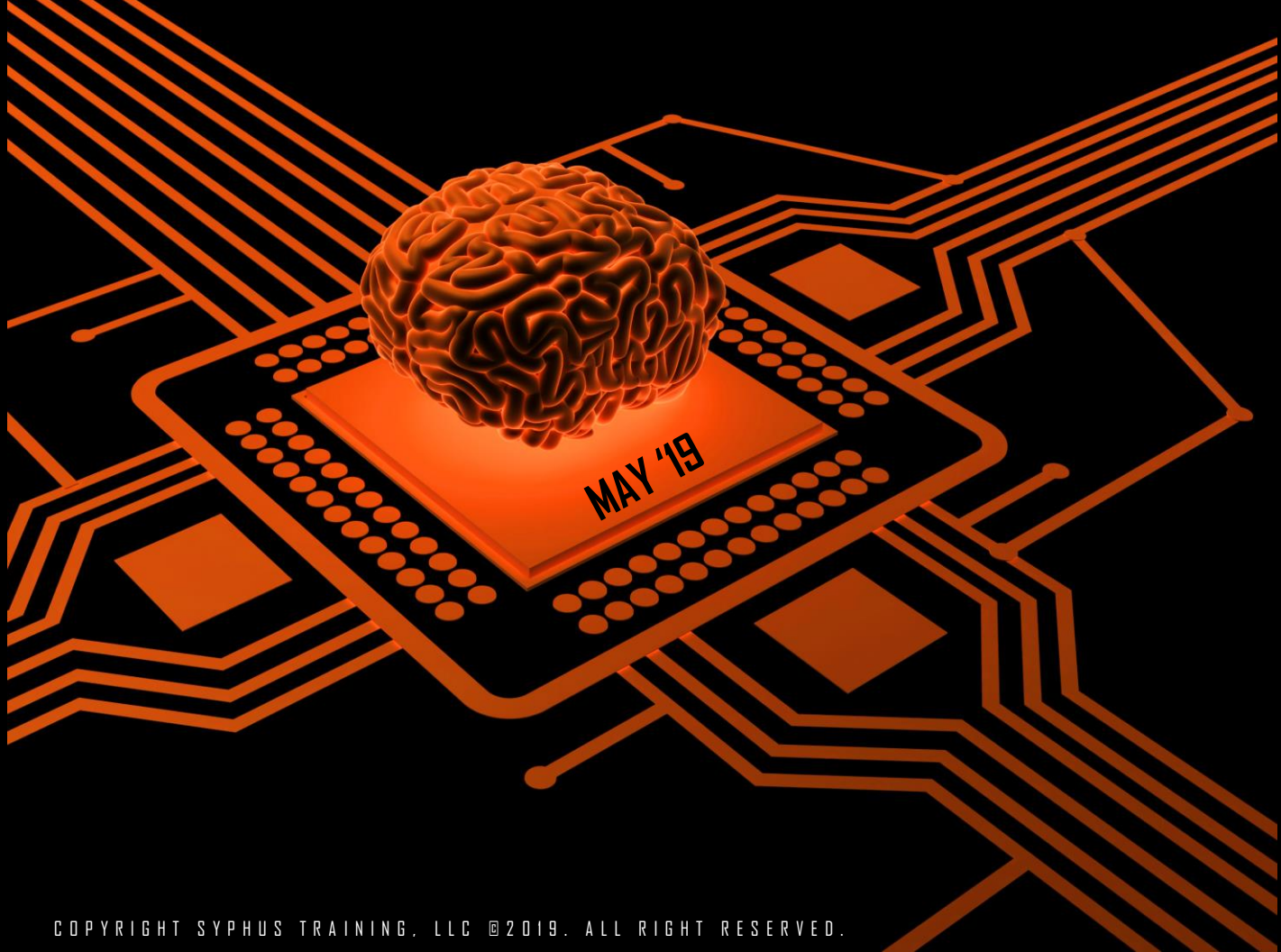


M  
O  
T  
H  
E  
R  
B  
O  
A  
R  
D



## Motherboard Terms of Use and Disclaimer

The following Terms of Use and Disclaimer for Syphus Training, LLC's Motherboard Service is intended to be an easy-to-read format for all parties, including but not limited to, Syphus Training's members, licensees, licensee's members, staff, owners, indirect customers and or suppliers. For authorized use of the Motherboard Service, you must agree to these Terms upon subscription. Any unauthorized use will be construed as consent to these terms.

### 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.

Under no circumstance should any subscriber attempt to perform the published workouts, circuits or exercises without the supervision of a certified Syphus Training PRO and within a Licensed Syphus Training facility.

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.

### Payment:

\$14.99 for One Month of Motherboards (Current month only. Payments and or workouts are not prorated.)

Registered Licensees with a Licensing Agreement that is in good standing with Syphus Training, LLC will have access to the Motherboard Service free of charge. Motherboards MAY NOT be accessed, downloaded, sold or shared with any PROs, staff members or customers unless they have also paid the monthly fee.

All downloads of and the traffic to the Motherboards will be closely monitored by back-end software. The workouts CAN be singly issued to the PROs and staff members for placement on their respective Turf's whiteboard but they should be discarded or returned to the Turf owner after that day's use.

### Updates:

Any updates or changes to the Motherboard workouts or the Modification Index will be posted on [www.syphustraining.com](http://www.syphustraining.com) under the News Tab and will be shared to the Syphus Training corporate's Facebook page.

**Liability Waiver:** In addition to the liability waiver and release that you must sign electronically through Syphus Training, LLC's Mindbody site; any purchasing, viewing, downloading or using of The Motherboard materials you are agreeing to indemnify and hold Syphus Training, LLC, its parents, subsidiaries, independent licensees, shareholders, officers, directors, employees, agents, and suppliers harmless from and against any claim, action, demand, loss, suit, or damages (including attorneys' fees) made or incurred by any third party arising out of or relating to your improper use of The Motherboard or any Syphus Training's Services.

### Intellectual Property Ownership and Copyright Restrictions:

The Syphus Training Motherboard service, and any logos, names, designs, text, graphics, software, content, files, materials, and any other intellectual property rights contained therein, including without limitation any copyrights, patents, trademarks, proprietary or other rights arising therefrom are owned by Syphus Training, LLC and not by any affiliates, licensees or suppliers. You may not use, alter, copy, modify, store, sell, reproduce, distribute, republish, download, publicly perform, display, post, transmit, create derivative works of, or exploit any Syphus Training materials, products or services, unless expressly authorized by Syphus Training, LLC.

# CONTENTS

PAGE 4.....SCHEDULE

PAGE 5.....HOW TO READ THE MOTHERBOARD

PAGE 6-38.....THIS MONTH'S BOARDS

PAGE 39.....MODIFICATION INDEX HOW-TO

PAGE 40-42.....ALPHA-MODIFICATION INDEX

PAGE 43-45 .....TIER-MODIFICATION INDEX

PAGE 46-49.....CIRCUIT GLOSSARY

PAGE 50.....THE SYPHER



# MAY 2019 SCHEDULE



HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

DATE	WORKOUT	ROD CAP	SLOPE	DATE	WORKOUT	ROD CAP	SLOPE
5/1/2019	Xion   Uplift   El Cycle   Rev Mtn3	900	20	5/16/2019	Expand   Intermit. Glued   C3   Rev MTN	898	16
5/2/2019	C3   Cavity   Matterhorn	901	16	5/17/2019	Chaos   Zenith3	962	31
5/3/2019	Mount Olympus	980	7	5/18/2019	Vertice	902	28
5/4/2019	Filling(2)   Cross-Fusion	1075	49	5/19/2019	MTN2   Ceptilian3   Cross-Fire	902	20
5/5/2019	Pinata Cinco De Mayo	909	20	5/20/2019	Chameleon   Matterhorn   Vertex   U	908	19
5/6/2019	Splicer	1014	25	5/21/2019	RaPture	1129	41
5/7/2019	8 Gauntlets	1070	34	5/22/2019	MTN5	944	0
5/8/2019	=   Rippled   Zenex	962	23	5/23/2019	Checklist(2)   1,2 Punch   Split Peak	925	32
5/9/2019	Denali & Plotted Checklist	917	19	5/24/2019	Pick Your Gauntlets	970	28
5/10/2019	Matterhorn   U   Rev MTN2	914	21	5/25/2019	XION N+N   U   Rev MTN4	1013	23
5/11/2019	Many Mini	915	19	5/26/2019	CROSS-FIRE   MTN3   REPTILIAN2	910	35
5/12/2019	Reptilian2   Revertex   Checklist(3)   Shrinking	901	31	5/27/2019	GONE FISHING 5-27	1026	34
5/13/2019	UTN   Mt. Neverest   Dark Side   N	942	22	5/28/2019	MOUNTAINOUS MOLE HILLS	905	24
5/14/2019	Checklist > Odds > Evens	1019	48	5/29/2019	Cross-Fire   Vertex   N	911	27
5/15/2019	MTN2   Flipped   Any Push Gauntlet	915	26	5/30/2019	Interrupted MTN3	942	25
				5/31/2019	Equalbriosity	1156	40



# HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

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

HYBRID2

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK 6+
7. BOVINE
8. GATOR TO 3

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

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.



