ogre's Bridge (10) + Tzan	3.D	Quick Feet (20) + Run	2.A	Rev Mukwonago	5.A	Shuffle	1.B
Miel's Wheels	3.A	OPA (8) + TZN	3.C	Quick Ft Madness	3.B	Rev Night Crawler	5.B	Shuttle Run 3-2-4-2-3-1	1.C
MIM 3-2-4-2-3-1	5.B	0-Pinned 2-1-3-1-4-1	4.A	Quicksand	5.B	Rev Plate Push	5.B	Shwaggin 1!	3.D

ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
Silent K	5.A	Snuff Box	6.C	Swaggin 1!	1.C	Twix	2.B	Wicca	6.A
Sinister (6) + Push	5.C	Speed Skates (20) + Run	2.A	Swashbuckler	4.B	Two Step Madness!0	3.B	Wide Benched (30) + TZN	4.C
Skates	1.B	Spikes	2.D	Take Off	3.C	Two-Step (20) + Run	2.A	Wide Piston (10) + Tzan	3.D
Skiddish	1.C	Sprint	1.A	Tall Order 5+	2.C	Typhon	3.B	Window Wash + Push Up	5.C
Skips	1.B	Squat Jumps (10) + Run	2.C	Talon (6) + Push	5.A	Tysons	1.D	Window Washer	4.A
Skuffle	1.B	Squat Thrust (10) + Run	4.A	Tarasq	2.B	U. Potty Shots	3.B	Wipers (20) + Run	2.D
Skulls (10) + Run	3.C	Squatch (6) + TZN	4.C	Tarzan (TZN)	1.B	Unleashed	2.D	Wizard	4.C
Sky High 4-1	1.C	SquaTOES (10) + Run	2.B	The Burgundy	6.A	Untamed 4-1-3-1-2-1	4.A	X Plate Push (XPP)	3.B
SL Bayok (6) + Run	5.C	Squibble	2.B	The Exorcise	5.C	Upheaval	5.A	X Rampant (10) + Run	2.B
SL Big Bucks	5.A	Squonq	1.C	Thrasher	5.A	Venom	3.D	Yak	3.C
SL Boulder	5.B	Stack Shot	4.B	Throwbacks	3.D	Vexed (10) + Run	2.B	Yeti	3.C
SL BridgE Benched (15) + TZN	5.A	Stampede	1.B	Thrust to Frog	5.B	Vexum	3.D	Yikes!	2.C
SL Gorgon (8) + Run	5.A	Stat Halo (18) + TZN	4.B	Thumper	3.D	VIP (10) + Run	2.C	Zombie	3.C
SL Gorgon Push Up (8) + Run	5.A	Stat Row (6) + TZN	2.B	Tiger Roll	5.A	Viper	4.A	Zookeeper	5.A
SL Inch Worm	6.B	Stat Squat (10) + Run	2.B	Tippy-Tap	1.C	Vixen	3.D		
SL Mantis (8) + Run	3.D	Stat Swag (20) + TZN	3.D	Tip-Toes (20) + Run	2.B	VooDoo	6.C		
SL Ogre's (10) + TZN	4.B	Stat Trifecta (6) + TZN	2.C	Toes (20) + Run	2.A	V-Step (10) + Run	2.A		
SL Push Up (10) + Run	4.A	Stat Tyson (20) + Run	2.D	Top Shelf (8) + TZN	5.A	V-Step Madness	3.B		
SL Resurrection	6.B	Stat W. Lunge (8) + TZN	4.C	Toro	5.A	W. Bunyan	6.A		
SL Resurrections	6.A	Stat W. Squat (10) + TZN	4.A	Triad	5.C	W. Crook	2.C		
SL Revival	6.B	Stat. Chickin (18) + TZN	4.C	Trifecta! 6+	2.C	W. Gorgon (8) + TZN	5.C		
SL Rooted Groot (6) + Push	6.C	Stat. Curl (6) + TZN	2.B	Trippin	5.A	W. Gremlin	1.D		
SL Thrust to Frog	6.A	Statarasq (16) + Run	3.C	Triptych	4.C	W. Lunge	5.A		
SL Toes (20) + Run	2.B	Statrog (10) + Run	2.D	Trog	2.A	W. Resurrection	6.B		
Slalom	3.D	Stork (20) + TZN	3.B	Troika	5.C	W. Revival	6.B		
SLamstrung	6.B	Stranglehold	5.A	Trombone	2.B	W. Rotating Squat	5.C		
Slap Jack	3.D	STROW 1!	5.B	Trumpet 9+	2.B	W. SL Gorgon (8) + Tzan	6.B		
Sliger	3.D	Suck Ups	5.C	Tucks (10) + Run	2.D	W. Squat Jump (10) + Tzan	3.D		
Sling Shot 3-2-4-2-3-1	4.B	Sue Step (20) + Run	2.A	Turkeys	1.B	W. Warrior Lunge	6.A		
SLOMO-Push	5.A	Sue-Step Madness!0	3.B	Tweaker	6.A	Walrus	5.C		
SLOzark	6.B	Suicide 2-1-3-1-4-1	1.C	Twine	4.A	Warlock	5.A		
Slugnutter	4.A	SUPP 10	4.C	Twinkle Toes (30) + TZN	2.C	Warrior Lunge	4.A		
Sluski	4.C	SUPPS Madness	5.C	Twisted	3.D	Wendigo	6.C		

