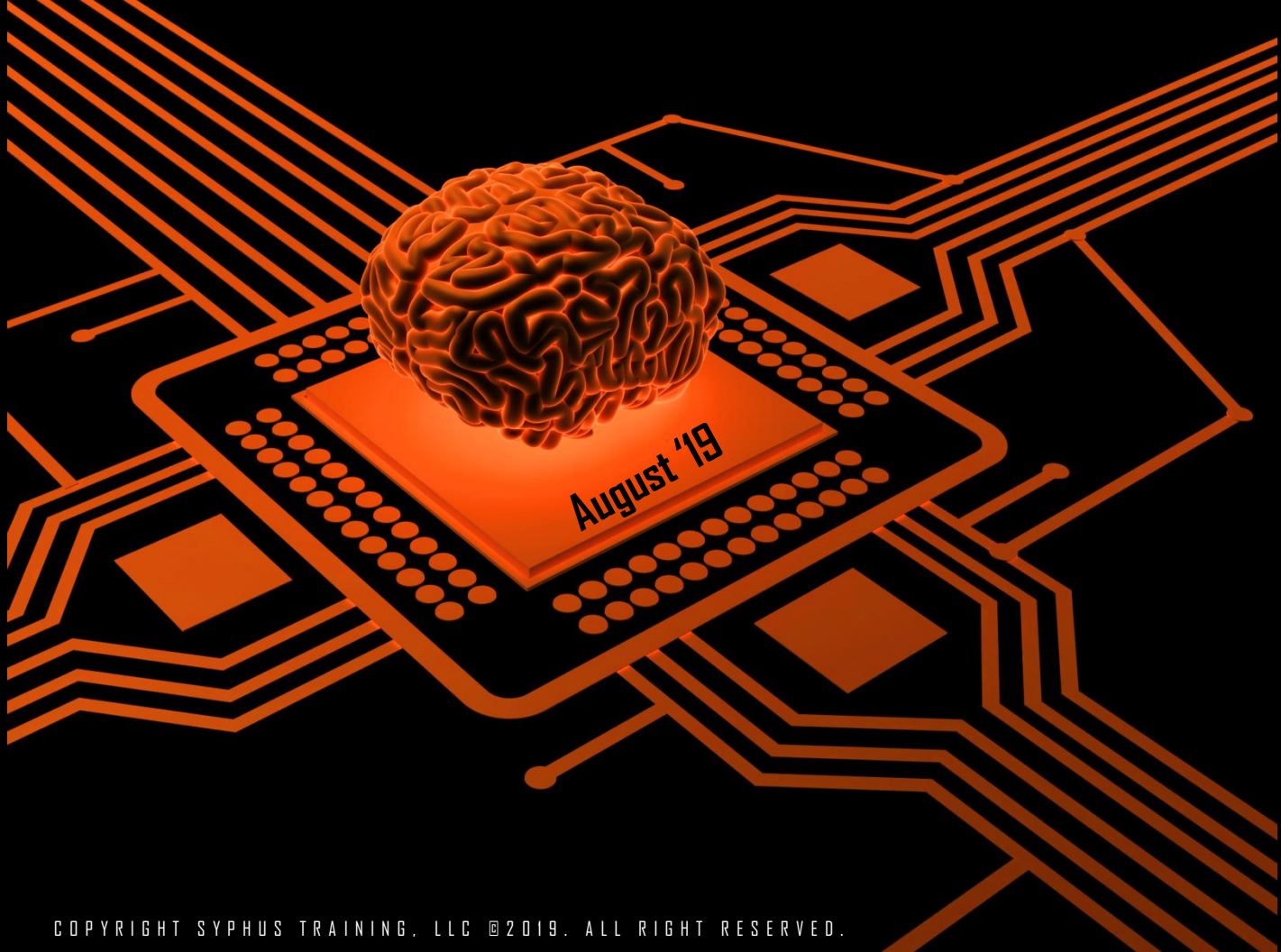


M  
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### The Motherboard Service:

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

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

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

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### Updates:

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# CONTENTS

PAGE 4.....SCHEDULE

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

PAGE 6-45.....THIS MONTH'S BOARDS

PAGE 46.....MODIFICATION INDEX HOW-TO

PAGE 47-49.....ALPHA-MODIFICATION INDEX

PAGE 50-52 .....TIER-MODIFICATION INDEX

PAGE 53-56.....CIRCUIT GLOSSARY

PAGE 57.....THE SYPHER



# AUGUST 2019 SCHEDULE



HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

Date	Workout	ROQ CAP	Slope	Date	Workout	ROQ CAP	Slope
8/1	VIRTUAL PYP INTERRUPTED MTN3	986	26	8/16	Matterhorn   Koppa   Rev Zenith	1033	35
8/2	Chaos   Rev Mtn2   Flipped	966	29	8/17	Rippled   Ceptilian3   Mid-Point MTN	904	12
8/3	Matterhorn   Reptilian   Uplift	900	27	8/18	*INKBLOT "Cram Sesh" Mole-Hills	978	30
8/4	Labyrinth	946	34	8/19	*INKBLOT* Hybrid2 MTN3   U   Xion2	925	38
8/5	Cul-de-sacs	1033	45	8/20	*INKBLOT* Checklist, C2, Odds, Evens	923	24
8/6	P.T.F. Shuttle   N   Checklist(2)'s	1106	51	8/21	*INKBLOT* EXPANDING   CHECKLIST(3)   UPLIFT	928	43
8/7	Form First Chuck-It	1016	40	8/22	*INKBLOT* PLATONIC w/BW Warm Up	978	35
8/8	Mt. Olympus 18	1050	31	8/23	*INKBLOT* MTN2   Reptilian2   Chaos	978	31
8/9	U-turn   Light Side   Zenith	1001	26	8/24	*INKBLOT* Cross-Lists	1082	47
8/10	True Peaks Redo	984	44	8/25	MTN   HIVE	1100	42
8/11	Pick Your Gauntlets	970	28	8/26	Reptilians	914	24
8/12	Gone Fishin March	991	16	8/27	DENALI	901	30
8/13	Mt. Neverlist   Faded Hybrid2   Checklist (2)	1089	48	8/28	Faded2   EL Cycle   Moles	1022	26
8/14	8 Mini Circuits	959	38	8/29	Cavity   Light Side   Centaur 3   Chameleon	1147	35
8/15	MTN2   =Ateral   Mesa	935	44	8/30	PYP Hatter	912	28
				8/31	Cardio Rev MTN2   Rev Hybrid2   Reptilian	877 OK	4

**Slope:** Difficulty ranking from 1-50. 1 has generally "easier" tasks often yielding lower scores, while 50 has "harder" tasks for higher scores.



# HOW TO READ THE MOTHERBOARD

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

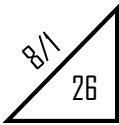
EQUALATERAL

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.



SLOPE

# VIRTUAL PYP INTERRUPTED MTN3

JUNKIES VOTED via FACEBOOK WHICH "INTERRUPTIONS" WILL BE SELECTED.  
FINAL TALLY FOR EACH CIRCUIT HIGHLIGHTED.

- 1-3
- 1-6, =IBRIOUS
- 1-9, CHECK(2)
- 1-12, C3
- 1-15, U-TURN

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

121314

2. QUICK FT. (20) + RUN

2324

3. SHUFFLE

34

4. MUGGER (12) + RUN

5. POTTY SHOT

6. TOES (20) + RUN

1-6

7. PUSH UP (10) + RUN

1-6

8. JUNKIE JUMP (8) + RUN

9. SA PP

10. MT. CLIMB (20) + RUN

11. COBRA (10) + PUSH

III

12. GARGANTUAN

222...

13. STORK (20) + TZN

14. STACK SHOT

15. THRASHER

34 votes

A. =IBRIOUS

1. XPP

2. TAUNTAUN

3. VEXED (10) + RUN

4. MONTAUK

22 votes

C. CHECKLIST(2)

1. TROG

2. SL BRD BENCH (15) + TZN

3. YETI

4. FLYING MONKEY

5. SWASHBUCKLER

6. SCURL 1:1

31 votes

E. C3

1. GARGOYLE

2. ROW STROLL 6+

3. VEXUM

4. MONGOOSE

8 votes

B. EL CYCLE

1. GORGON (8) + RUN

2. APE SHOOT!

3. VIP (10) + RUN

4. TWISTED

21 votes

Due to close vote, perform this circuit AFTER 1-15 on MTN

D. U

1. OFFERING

2. RDL (8) + TZN

3. CYCLONE (12) + TZN

4. OGRE (10) + TZN

5. JACK BOX

6. DENSER 2-1-3-1-4-1

11 votes

F. C2

1. BOVINE

2. HIKES

3. SL INCH

4. ALI 22+

5. BANDIT (20) + RUN

6. WICCA



DO EACH TASK THE NUMBER OF TIMES LISTED  
AND PERFORM IN A CHECKLIST MANNER

## CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 3 TWO-STEP (20) + RUN
- 3 PLATE SHAKE 9+
- 1 BEAR
- 4 PLATE PUSH
- 1 JIGGY (20) + RUN
- 2 LYCAN UP (10) + RUN
- 4 SKY-HIGH 4-1
- 3 SHUFFLE
- 1 KITCHEN SINK (10) + TZN
- 4 REV VIPER
- 3 HIKES
- 2 RAZOR
- 2 BUZZARD