1.A  
12.B  
123.C  
1234.D  
12345.E  
123456.F

**A. XION**

- |                             |                           |
|-----------------------------|---------------------------|
| 1. KAMIKAZE 4-3-4-2-4-1-4-1 | A. SKIPS                  |
| 2. MOGULS (20) + RUN        | B. GREMLIN                |
| 3. BULLY                    | C. SQUANTOES (20) + RUN   |
| 4. POTTY SHOT               | D. SQ. JUMP (10) + RUN    |
| 5. MONKEY                   | E. MONTAUK                |
| 6. BUZZARD                  | F. SLING SHOT 3-2-4-2-3-1 |

1  
121  
12321  
1234321  
123454321

**B. UPLIFT**

1. ROW STROLL 6+
2. MIEL'S WHEELS
3. TWO-STEP (20) + RUN
4. STAT HALO (18) + TZN
5. REV INCH

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

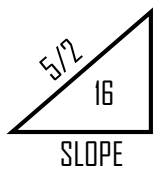
**C. EL CYCLE**

1. MANTIS (8) + RUN
2. YETI
3. MUGGER (12) + RUN
4. GIMPY DOG
5. FROZEN LUNGE 5

1-9  
1-6  
1-3

**D. REV MTN3**

1. ENFORCER
2. SL REVIVAL
3. BONSAI 3-1-4-2-4-1
4. APE SHOOT!
5. CHICKIN 2-1-3-1-4-1
6. QUICK FT. (20) + RUN
7. TARASQ
8. SL BUCKS
9. REV GATOR TO 3



III  
222  
333...

## CENTAUR3

1. TOES (20) + RUN
2. SQUONQ
3. SWAGGIN 1:1
4. V-STEP (10) + RUN
5. CURL WALK 6+
6. XPP
7. SKUFFLE
8. JAGGER (12) + RUN
9. 3 PT. STANCE
10. BALL N CHAIN

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

## CAVITY

1. RAMBO (10) + RUN
2. BUCKS
3. OFFERING
4. JUNKIE JUMP (8) + RUN
5. TWEAKER Ⓛ
6. THRASHER
7. CURIOUS GEORGE
8. OGRE (10) + TZN
9. TROG
10. DELAURA

PERFORM AS A CHECKLIST.  
DO EACH TASK NUMBER OF TIMES LISTED.  
REP PATTERN REMAINS THE SAME THROUGHOUT.

## MATTERHORN

- 4 LYCAN (10) + RUN
- 1 STACK SHOT
- 1 GARGOYLE

---

- 4 STAMPEDE
- 1 SL INCH
- 1 W. CROOK

---

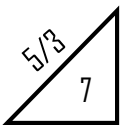
- 4 PRIMATES 4-1-3-1-2-1
- 1 SA DIABLO
- 1 KAMIKAZE 4-3-4-2-4-1-4-1

---

- 4 PLATE PUSH
- 1 SKY HIGH 4-1
- 1 SLAP JACK

---

- 4 TURKEY
- 1 JOUNCE 2-1-3-1-4-1
- 1 BULLDOG



SLOPE

# MT. OLYMPUS

PERFORM THESE CIRCUITS IN  
THEIR NORMAL PROGRESSION  
BUT STACKED AS A MTN  
PROGRESSION

**ORDER**

MESA

MESA

U-TURN

MESA

U-TURN

MTN

MESA

U-TURN

MTN

VEXUM GAUNTLET

## MESA

1-3

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

2-4

2. SUE-STEP (20) + RUN

3. STAMPEDE

4. PLATE SHAKE 9+

## U-TURN

1-4

1. HIKES

4-1

2. RIBBITS (10) + RUN

3. GARGOYLE

4. FLAMINGO (6) + TZN

## MTN

1

1. JIGGY (20) + RUN

12

123

2. RDL (8) + TZN

3. WICCA

## EL CYCLE

1-3

1. TYPHON

3-1

2.2

2. SKY HIGH 4-1

3. PUSH UP (10) + RUN

## VEXUM GAUNTLET

VEX. TASK

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

VEX. TASK

2. REV PLATE PUSH

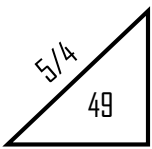
VEX. TASK

3. DIABLO

VEX. TASK

4. TYSON





SLOPE

1,2, 15, 16  
1-4, 13-16  
1-6, 11-16  
1-16

OR USE  
LETTERS  
AS A KEY

A,H  
A,B,G,H  
A,B,C,F,G,H  
A,B,C,D,E,F,G,H

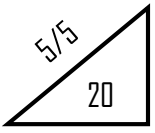
## FILLING X2

- |   |                                    |
|---|------------------------------------|
| A | 1. <b>HOT COALS (10) + RUN</b>     |
| B | 2. <b>HIGH Xs</b>                  |
| B | 3. <b>TROMBONE 6+</b>              |
| B | 4. <b>VIP (10) + RUN</b>           |
| C | 5. <b>SQ. JUMP (10) + RUN</b>      |
| C | 6. <b>APE SHOOT!</b>               |
| D | 7. <b>REV HYDRA</b>                |
| D | 8. <b>ANACONDA</b>                 |
| E | 9. <b>SKULLS (10) + TZN</b>        |
| E | 10. <b>NO GIMMIES</b>              |
| F | 11. <b>OGRE (10) + TZN</b>         |
| F | 12. <b>GORGON (8) + RUN</b>        |
| G | 13. <b>PINNED 2-1-3-1-4-1</b>      |
| G | 14. <b>SHUTTLE RUN 3-2-4-2-3-1</b> |
| H | 15. <b>BANDIT (20) + RUN</b>       |
| H | 16. <b>TYSON</b>                   |

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

## CROSS-FUSION

- |                                |                                |                          |
|--------------------------------|--------------------------------|--------------------------|
| 1. <b>MASTODON</b>             | 2. <b>PARATROOP (10) + RUN</b> | A. <b>PLATE PUSH</b>     |
| 3. <b>PRIMATES 4-1-3-1-2-1</b> | 4. <b>RAMPAGE (12) + RUN</b>   | B. <b>SCALWAG</b>        |
| 5. <b>HALO 2-1-3-1-4-1</b>     | 6. <b>SA DIABLO</b>            | C. <b>313</b>            |
|                                |                                | D. <b>REV PLATE PUSH</b> |