	TIER 1 - A	TIER 1 - D	Row Stroll 3D+	Twinkle Toes (3D) + TZN	TIER 3 - B	OPA (8) + TZN
Butt Kicks	Alt. Squonq	Potty Shot	VIP (1D) + Run	B.O.R. (15) + TZN	P.O.D. (:1D) + TZN	
Cross Overs	Crook	SL Toes (2D) + Run	W. Crook	Bear Crawl	Push Ups (1D) + Run	
Hip Twists	Jumping Jacks (2D) + Run	SquaTDES (1D) + Run	Yikes!	Bovine	Rotating Squat	
Jog	Kamikaze 4-3-4-2-4-1-4-1	Squibble	TIER 2 - D	Bulldog	Sawed Off (1D) + Tzan	
Leaps	Ladder 2-1-3-2-4-3-4-3-4-2-3-1-2	Stat Row (6) + TZN	3 Pt. Stance	Buzzard	Skulls (1D) + Run	
Sprint	Tyson	Stat Squat (1D) + Run	Amarok	Flamingo (6) + TZN	Statarasq (16) + Run	
TIER 1 - B	W. Gremlin	Stat. Curl (6) + TZN	Frogs	Hydra	Take Off	
En Garde	TIER 2 - A	Tarasq	Growler	Jagger (1D) + Run	Yak	
Gremlin	Ape Shoot!	Tip-Toes (2D) + Run	Hippie (1D) + Run	Junkie Jump (8) + Run	Yeti	
High Knees	Bandit (2D) + Run	Trombone	Hooked (1D) + Run	KOD (2D) + TZN	Zombie	
High Xs	Bully	Trumpet 9+	Lowly (1D) + Run	Lumberjacks (8) + Run		
Shuffle	Explosions	Twix	Mongoose	Montauk	TIER 3 - D	
Skates	Hop Scotch	Vexed (1D) + Run	Monkey Crawl	Mt. Climb Madness	45 Degree Lunge	
Skips	Hot Coals (1D) + Run	X Rampant (1D) + Run	Plate Push	MuskRat	Airplanes	
Skuffle	Infinity (2D) + Run	TIER 2 - C	Rahaim Step (1D) + Run	Neapolitan	B. 45	
Stampede	Kobold	Ali Shuffle (Ali) 22+	Spikes	Patty Cake (2D) + run	Banshee	
Tarzan (TZN)	Moguls (2D) + Run	Curl Press 5+	Stat Tyson (2D) + Run	Primates 4-1-3-1-2-1	BDR Madness3	
Turkeys	Mt. Climb (2D) + Run	GBD (15) + Run	Statrog (1D) + Run	Quick Ft Madness	Crazy Legs	
TIER 1 - C	Plate Shake 9+	HANG (1D) + Run	Tucks (1D) + Run	SA P.P.	Cyclops (6) + Tzan	
Assault 4-2-4-3-4-1	Quick Feet (2D) + Run	Jiggy (2D) + Run	Unleashed	Stork (2D) + TZN	DeLaura	
Bonsai 3-1-4-2-4-1	Rampage (12) + Run	Kneeling Curl (6) + Tzn	Wipers (2D) + Run	Sue-Step Madness1D	Denser	
Gallow 2-1-4-3-4-1	Speed Skates (2D) + Run	Leprechaun	TIER 3 - A	Two Step Madness1D	Heave Ho	
Pele	Sue Step (2D) + Run	Lycan (1D) + Run	Anteater	Typhon	Keg Toss (8) + Run	
Pipsqueak	Toes (2D) + Run	Mugger (1D) + Run	BullDozer	U. Potty Shots	Mogul Madness1D	
Rev Gremlin	Trog	Offering	Crap Shoot	V-Step Madness	Mogul Push	
Shuttle Run 3-2-4-2-3-1	Two-Step (2D) + Run	Paratroopers (1D) + Run	Cross-Bear	X Plate Push (XPP)	D-B.O.R. (1D) + TZN	
Skiddish	V-Step (1D) + Run	Potty Squat	Enforcer	TIER 3 - C	Ogre's Bridge (1D) + Tzan	
Sky High 4-1	TIER 2 - B	Rambo (1D) + Run	F. Lunge	B. Lunge	Pinned	
Squonq	Coalition (1D) + TZN	Ribbits (1D) + Run	Gargoyle	Corrective Push Up Madness	Ramp Up (8) + Run	
Suicide 2-1-3-1-4-1	Curl Walk	Squat Jumps (1D) + Run	Mantis (8) + Run	Croakin	Razor Push	
Swaggin 1!	Hikes	Stat Trifecta (6) + TZN	Miel's Wheels	Cyclone (12) + Tzan	Rev Bear Crawl	
Tippy-Tap	K-Step (2D) + Run	Tall Order 5+	No Gimmies	Jackalope	Rev Mongoose	
	Rampant (1D) + Run	Trifecta! 6+	Piston (1D) + TZN	Jen-erator (1D) + TZN	Rev Yak	