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

## REV MTN2

- 1. V-STEP (10) + RUN
- 2. 3 PT. STANCE

---

- 3. DELAURA
- 4. COALITION (10) + TZN

---

- 5. CURL PRESS 5+
- 6. BULLDOG

---

- 7. GIMPY DOG
- 8. TYSONS

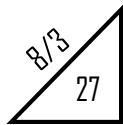
---

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

1123  
2234  
3345  
4456  
5567  
6678

## FLIPPED

- 1. GRYPHON (8) + PUSH
- 2. TYPHON
- 3. OPA (8) + TZN
- 4. JAGGER (12) + RUN
- 5. O-BOR (10) + TZN
- 6. TIPPY-TAP
- 7. SUCK UPS
- 8. QUICKSAND (L)



SLOPE

DO EACH TASK THE NUMBER OF TIMES LISTED AND  
PERFORM IN A CHECKLIST MANNER  
PATTERN REMAINS CONSISTENT THROUGHOUT

## MATTERHORN

### 3 EN GARDE

1 SUE-STEP (20) + RUN

### 3 KOBOLD

---

3 VEXED (10) + RUN

1 STAT SWAG (20) + TZN

3 RIBBITS (10) + RUN

---

### 3 W. GREMLIN

1 INCH WORM

3 CRAZY LEGS

---

### 3 TROG

1 MANTIS (8) + RUN

3 RDL (8) + TZN

---

3 PUSH UP (10) + RUN

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

3 TURKEYS

1-5, 6A

1-5, 6B

1-5, 6C

1-5, 6D

## REPTILIAN

1. SQUONQ

2. APE SHOOT!

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

4. FLAMINGO (6) + TZN

5. GRECO

---

6A. SLING SHOT 3-2-4-2-3-1

6B. CHICKIN 2-1-3-1-4-1

6C. JOUNCE 2-1-3-1-4-1

6D. CHUPACABRA

1

121

12321

1234321

123454321

## UPLIFT

1. **SCALAWAG** (FORM FOCUS!)

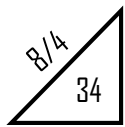
2. PRIMATES 4-1-3-1-2-1

3. SKULLS (10) + TZN

4. JACK ASS

5. HAMSTRUNG





SLOPE

# LABYRINTH

SEE YOUR TURF OR CIRCUIT GLOSSARY FOR RED CIRCUIT PATTERNS

1. RUN
2. TOES (20) + RUN
3. SKUFFLE
4. STAMPEDE
5. MOGUL (20) + RUN
6. BONSAI 3-1-4-2-4-1
7. HIKES
8. SQ. JUMP (10) + RUN
9. BANDIT (20) + RUN
10. TYSONS
11. GORGON (8) + RUN
12. YETI MESA
  - A. PINNED 2-1-3-1-4-1
  - B. ROW STROLL 6+
  - C. STORK (20) + TZN
  - D. CYCLONE (12) + TZN

19. ALI 22+
20. TWO-STEP (20) + RUN
21. HANG (10) + RUN
22. F. LUNGE
23. APE SHOOT!
24. SKATES
25. SLAP JACK
26. POGOTO (6) + TZN
27. HIGH Xs

## MTN

- A. XPP
- B. TWISTED
- C. MONTAUK
- D. CRAY-CRAY

38. DEATH ROW 2-3-1-4-1
39. JAGGER (12) + RUN
40. INFINITY (20) + RUN
41. KAMIKAZE 4-3-4-2-4-1-4-1
42. SAWED OFF (10) + TZN
43. TURKEYS
44. SQUONQ U

- A. HALO 2-1-3-1-4-1
- B. BULLY
- C. YAK

51. TARASQ
52. SQUIBBLE
53. RAMPANT (10) + RUN
54. MUGGER (12) + RUN
55. MOWGLI (12) + RUN
56. SUICIDE 2-1-3-1-4-1
57. WARRIOR
58. O-B.O.R. (10) + TZN
59. KOBOLD

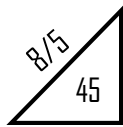
## EL CYCLE

- A. TORO
- B. JUNKIE (8) + RUN
- C. C.H.B.