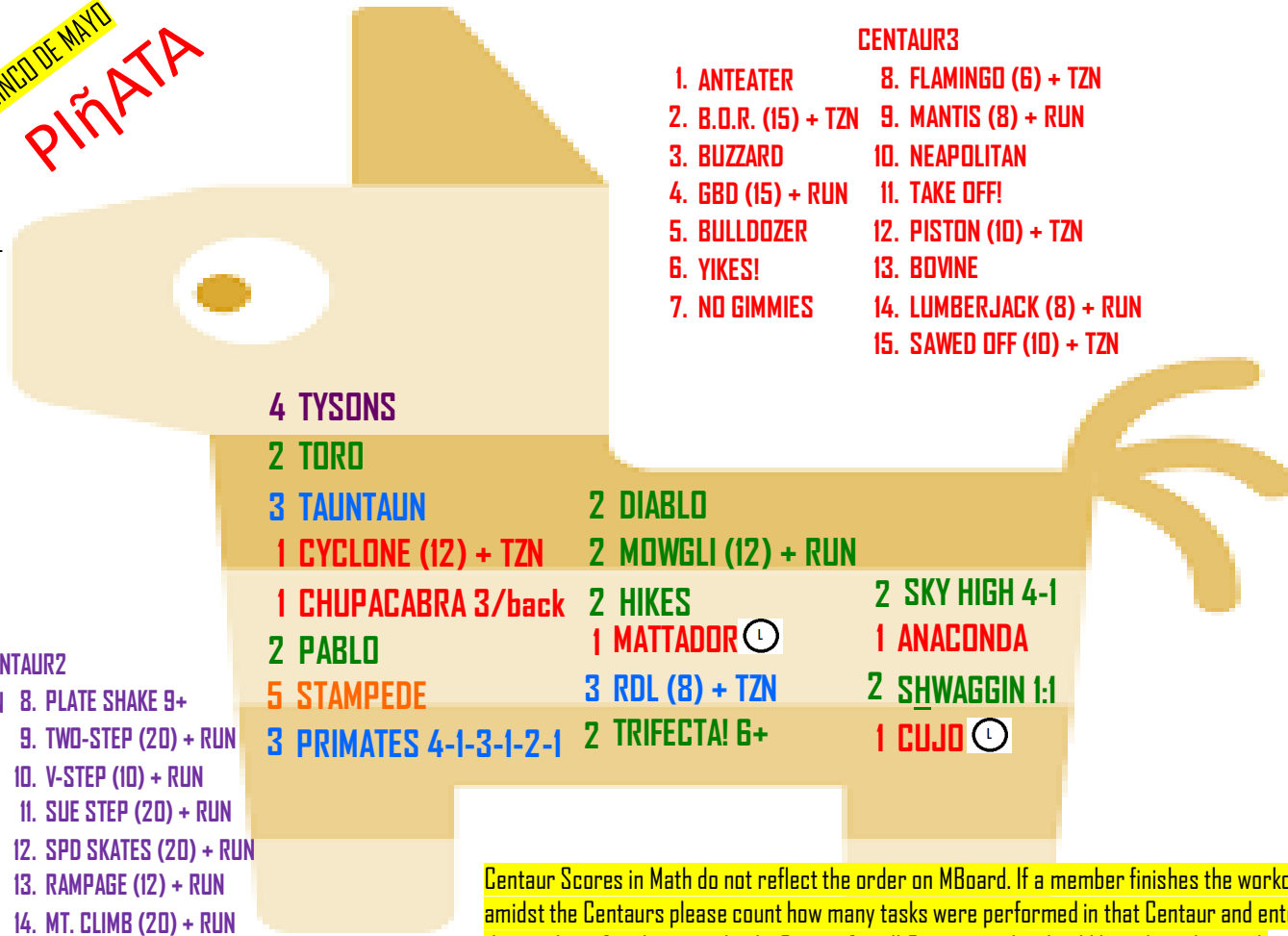
SLOPE

START WITH THE CENTAUR2, CHOOSE ANY 10 TASKS TO DO, 5 WILL BE LEFT UNDONE.

THEN, MOVE TO THE CENTAUR 3 AND ALSO ONLY CHOOSE 10 TASKS.

IF THE CENTAURS ARE COMPLETED ENTER THE PINATA AND PERFORM THE TASKS AS A CHAOS CHECKLIST.

CINCO DE MAYO  
**PIÑATA**



**CENTAUR2**

- 1. HOT COALS (10) + RUN
- 2. APE SHOOT!
- 3. BANDIT (20) + RUN
- 4. BULLY
- 5. KAMIKAZE 4-3-4-2-4-1-4-1
- 6. KOBOLD
- 7. MOGULS (20) + RUN
- 8. PLATE SHAKE 9+
- 9. TWO-STEP (20) + RUN
- 10. V-STEP (10) + RUN
- 11. SUE STEP (20) + RUN
- 12. SPD SKATES (20) + RUN
- 13. RAMPAGE (12) + RUN
- 14. MT. CLIMB (20) + RUN
- 15. TROG

**4 TYSONS**

- 2 TORO
- 3 TAUNTAUN

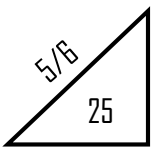
- 1 CYCLONE (12) + TZN
- 1 CHUPACABRA 3/back
- 2 PABLO
- 5 STAMPEDE
- 3 PRIMATES 4-1-3-1-2-1

- 2 DIABLO
- 2 MOWGLI (12) + RUN
- 2 HIKES
- 1 MATTADOR (L)
- 3 RDL (8) + TZN
- 2 TRIFECTA! 6+

**CENTAUR3**

- 1. ANTEATER
- 2. B.O.R. (15) + TZN
- 3. BUZZARD
- 4. GBD (15) + RUN
- 5. BULLDOZER
- 6. YIKES!
- 7. NO GIMMIES
- 8. FLAMINGO (6) + TZN
- 9. MANTIS (8) + RUN
- 10. NEAPOLITAN
- 11. TAKE OFF!
- 12. PISTON (10) + TZN
- 13. BOVINE
- 14. LUMBERJACK (8) + RUN
- 15. SAWED OFF (10) + TZN

Centaur Scores in Math do not reflect the order on MBoard. If a member finishes the workout amidst the Centaurs please count how many tasks were performed in that Centaur and enter the number of tasks accordingly. Scores for all Centaur tasks should be relatively equal.



SLOPE

A CHECKLIST (1-16) WHERE EACH PASS THROUGH SUBSTITUTES DIFFERENT SECTIONS FROM THE ALPHABETICAL LIST.

KEY:

1-16

1-8, ABCD, 13-6

EFGH, 5-16

1-4, IJKL, 9-16

1-12, MNOP

P-A

## SPLICER

1. BONSAI 3-1-4-2-4-1
  2. MT. CLIMB (20) + RUN
  3. SWAGGIN 1:1
  4. SUE-STEP (20) + RUN
  5. MIEL'S WHEELS
  6. ROW STROLL 6+
  7. MONKEY
  8. POTTY SHOT
  9. TROG
  10. SAWED OFF (10) + TZN
  11. BULLDOZER
  12. BUZZARD
  13. TRIFECTA! 6+
  14. GARGOYLE
  15. STAMPEDE
  16. JIGSAW
- A. YETI
  - B. SKATES
  - C. QUICKSAND (L)
  - D. BOULDER
  - E. KOBOLD
  - F. TIPPY-TAP
  - G. MILIPEDE (L)
  - H. PETRA
  - I. ALT SQUONQ
  - J. TIP-TOES (20) + RUN
  - K. CUJO (L)
  - L. GRECO
  - M. AMAROK
  - N. SPD SKATES (20) + RUN
  - O. SPARROW (L)
  - P. GREGORIAN (8) + RUN

# For years, Junkies have begged for a video library showcasing our exercises. That time is **FINALLY HERE** with the new Pro-Access Subscription!



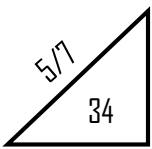
**What You Get:** Back-End access to Syphus Training's website that, until now, has only been reserved for Owners and Pros of Syphus Training. There you'll be able to browse 250+ tasks demonstrations, with more being added daily.

**What It Costs:** \$75.00 for 6 month's access.

**How It Works:** Upon subscription you'll receive a Gmail powered Syphus Training E-mail Account which will give you a behind the curtains view to see what the Pros see. Note: There is a one-time \$15.00 setup cost to create, host and monitor this account on our domain.