Maxum	Gorgon (8) + Run	Chimp (8) + Run	Cobra (10) + Push	Asphyxiation	Thrasher
Rampant Madness	Grifter (10) + Push	Crucifixion	Crockpot (6) + TZN	Boulder Push	Tiger Roll
Rev Bulldog	HAG	Curious George	Crook Shake	BullFrog	Top Shelf (8) + TZN
Rev Growler	Halo 2-1-3-1-4-1	Flying Monkey	Crooked Chickin 1:1	Cerb (5) + Sapp	Toro
REV Hydra	Jackal	Frozen Crook	Debacle (6) + TZN	C.H.B.	Trippin
Shwaggin 1:1	Lycan Up (10) + Run	Hang Madness6	Frozen Push Up	Diablo	Upheaval
SL Mantis (8) + Run	Mukwonago	Kitchen Sink (10) + TZN	Frozen Sawed Off	Greco	W. Lunge
Slalom	0-Pinned 2-1-3-1-4-1	Peg Leg (8) + Run	Grapnel (6) + Push	Gryphon (8) + Push	Warlock
Slap Jack	Pouncer (10) + Run	Rev Gargoyle	Hurl and Twist	King Kong	Zookeeper
Sliger	RDL (8) + TZN	SL Ogre's (10) + TZN	Inch Worm	Night Crawler	TIER 5 - B
Stat Swag (20) + TZN	Rev Bovine	Sling Shot 3-2-4-2-3-1	Jiggy Madness6	Pirate	Anaconda
Throwbacks	Rev Pouncer (10) + Run	Stack Shot	JigSaw	Potty Shot Hops	BOA
Thumper	Rooster (10) + TZN	Stat Halo (18) + TZN	Mastodon	Rampage Mayhem	Bullsh!t
Twisted	SL Push Up (10) + Run	Swashbuckler	Mogul Mayhem	Rampant Mayhem	Curl Madness
Venom	Slugnutter	TIER 4 - C	MTN Man	Rev Ball N Chain (REV BNC)	DeViL
Vexum	Squat Thrust (10) + Run	Arachnid	Petra	Rev Buzzard	Double Rev P Push
Vixen	Stat W. Squat (10) + TZN	B. Bunyan	Pogoto (6) + TZN	Rev Mastodon	Flying Jackal
W. Squat Jump (10) + Tzan	Twine	Bandit Mayhem	Potty to Bulldog	Rev Mukwonago	Frozen W. Crook
Wide Piston (10) + Tzan	Untamed 4-1-3-1-2-1	Benched (30) + TZN	Rigamortis	SA Diablo	Iron Will
TIER 4 - A	Viper	Brazen (6) + Run	Samurai	SA Diablo	Jigsaw6 Mayhem
90 Degree Piston (10) + TZN	Warrior Lunge	Bridged Benched (30) + TZN	Sluski	SA Greco	Jounce 2-1-3-1-4-1
Abduct. Mantis (8) + Run	Window Washer	Bunyan	Squatch (6) + TZN	Shot Put	MIM 3-2-4-2-3-1
Bayok (6) + Run	TIER 4 - B	Captain Hook	Stat W. Lunge (8) + TZN	Silent K	Python
BTown Bump (6) + TZN	Abduct. Push Up (8) + Run	Crooked Bully	Stat. Chickin (18) + TZN	SL Big Bucks	Quicksand
Cray-Cray	Ball N Chain (BNC)	DeCalf	SUPP 10	SL Bridge Benched (15) + TZN	Rev Night Crawler
Crooked Pin	Big Bucks	Frozen Gremlin	Triptych	SL Gorgon (8) + Run	Rev Plate Push
Death Row 2-1-3-1-4-1	Buck Up	Frozen Lunge	Wide Benched (30) + TZN	SL Gorgon Push Up (8) + Run	Rev. Arachnid
Demonic (8) + TZN	Calf-in-ator	Gator to 3	Wizard	SLOMO-Push	Rev. Zookeeper
Gargantuan	Chickin 2-1-3-1-4-1	Gimpy Mayhem	TIER 5 - A	Stranglehold	Row Madness3
Gimpy Dog	Chimera	Gorgon Push Up (8) + Run	313	Talon (6) + Push	SCURL 1:1