**How to Get It:** Head over to The Mothership's Mindbody site to make your purchase and read more of the fine print.

**I Don't Get It:** You've got questions; we've got answers. Send your questions to [motherboard@syphustraining.com](mailto:motherboard@syphustraining.com) and someone will follow up with you as soon as possible



SLOPE

# MINI GAUNTLETS

PERFORM THE TASK LISTED IN THE HEADING OF EACH GROUPING BETWEEN EACH TASK IN THE GROUPING.  
(ie. SPRINT, 1, SPRINT, 2, SPRINT, 3, SPRINT, 4, SPRINT, 5, SPRINT, 6)

## SPRINT

1. SHUFFLE
2. TOES (20) + RUN
3. MOGUL (20) + RUN
4. PLATE SHAKE 9+
5. W. CROOK
6. COALITION (10) + TZN

## KOBOLD

1. FLAMINGO (6) + TZN
2. XPP
3. ALI 22+
4. MUGGER (12) + RUN
5. PUSH UP (10) + RUN
6. BUCKS

## MONTAUK

1. INFINITY (20) + RUN
2. HAG 1:1
3. 45°
4. APE SHOOT!
5. GIMPY DOG
6. INCH WORM

## YIKES!

1. GALLOW 2-1-4-3-4-1
2. BULLY
3. MIEL'S WHEELS
4. SCORPION TO 3/BACK
5. SQUANTOES (20) + RUN
6. JOHNNY APPLESEED

## TWISTED

1. SKIPS
2. PEG LEG (8) + RUN
3. SL BRD BENCH (15) + TZN
4. REV BEAR
5. PINNED 2-1-3-1-4-1
6. LYCAN (10) + RUN

## SWAGGIN 1:1

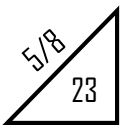
1. UNLEASHED
2. SWASHBUCKLER
3. GRYPHON (8) + PUSH
4. TURKEY
5. TALL ORDER 6+
6. JACKAL

## VIPER

1. OFFERING
2. LUMBERJACK (8) + RUN
3. RDL (8) + TZN
4. SLALOM
5. SPIKES
6. KOD (20) + TZN

## REV ARACHNID

1. WARLOCK
2. V-STEP (10) + RUN
3. EN GARDE
4. STORK (20) + TZN
5. POTTY SHOTS
6. STAMPEDE



SLOPE

=IBRIDIOUS

1. SPRINT
2. TWO-STEP (20) + RUN
3. SWAGGIN 1:1
4. HOT COALS (10) + RUN
5. TRIFECTA 6+

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

**RIPPLED**

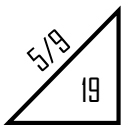
1. LYCAN UP (10) + RUN
2. POTTY SHOT
3. STAT ROW (6) + TZN
4. 3 PT. STANCE
5. SHUFFLE
6. DIABLO
7. TARASQ
8. O-BOR (10) + TZN
9. COBRA (10) + PUSH
10. 90° (10) + TZN
11. KOBOLD
12. SL MANTIS (8) + RUN

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  
 9,10,11,11  
 10,11,12,12

**ZENEX**

- |                             |    |
|-----------------------------|----|
| 1. KAMIKAZE 4-3-4-2-4-1-4-1 | 1X |
| 2. SL BOULDER               |    |
| <hr/>                       |    |
| 3. MIEL'S WHEELS            | 2X |
| 4. SAWED OFF (10) + TZN     |    |
| <hr/>                       |    |
| 5. HIKES                    | 3X |
| 6. REV HYDRA                |    |
| <hr/>                       |    |
| 7. TRUMPET 9+               | 4X |
| 8. PLATE PUSH               |    |

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



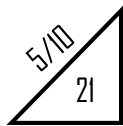
SLOPE

## DENALI & PLOTTED CHECKLIST

1	SHUFFLE	EN GARDE	MOGUL (20) + RUN	STAT W. LUNGE (10) + TZN <sup>6</sup>	HALO 2-1-3-1-4-1	INFINITY (20) + RUN	TURKEY <sup>11</sup>
2	HOT COALS (10) + RUN	TARZAN <sup>1</sup>	BUCKS	REV BULLDOG	SUICIDE 2-1-3-1-4-1	STAMPEDE	CYCLONE (12) + TZN
3	V-STEP (10) + RUN	ARACHNID	STAT W. SQUAT (10) + TZN <sup>4</sup>	STATARASQ (16) + RUN	SHWAGGIN 1:1 <sup>8</sup>	VENOM	ALI 22+ <sup>12</sup>
4	KAMIKAZE 4-3-4-2-4-1-4-1	SKIPS	SL INCH	W. ROTATING SQUAT <sup>7</sup>	BUCK UPS	SWAGGIN 1:1	REV BOVINE
5	PARATROOP (10) + RUN	W. GREMLIN <sup>2</sup>	TALL ORDER 6+	SPIKES	HAG 1:1	BOR (15) + TZN	GALLOW 2-1-4-3-4-1 <sup>13</sup>
6	CURL PRESS 5+	W. CROOK <sup>3</sup>	COALITION (10) + TZN	BUNYAN	JOHNNY APPLESEED <sup>9</sup>	JACKALOPE	DEATH ROW 2-1-3-1-4-1
7	PRIMATES 4-1-3-1-2-1	X PP	W. LUNGE <sup>5</sup>	BENCHED (30) + TZN	HIGH Xs <sup>10</sup>	ALT SQUONO	SKATES <sup>14</sup>

1 DOWN, 1 ACROSS, 2 DOWN, 2 ACROSS, 3 DOWN, 3 ACROSS, 4 DOWN, 4 ACROSS, 5 DOWN, 5 ACROSS, 6 DOWN, 6 ACROSS, 7 ACROSS.  
THEN CHECKLIST THE GRAY SQUARES 1-14 IN THAT ORDER.

Copyright Syphus Training, LLC © 2019. All Right Reserved.



SLOPE

PERFORM AS A CHECKLIST.  
DO EACH TASK NUMBER OF TIMES LISTED.  
PATTERN REMAINS THE SAME THROUGHOUT.

### MATTERHORN

4 HOT COALS (10) + RUN

1 BULLY

2 JIGGY (20) + RUN

---

4 EN GARDE

1 LYCAN (10) + RUN

2 HIKES

---

4 ROW STROLL 6+

1 BULLDOZER

2 SQ. JUMP (10) + RUN

---

4 SWAGGIN 1:1

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

2 OGRE (10) + TZN

---

4 SKUFFLE

1 GATOR TO 3

2 HACK-IT

1-12, 12-1

U

1. TURKEY

2. SUE-STEP (20) + RUN

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

4. MASTODON

5. JIGSAW

6. BUCKS

7. FROZEN CROOK 8

8. RAMBO (10) + RUN

9. VENOM

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

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

12. MONGOOSE

1-10

1-8

1-6

1-4

1-2

### REV MTN2

1. BANDIT (20) + RUN

2. VEXUM

---

3. B. LUNGE

4. YETI

---

5. OFFERING

6. TROG

---

7. POTTY SHOT

8. INCH WORM

---

9. TOES (20) + RUN

10. PETRA





## MANY MINIS

LIKE MOLE-HILLS WITH  
VARIED PROGRESSIONS

PERFORM EACH CIRCUIT  
AS YOU NORMALLY WOULD.

EXECUTE EACH CIRCUIT IN  
COLUMNS FROM TOP DOWN  
AND LEFT TO RIGHT.

SEE CIRCUIT GLOSSARY OR  
PRO FOR CIRCUIT KEYS.

### MTN

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1

### U

1. CURL PRESS 5+
2. BULLDOG
3. MIEL'S WHEELS

### MESA

1. LYCAN (10) + RUN
2. QUICK FT. (20) + RUN
3. TROG
4. TRIFECTA 6+
5. PINNED 2-1-3-1-4-1

### MTN

1. VEXED (10) + RUN
2. CYCLONE (12) + TZN
3. TWIX

### EL CYCLE

1. W. CROOK
2. MONGOOSE
3. BONSAI 3-1-4-2-4-1

### MTN2

1. ROW STROLL 6+
2. CURIOUS GEORGE
3. OFFERING
4. SHOT PUT

### CENTAUR 3

1. AMAROK
2. VENOM
3. KOBOLD

### MTN

1. B.O.R. (15) + TZN
2. HANG (10) + RUN
3. COBRA (10) + PUSH

### FADED

1. REV INCH
2. STAMPEDE
3. JACKAL
4. RAMPAGE (12) + RUN

### CHECKLIST (2)

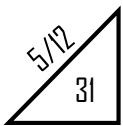
1. YAK
2. VIP (10) + RUN
3. GRECO

### HYBRID2

1. HIKES
2. SA PP
3. ATTACK-IT

### REV MTN2

1. ALI 22+
2. GARGOYLE
3. TALL ORDER 6+
4. BANDIT (20) + RUN



SLOPE

1-5, 6AGA

1-5, 6B6B

1-5, 6C6C

1-5, 6D6D

## REPTILIAN2

1. EN GARDE
  2. QUICK FT. (20) + RUN
  3. STAT SWAG (20) + TZN
  4. TYSON
  5. POTTY SHOT
- 
- 6A. RIBBITS (10) + RUN
- 6B. MASTODON
- 6C. REV B.N.C.
- 6D. DEVIL

1234444

123333

122

1

## REVERTEX

1. DENSER 2-1-3-1-4-1
2. B. LUNGE
3. MONGOOSE
4. 3 PT. STANCE

1-6

1-6

1-6

## CHECKLIST(3)

1. GALLOW 2-1-4-3-4-1
2. YETI
3. SAWED OFF (10) + TZN
4. SPEED SKATES (20) + RUN
5. TROG
6. PIRATE

1-8

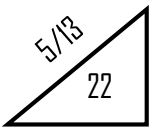
2-7

3-6

4,5

## SHRINKING

1. INCH + PUSH UP
2. APE SHOOT!
3. STORK (20) + TZN
4. ALI 22+
5. ROW STROLL 6+
6. TUCKS (10) + RUN
7. RDL (8) + TZN
8. M.F.T.



SLOPE

- 1-3,3-1
- 1-6,6-4
- 1-9,9-7

**UTN**

1. SHUFFLE
2. QUICK FT. (20) + RUN
3. MOGUL (20) + RUN

---

4. STAMPEDE
5. HANG (10) + RUN
6. MONKEY

---

7. MIEL'S WHEELS
8. BUNYAN
9. ARACHNID

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

**MT. NEVEREST**

**1X GRECO**

**2X HIKES**

**3X BULLY**

**4X VEXUM**

1234  
1234  
1234  
1234  
1234

**DARK SIDE**

1. REV MASTODON
2. EXPLOSIONS
3. SKY HIGH 4-1
4. TOES (20) + RUN

**WICCA**

**TAKE OFF!**

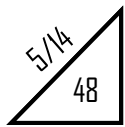
**HALO 2-1-3-1-4-1**

**SQUANTOES (20) + RUN**

1-8  
8-1  
1-8

**W**

1. BONSAI 3-1-4-2-4-1
2. VIP (10) + RUN
3. WIZARD
4. BENCHED (30) + TZN
5. TIPPY-TAP
6. JACKALOPE
7. JIGGY (20) + RUN
8. PRIMATES 4-1-3-1-2-1



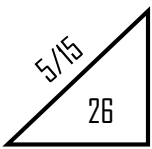
# CHECKLIST, ODDS, EVENS

1-42

1-41 ONLY ODDS

2-42 ONLY EVENS

1. TWO-STEP (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. SQUONQ
4. SWAGGIN 1:1
5. W. GREMLIN
6. TRUMPET 9+
7. RAMBO (10) + RUN
8. INFINITY (20) + RUN
9. HIKES
10. LYCAN (10) + RUN
11. PARATROOP (10) + RUN
12. GORGON (8) + RUN
13. CRAISE (20) + TZN
14. BUCKS
15. TARASQ
16. XPP
17. TURKEY
18. APE SHOOT!
19. OGRE (10) + TZN
20. TYPHON
21. YETI
22. SPEED SKATES (20) + RUN
23. CALF-IN-ATOR
24. GRIFTER (8) + SA PP
25. CYCLONE (12) + TZN
26. SUPP 10
27. SKULLS (10) + TZN
28. SUICIDE 2-1-3-1-4-1
29. WIDE PISTON (10) + TZN
30. ROOTED GROOT (8) + PUSH
31. CHICKIN 2-1-3-1-4-1
32. JANGLE LEG3
33. B.O.R. (15) + TZN
34. MONTAUK
35. HACK-IT
36. SUE-STEP (20) + RUN
37. JUNKIE JUMP (8) + RUN
38. HAG 1:1
39. CROAKIN
40. CURL WALK 6+
41. SL BOULDER
42. NEAPOLITAN



SLOPE

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

## MTN2

1. HOT COALS (10) + RUN
2. SKIPS

---

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

---

5. POTTY SHOTS
6. ALT SQUONQ

---

7. CYCLONE (12) + TZN
8. REV BULLDOG

---

9. SLAP JACK
10. PETRA

- 1123
- 2234
- 3345
- 4456
- 5567
- 6678
- 7789
- 88910

## FLIPPED

1. FROGS
2. O-PINNED 2-1-3-1-4-1
3. MIEL'S WHEELS
4. SPIKES
5. AMAROK
6. F. LUNGE
7. TRIFECTA! 6+
8. SCALAWAG
9. GBD (15) + RUN
10. STACK SHOT

## ANY PUSH GAUNTLET

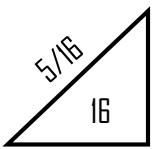
1. SUE-STEP (20) + RUN
2. GARGOYLE
3. BUZZARD
4. SL PUSH UP (10) + RUN
5. VEXED (10) + RUN
6. BOVINE →

ANY PUSH, TASK, DIFF  
 PUSH, TASK...  
 - NO REPEATS  
 - NO REGULAR OR  
 XPPS PERMITTED

7. RDL (8) + TZN
8. RAMPAGE (12) + RUN
9. MUGGER (12) + RUN
10. JAGGER (12) + RUN
11. DECALF
12. JABBERWOCKY

## PUSH OPTIONS

BullDozer	Crazy Legs
Boulder	DeLaura
SL Boulder	Gimpy Dog
Jangle Leg3	Calf-in-ator
Neapolitan	Cray-Cray
SA P.P.	Gargantuan
Enforcer Push	Swashbuckler
Take Off!	
Razor Push	JigSaw
Mogul Push	Boulder Push
Vexum	Greco Push
Venom	Warlock



SLOPE  
\*898 OK

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

## EXPANDING

1. RESURRECTION
2. RIBBITS (10) + RUN
3. V-STEP (10) + RUN
4. COALITION (10) + TZN
5. QUICK FT. (20) + RUN
6. GALLOW 2-1-4-3-4-1
7. HIKES
8. BEAR
9. ABD. MANTIS (8) + TZN.
10. SWASHBUCKLER

## INTERMITTENT GLUED PLATE

### MOLE-HILLS CHECKLIST (2)

- 1-3 1. PLATE SHAKE 9+
- 1-3 2. DEATH ROW 2-3-1-4-1
- 1,2 3. KITCHEN SINK (10) + TZN
  - 1-3 1. TURKEY
  - 1-3 2. BONSAI 3-1-4-2-4-1
    - 1,2... 1. SWAGGIN 1:1
    2. CURL MADNESS 3+PIN
    3. JOHNNY APPLESEED
      1. STAMPEDE
      2. TYSON
        1. PINNED 2-1-3-1-4-1
        2. TROMBONE 6+
        3. RDL (8) + TZN
          1. RAMBO (10) + RUN
          2. VIPER

III  
222  
333  
444  
555

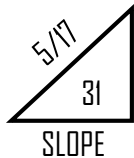
## CENTAUR3

1. TWINKLE TOES (30) + TZN
2. ENFORCER
3. BANDIT (20) + RUN
4. MONGOOSE
5. B.N.C.

12345  
1234  
123  
12  
1

## REV MTN

1. MT. CLIMB (20) + RUN
2. YIKES!
3. JACKALOPE
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. CUJO Ⓛ



PERFORM AS A CHECKLIST AND DO EACH  
TASK NUMBER OF REPS INDICATED

## CHAOS

**2 EN GARDE**

**2 TWO-STEP (20) + RUN**

**1 STAT SWAG (20) + TZN**

**4 V-STEP (10) + RUN**

**2 HIKES**

**3 SQUIBBLE**

**1 CURL WALK 6+**

**1 SAWED OFF (10) + TZN**

**3 SKATES**

**2 RDL (8) + TZN**

**1 NEAPOLITAN**

**5 PLATE SHAKE 9+**

**1 ARACHNID**

1,2,3

1,2,3,44,55,66

1,2,3,44,55,66,777,888,999

1,2,3,44,55,66,777,888,999, 10 10 10, 11 11 11, 12 12 12 12

## ZENITH X 3

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

**2. SA DIABLO 1X**

**3. PETRA**

---

**4. W. STAT SQ. (10) + TZN**

**5. JAGGER (12) + RUN 2X**

**6. BENCHED (30) + TZN**

---

**7. CROOK**

**8. SL MANTIS (8) + RUN 3X**

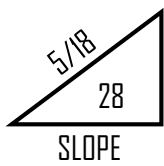
**9. MT. CLIMB (20) + RUN**

---

**10. REV BULLDOG**

**11. QUICK FT. (20) + RUN 4X**

**12. PLATE PUSH**



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

## WARM UP VERTEX

1. EN GARDE
2. SUE-STEP (20) + RUN
3. V-STEP (10) + RUN

## VERTICE

THIS CIRCUIT BLENDS VERTEX AND ZENITH. PERFORM EACH COLORED SECTION AS A CHECKLIST. DO EACH CHECKLIST THE NUMBER OF TIMES NOTED ON THE RIGHT THE FIRST TIME YOU GET TO THAT SECTION AND THEN ONLY ONCE EVERY TIME THEREAFTER.