TIER - MOD INDEX

SHALO I:

SL Boulder

STROW I:

Thrust to Frog

TIER 5 - C

Attack It

Caduceus

Chupacabra

Double Push

Double Push

Gryphon Madness

HamStrung

Hellion

Jabberwocky

Jack Box

Jack-Ass

Jester

KAA (ID) + Push

Macker

Mother Buzzard

Obliterator

Ozark

Resurrection

Rev 313

Rev Gator to 3

Rev Inch Worm

S.A. Boulder

Scorpion to 3/BACK

Sinister (6) + Push

SL Bayok (6) + Run

Suck Ups

SUPPS Madness

Triad

The Exorcise

Troika

W. Gorgon (8) + TZN

W. Rotating Squat

Walrus

Window Wash + Push Up

TIER 6 - A

Conan 3/back

Conquistador

Diabolical

Double Rev Inch

Frozen Pipes (3/8)

Hack-It

Half Blaked

Jangle Leg3

Johnny Appleseed

Lieutenant Dan

M.F.T.

MaTador

Mogul to Frog

Mr. Atlas to 3/back

Oblivion

Primitive

Prowler

Ravage

Revival (Rev. Resurrect)

Rump Roast

scarab to 3/back

SL Resurrections

SL Thrust to Frog

The Burgundy

Tweaker

W. Bunyan

W. Warrior Lunge

Wicca

TIER 6 - B

CUJD

Devastator

Double Boulder

Inch Worm + Push Up

Minotaur

Nemesis

QuadZilla

Rev Scorpion to 3/back

Rooted Groot (8) + Push

SL Inch Worm

SL Resurrection

SL Revival

SLamstrung

SLOzark

W. Resurrection

W. Revival

W. SL Gorgon (8) + Tzan

TIER 6 - C

Aurox

DRAGO to 3

Grootslang

Orca

SL Rooted Groot (6) + Push

Snuff Box

VooDoo

Wendigo

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. 1,8,1,2,7,8,12,3,6,7,8,1,2,3,4,5,6,7,8
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 3/2 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