### FULL ORDER:

A  
A, AB, AB  
A, AB, ABC, ABC, ABC,  
A, AB, ABC, ABCD, ABCD, ABCD, ABCD  
A, AB, ABC, ABCD, ABCDE, ABCDE, ABCDE, ABCDE, ABCDE

## VERTICE

- |                               |           |
|-------------------------------|-----------|
| A. <b>TROMBONE 6+</b>         | <b>1X</b> |
| <hr/>                         |           |
| A. <b>MOGUL PUSH</b>          | <b>2X</b> |
| B. <b>TAUNTAUN</b>            |           |
| <hr/>                         |           |
| A. <b>MONKEY</b>              |           |
| B. <b>3 PT. STANCE</b>        | <b>3X</b> |
| C. <b>CURL WALK 6+</b>        |           |
| <hr/>                         |           |
| A. <b>SQ JUMP (10) + RUN</b>  |           |
| B. <b>VEXJM</b>               | <b>4X</b> |
| C. <b>SKULLS (10) + TZN</b>   |           |
| D. <b>CHICKIN 2-1-3-1-4-1</b> |           |
| <hr/>                         |           |
| A. <b>MIEL'S WHEELS</b>       |           |
| B. <b>BONSAI 3-1-4-2-4-1</b>  |           |
| C. <b>SHWAGGIN 1:1</b>        | <b>5X</b> |
| D. <b>INCH WORM</b>           |           |
| E. <b>GARGOYLE</b>            |           |





SLOPE

## MTN2

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

1. HOT COALS (10) + RUN
2. STAMPEDE
3. PLATE SHAKE 9+
4. KOBOLD
5. RAMPANT (10) + RUN
6. NEAPOLITAN
7. TRIFECTA! 6+
8. DIABLO
9. REV HYDRA
10. ARACHNID

1.1.1.2.2.2, 3A  
1.1.1.2.2.2, 3B  
1.1.1.2.2.2, 3C  
1.1.1.2.2.2, 3D

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

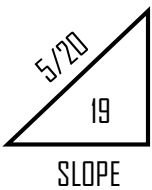
1. AMAROK
2. ROOSTER (10) + TZN
3. MANTIS (8) + RUN
4. ENFORCER
5. JAGGER (12) + RUN

## CEPTILIAN3

1. INFINITY (20) + RUN
  2. TYSON
- 
- 3A. SCORPION TO 3/BACK
  - 3B. W. LUNGE
  - 3C. BULLSHIT
  - 3D. OZARK

## CROSS-FIRE

- A. STORK (20) + TZN
- B. KITCHEN SINK (10) + TZN
- C. THRASHER



## CHAMELEON

- 1A. SUE STEP (20) + RUN
- 1B. TWO-STEP (20) + RUN
- 1C. TIP-TOES (20) + RUN
- 1D. HOT COALS (10) + RUN

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

**3. BULLY**

**4. VIP (10) + RUN**

**5. ROW STROLL 6+**

**6A. GROWLER**

**6B. BULLDOG**

**6C. MONGOOSE**

**6D. MONKEY**

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

PERFORM AS A CHECKLIST.  
DO EACH TASK NUMBER OF TIMES LISTED.  
REP PATTERN REMAINS THE SAME THROUGHOUT.

## MATTERHORN

**2 POGOTO (6) + TZN**

**1 W. CROOK**

**2 HANG (10) + RUN**

**2 OPA (8) + TZN**

**1 REV B.N.C.**

**2. FLAMINGO (6) + TZN**

**2 SQUONK**

**1 NO GIMMIES**

**2 BANDIT (20) + RUN**

**2 HALO 2-1-3-1-4-1**

**1 LYCAN (10) + RUN**

**2 KAMIKAZE 4-3-4-2-4-1-4-1**

**2 MANTIS (8) + RUN**

**1 SLUSKI**

**2 F. LUNGE**

**2 BENCHED (30) + TZN**

**1 DEVIL**

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

- 1
- 1.22
- 1.2,333
- 1.2,3,4444
- 1.2,3,4,55555

## VERTEX

**1. SA BOULDER**

**2. TARASQ**

**3. SWAGGIN 1:1**

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

**5. PLATE PUSH**

- 1-5
- 5-1

**U**

**1. STAMPEDE**

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

**3. LEPRECHAUN**

**4. VIPER**

**5. HIKES**

# For years, Junkies have begged for a video library showcasing our exercises. That time is **FINALLY HERE** with the new Pro-Access Subscription!



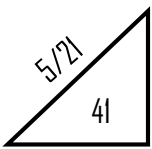
**What You Get:** Back-End access to Syphus Training's website that, until now, has only been reserved for Owners and Pros of Syphus Training. There you'll be able to browse 250+ tasks demonstrations, with more being added daily.

**What It Costs:** \$75.00 for 6 month's access.

**How It Works:** Upon subscription you'll receive a Gmail powered Syphus Training E-mail Account which will give you a behind the curtains view to see what the Pros see. Note: There is a one-time \$15.00 setup cost to create, host and monitor this account on our domain.

**How to Get It:** Head over to The Mothership's Mindbody site to make your purchase and read more of the fine print.

**I Don't Get It:** You've got questions; we've got answers. Send your questions to [motherboard@syphustraining.com](mailto:motherboard@syphustraining.com) and someone will follow up with you as soon as possible



SLOPE

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

# THE RAPTURE

## MESA

1. BONSAI 3-1-4-2-4-1
2. SKATES
3. V-STEP (10) + RUN
4. ALI 22+
5. STAT CURL (6) + TZN
6. PLATE PUSH
7. STORK (20) + TZN

CHECKLIST  
PERFORM REPS  
INDICATED

## CHAOS

- 2 EN GARDE
- 3 MT. CLIMB (20) + RUN
- 1 JACKAL
- 2 SKULLS (10) + TZN
- 3 MONTAUK
- 1 JESTER
- 2 SL DGRE (10) + TZN
- 3 BULLY

ORDER  
MESA  
=  
CHAOS  
=  
MTN  
=  
ANDI  
=  
=

A.

B.

1,2,1,3  
2,3 =IBRIDUS ★  
1. W. STAT SQUAT (10) + TZN  
2. BULLDOG  
3. COBRA (10) + PUSH

C.

D.

- 1
- 12
- 123
- 1234
- 12345
- 123456

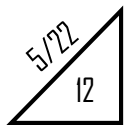
## MTN

1. TARASQ
2. DEATH ROW 2-3-1-4-1
3. INFINITY (20) + RUN
4. STAT SWAG (20) + TZN
5. TYPHON
6. DENSER 2-1-3-1-4-1

- 1
- 112
- 111223
- 1111222334

## ANDI

1. MONKEY
2. TURKEY
3. REV PLATE PUSH
4. DEVIL



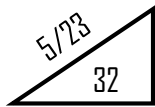
SLOPE

1-5  
1-10  
1-15  
1-20  
1-25  
1-30

# MTN5

**RUNS**  
**SQUONQ BASE**  
**CARRY/UPPER**  
**THROW**  
**JUMP**

1. RUN
2. SQUONQ
3. SWAGGIN 1:1
4. HIKES
5. TOES(20) + RUN
6. SUICIDE 2-1-3-1-4-1
7. KOBOLD
8. CURL PRESS 5+
9. APE SHOOT!
10. SQ. JUMP (10) + RUN
11. BONSAI 3-1-4-2-4-1
12. MONGOOSE
13. K.O.D. (20) + TZN
14. SPIKES
15. TYPHON
16. GALLOW 2-1-4-3-4-1
17. PETRA
18. STROW 1:1
19. THRASHER
20. HANG MADNESS 6
21. SHUTTLE 3-2-4-2-3-1
22. PIRATE
23. CYCLONE (12) + TZN
24. ANACONDA
25. POUNCER (10) + RUN
26. KAMIKAZE 4-3-4-2-4-1-4-1
27. GREGO
28. DENSER 2-1-3-1-4-1
29. STRANGLEHOLD
30. FROGS



SLOPE

1-12

1-12

## CHECKLIST(2)

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. INFINITY (20) + RUN
6. 3 PT. STANCE
7. LYCAN (10) + RUN
8. KNEELING SWAG (15) + TZN
9. PEG LEG (8) + RUN
10. ENFORCER
11. RAMBO (10) + RUN
12. MASTODON

122

122344

122344566

122344566788

## 1,2 PUNCH MTN2

1. YIKES!
2. TRIFECTA! 6+
3. SLUSKI
4. JAGGER (12) + RUN
5. RDL (8) + TZN
6. GARGOYLE
7. EN GARDE
8. JACK BOX

1,6

1,2,6,7

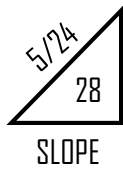
1,2,3,6,7,8

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

1-10

## SPLIT-PEAK

1. W. GREMLIN
2. POTTY SHOT
3. ROOSTER (10) + TZN
4. STAT. W. LUNGE (8) + TZN
5. DIABLO
6. TYSON
7. PUSH UP (10) + RUN
8. TROG
9. VENOM
10. 313



## PICK YOUR GAUNTLET

AFTER PERFORMING THE WARM UP MTN, CHOOSE ANY TASK FROM THE GAUNTLET BANK AND PERFORM THAT TASK BEFORE EACH TASK IN GAUNTLET 1. MOVE ONTO GAUNTLET 2 AND CHOOSE A DIFFERENT TASK FROM THE BANK. CONTINUE CHOOSING A NEW TASK FOR EACH GAUNTLET, NO REPEATS.

### GAUNTLET BANK

- A. 3 PT STANCE
- B. GROWLER
- C. STATROG (10) + RUN
- D. NO GIMMIES
- E. BOVINE
- F. GBD (15) + RUN
- G. BOR (15) + TZN
- H. BUZZARD
- I. MANTIS (8) + RUN
- J. LUMBERJACK (8) + RUN

1  
1.2  
1.2.3  
1.2.3.4

## WARM UP MTN

- 1. RUN
- 2. QUICK FT (20) + RUN
- 3. W. CROOK
- 4. PLATE PUSH

### GAUNTLET 3

- 1. BULLDOZER
- 2. BANDIT (20) + RUN
- 3. OFFERING
- 4. DIABLO
- 5. MOGUL (20) + RUN

### GAUNTLET 6

- 1. GIMPY DOG
- 2. 0-PINNED 2-1-3-1-4-1
- 3. RAMPANT (10) + RUN
- 4. ROOTED GROOT (8) + PUSH
- 5. KOBOLD

### GAUNTLET 1

- 1. F. LUNGE
- 2. LYCAN (10) + RUN
- 3. CURL WALK 6+
- 4. TYSON
- 5. SL BUCKS

### GAUNTLET 4

- 1. TALL ORDER 6+
- 2. AMAROK
- 3. KOD (20) + TZN
- 4. ALI 22+
- 5. HALO 2-1-3-1-4-1

### GAUNTLET 7

- 1. MT. CLIMB (20) + RUN
- 2. ENFORCER
- 3. SAWED OFF (10) + TZN
- 4. JAGGER (12) + RUN
- 5. TAUNTAUN

### GAUNTLET 2

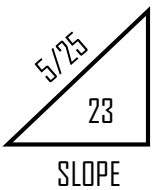
- 1. TRIFECTA 6+
- 2. STORK (20) + TZN
- 3. RIBBITS (10) + RUN
- 4. REV BEAR
- 5. JIGGY (20) + RUN

### GAUNTLET 5

- 1. SPD SKATES (20) + RUN
- 2. SKIPS
- 3. COALITION (10) + TZN
- 4. JUNKIE JUMP (8) + RUN
- 5. REV INCH

### GAUNTLET 8

- 1. SL BOULDER
- 2. TROMBONE 6+
- 3. SHUTTLE RUN 3-2-4-2-3-1
- 4. SL TOES (20) + RUN
- 5. REVIVAL



1 A1,A2  
12 B1,B2  
123 C1,C2  
1234 D1,D2  
12345 E1,E2  
123456 F1,F2

### XION N+N

- 1. TWO-STEP (20) + RUN
- 2. EN GARDE
- 3. V-STEP (10) + RUN
- 4. PINNED 2-1-3-1-4-1
- 5. SQ. THRUST (10) + RUN
- 6. QUICKSAND (L)

- A1 MOGUL (20) + RUN
- B1 MIEL'S WHEELS
- C1 STORK (20) + TZN
- D1 SLING SHOT 3-2-4-2-3-1
- E1 90° (10) + TZN
- F1 TARASQ

- A2 GALLOW 2-1-4-3-4-1
- B2 STAT ROW (6) + TZN
- C2 HIKES
- D2 ARACHNID
- E2 MONKEY
- F2 RAMP UP (8) + RUN

1-12  
12-1 **U-TURN**

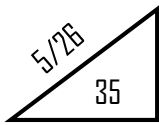
- 1. SCALAWAG
- 2. JACKAL
- 3. RIBBITS (10) + RUN
- 4. SHOT PUT
- 5. BANDIT (20) + RUN
- 6. SA PP
- 7. TALL ORDER 6+
- 8. VEXED (10) + RUN
- 9. BOULDER
- 10. CURL MADNESS 3+PIN
- 11. TAUNTAUN
- 12. NEAPOLITAN

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

### REV MTN4

- 1. YETI
- 2. APE SHOOT!
- 3. PLATE PUSH
- 4. SHUFFLE
- 5. REV HYDRA
- 6. LOWLY (10) + RUN
- 7. BULLY
- 8. ALI 22+
- 9. REV BOVINE
- 10. SKULLS (10) + TZN
- 11. SKIPS
- 12. MOGUL 6 TO FROG
- 13. TIPPY-TAP
- 14. DELAURA
- 15. KAMIKAZE 4-3-4-2-4-1-4-1
- 16. C.H.B.





SLOPE

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

### CROSS-FIRE

1. SUICIDE 2-1-3-1-4-1
2. RAMBO (10) + RUN
3. PLATE SHAKE 9+
4. BALL N CHAIN
5. REV BEAR

- A. SWAGGIN 1:1
- B. TWINKLE TOES (30) + TZN
- C. SAWED OFF (10) + TZN

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

### MTN3

1. SPEED SKATES (20) + RUN
2. INFINITY (20) + RUN
3. AMAROK

---

4. MASTODON
5. STAMPEDE

---

6. STORK (20) + TZN

---

7. BANDIT (20) + RUN
8. 3 PT. STANCE
9. BAYOK (6) + RUN

---

10. JOHNNY APPLESEED
11. BONSAI 3-1-4-2-4-1
12. GATOR TO 3

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

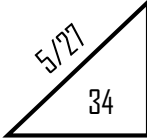
### REPTILIAN<sup>2</sup>

1. PLATE PUSH
2. D-PINNED 2-1-3-1-4-1
3. KOBOLD
4. RIBBITS (10) + RUN
5. TWO STEP MADNESS <sup>10</sup>

6A. WICCA

6B. TWEAKER <sup>(L)</sup>

6C. JACK ASS



# GONE FISHIN'

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. RAMBO (10) + RUN
4. OFF THE DOCK

- 
1. SWAGGIN 1:1
  2. YIKES!
  3. OFF THE DOCK

- 
1. SAPP
  2. TALL ORDER 6+
  3. BULLDOG
  4. OFF THE DOCK

- 
1. OGRE (10) + TZN
  2. OFF THE DOCK

- 
1. POTTY SHOT
  2. TURKEY
  3. SQ. THRUST (10) + RUN
  4. SHALLOW WATER

- 
1. HOPSCOTCH
  2. GARGOYLE
  3. PUSH UP (10) + RUN
  4. SHALLOW WATER

1. ROW STROLL 6+
2. RDL (8) + TZN
3. SHALLOW WATER

- 
1. ALI 22+
  2. SQUONQ
  3. SHALLOW WATER

- 
1. FLAMINGO (6) + TZN
  2. QUICKSAND Ⓛ
  3. DEEP SEA

- 
1. V-STEP (10) + RUN
  2. SQUIBBLE
  3. SCORPION TO 3/BACK
  4. DEEP SEA

- 
1. VENOM
  2. BONSAI 3-1-4-2-4-1
  3. DEEP SEA
  4. ANACONDA
  5. DEEP SEA

## OFF THE DOCK

1. BNC
2. MOGUL MADNESS<sup>10</sup>
3. DEATH ROW 2-1-3-1-4-1
4. PINNED 2-1-3-1-4-1
5. HALO 2-1-3-1-4-1

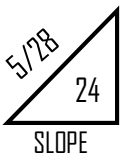
## SHALLOW WATER

1. PEG LEG (8) + RUN
2. SL GORGON (8) RUN
3. GRYPHON (8) + PUSH
4. COBRA (10) + PUSH
5. SINISTER (6) + PUSH

## DEEP SEA

1. TORO
2. SLINGSHOT 3-2-4-2-3-1
3. SL BUCKS
4. WINDOW WASH
5. JOUNCE 2-1-3-1-4-1

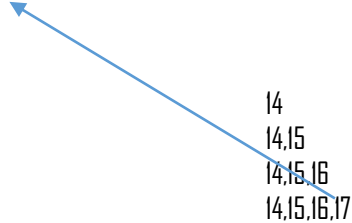
1  
12  
123  
1234  
1  
12  
123  
1  
12  
123  
1234...



# MOUNTAINOUS MOLE HILLS

ONCE YOU PERFORM MOLE-HILLS, RETURN TO THE BEGINNING AND COMPLETE AS A MTN IN SECTIONS USING THE FOLLOING KEY:

- 1-3
- 1-6
- 1-9
- 1-13
- 1-17



1  
1,2  
1,2,3

1. HIGH KNEES
2. QUICK FT. (20) + RUN
3. VIP (10) + RUN

**BODY WEIGHT CARDIO**

4  
4,5  
4,5,6

4. ROW STROLL 6+
5. B.O.R. (15) + TZN
6. 90° PISTON (10) + TZN

**UPPER BODY**

7  
7,8  
7,8,9

7. BEAR
8. YETI
9. GROWLER

**CRAWL**

10  
10,11  
10,11,12  
10,11,12,13

10. HOPSCOTCH →
11. F. LUNGE
12. SL TOES (20) + RUN
13. W. STAT SQUAT (10) + TZN

THIS IS IN THE SCORES AS A TWIX, LEAVE AS IS. THROWBACK WORKOUT. DO HOPSCOTCH. SCORE TWIX

**LOWER BODY**

14  
14,15  
14,15,16  
14,15,16,17

14. VENOM
15. BUCKS
16. INCH WORM
17. JACKALOPE

**PLATE WORK**



SLOPE

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

## CROSS-FIRE

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. COALITION (10) + TZN
3. PLATE PUSH
4. VEXED (10) + RUN
5. B.N.C.

- A. SQUONQ
- B. PLATE SHAKE 9+
- C. SLAP JACK

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

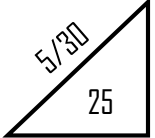
N

1. QUICK FT. MADNESS 10
2. SHALD 1:1
3. TYSONS
4. SL MANTIS (8) + RUN
5. JABBERWOCKY
6. YIKES
7. BUZZARD
8. STORK (20) + TZN
9. TYPHON
10. SLINGSHOT 3-2-4-2-3-1

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

## VERTEX

1. SAPP
2. REV BOVINE
3. SPEED SKATES (20) + RUN
4. KOBOLD
5. SWAGGIN 1:1



SLOPE

WARM UP CHECK(2)

1-3

1-6

U-TURN

1-9

REV HYBRID2

1-12

CAVITY

1-15

## INTERRUPTED MTN3

1. ROW STROLL 6+
2. MOWGLI (12) + RUN
3. SQ. JUMP (10) + RUN

---

4. YETI
5. 3 PT. STANCE
6. TRUMPET 9+

---

7. DELAURA
8. SKUFFLE
9. JAGGER (12) + RUN

---

10. BULLDOG
11. SL OGRE'S (10) + TZN
12. KNEELING SWAG (15) + TZN

---

13. SQUANTOES (20) + RUN
14. SHOT PUT
15. TAKE OFF!

1-5  
5-1

## U-TURN

1. FLYING MONKEY
2. STAMPEDE
3. APE SHOOT!
4. MIEL'S WHEELS
5. PABLO

1122333  
1122  
11

## REV HYBRID2

1. RAZOR
2. TUTOR
3. CHICKIN 2-1-3-1-4-1

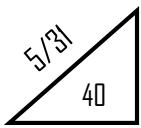
## WARM UP CHECKLIST(2)

1. SUE STEP (20) + RUN
2. GALLOW 2-1-4-3-4-1
3. TURKEY
4. INFINITY (20) + RUN
5. GORGON (8) + RUN

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

## CAVITY

1. REV GROWLER
2. TIPPY-TAP
3. HELLION
4. REV VIPER
5. SKY HIGH 4-1
6. SQUIBBLE



SLOPE

## EQUALIBRIOUSITY

PERFORM EACH SECTION AS A CHECKLIST  
AND IN THE FOLLOWING ORDER:

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

B, C, B, D, B, E

C, D, C, E

D, E

**A**

1. SHUFFLE
2. TURKEY
3. SWAGGIN 1:1
4. HOT COALS (10) + RUN
5. V-STEP (10) + RUN

---

**6. HIKES**

**7. TROMBONE 6+**

**8. HANG (10) + RUN**

**9. MONTAUK**

**10. TOES (20) + RUN**

---

**11. REV B.N.C.**

**12. KOBOLD**

**13. VENOM**

**14. REV BULLDOG**

**15. TROG**

---

**16. BUCKS**

**17. SUICIDE 2-1-3-1-4-1**

**18. JACKALOPE**

**19. BENCHED (30) + TZN**

**20. O-PINNED 2-1-3-1-4-1**

---

**21. WARRIOR**

**22. STACK SHOT**

**23. REVIVAL**

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

**25. WICCA**

**B**

**C**

**D**

**E**

# 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 Madness10	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 Madness10	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		

	<b>TIER 1 - A</b>	<b>TIER 1 - D</b>	Row Strall 3D+	Twinkle Toes (3D) + TZN	<b>TIER 3 - B</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	<b>TIER 2 - D</b>	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	
<b>TIER 1 - B</b>	W. Gremlin	Stat. Curl (6) + TZN	Frogs	Hydra	Take Off	
En Garde	<b>TIER 2 - A</b>	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	<b>TIER 3 - D</b>	
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	<b>TIER 2 - C</b>	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	
<b>TIER 1 - C</b>	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	<b>TIER 3 - A</b>	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	<b>TIER 3 - C</b>	Ogre's Bridge (1D) + Tzan	
Sky High 4-1	<b>TIER 2 - B</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	<b>TIER 5 - B</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	Bullshlt
Twisted	SL Push Up (10) + Run	Swashbuckler	Mogul Mayhem	Rampant Mayhem	Curl Madness
Venom	Slugnutter	<b>TIER 4 - C</b>	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
<b>TIER 4 - A</b>	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	<b>TIER 4 - B</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)	DeGalf	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	<b>TIER 5 - A</b>	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. 1,8,1,2,7,8,12,3,6,7,8,12,3,4,5,6,7,8
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 5/2 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 MAY 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