67. NEAPOLITAN
68. SKY HIGH 4-1
69. MIEL'S WHEELS
70. V-STEP (10) + RUN
71. OGRE (10) + TZN
72. SKULLS (10) + TZN

## CENTAUR4

- A. GROWLER
- B. DEVIL
- C. GIMPY DOG



SLOPE

C  
U  
L  
-  
D  
E  
-  
S  
A  
C  
S

1-10  
GAUNTLET  
10-1

U

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. VIP (10) + RUN
4. PLATE SHAKE 9+
5. BANDIT (20) + RUN
6. ALI 22+
7. TAUNTAUN
8. RAMBO (10) + RUN
9. CRAISE (20) + TZN
10. 0-PINNED 2-1-3-1-4-1

PUSH, TASK  
PUSH, TASK, ...

GAUNTLET

1. VIPER
2. CROOK SHAKE 1:1
3. SLIGER
4. JACKAL
5. BULLDOG

1-10  
VERTEX  
10-1

U

1. SHOT PUT
2. B.D.R. (15) + TZN
3. SPEED SKATES (20) + RUN
4. EN GARDE
5. B.N.C.
6. ROOSTER (10) + TZN
7. BUTT KICKS
8. SCALAWAG
9. W. LUNGE
10. RDL (8) + TZN

1

122

12333

VERTEX

1. SPIKES
2. RIBBITS (10) + RUN
3. WARLOCK

1-10  
CENTAUR2  
10-1

U

1. INCH WORM
2. ENFORCER
3. POTTY SHOT
4. APE SHOOT!
5. TYPHON
6. BOULDER
7. SKUFFLE
8. BENCHED (30) + TZN
9. CURL PRESS 5+
10. MOGUL MADNESS 10

11

22

33

44

CENTAUR2

1. VEXUM
2. MASTODON
3. MONGOOSE
4. THRASHER

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



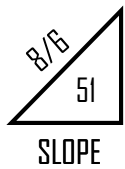
**What You Get:** Back-End access to Syphus Training's website that, until now, has only been reserved for Owners and Pros of Syphus Training. There you'll be able to browse 250+ tasks demonstrations, with more being added daily.

**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



1-6, 6-4  
4-9, 9-4  
4-6, 6-1

## PLAY THE FIELD

### SHUTTLE 3-2-4-2-3-1 1

1. TOES (20) + RUN

2. EN GARDE

3. SWAGGIN 1:1 2

4. MOGUL (20) + RUN

5. PLATE PUSH

6. MONTAUK 3

7. HIKES

8. TYSON

9. GRECO 4

1-10  
10-1  
1-10



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

2. VENOM

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

4. HOT COALS (10) + RUN

5. AMAROK

6. BUCKS

7. RDL (8) + TZN

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

9. REVIVAL

10. STORK (20) + TZN

### 1-5 CHECKLIST(2)

1-5 1. B. LUNGE

2. SKUFFLE

3. BOVINE

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

5. TORO

### 1-5 CHECKLIST(2)

1-5

1. MANTIS (8) + RUN

2. GIMPY DOG

3. YIKES!

4. BENCHED (30) + TZN

5. OFFERING

### 1-5 CHECKLIST(2)

1-5

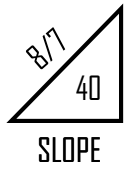
1. YETI

2. B.N.C.

3. OZARK

4. MOWGLI (12) + RUN

5. NEAPOLITAN



PERFORM AS A CHECKLIST. DISREGARD THE NUMBERS THE FIRST TIME THROUGH. GO THROUGH THE CHECKLIST AGAIN, AND REMOVE ("CHUCK") ALL THE 1s, AND DO ONLY THE 2s, 3s and 4s. ON THE THIRD PASS "CHUCK" ALL THE 1s and 2s, DO ONLY THE 3s and 4s. THE FINAL TIME THROUGH YOU'LL CHECKLIST THE 4s.

# FORM FIRST CHUCK-IT

MOST "FORM FIRST" WORKOUTS DISPLAY A LENGTHIER DESCRIPTION OF THE FORM NUANCES FOR EACH TASK. THIS WORKOUT IS INTENTIONALLY ABBREVIATED TO GIVE JUNKIES AND PROS JUST ONE (OR TWO) BASIC NUANCES TO CORRECT. **NUANCES HIGHLIGHTED IN PINK ARE MORE OR LESS CHALLENGES** TO IMPROVE EFFECTIVENESS OF THE TASK'S AIM AND ARE BEYOND THE MINIMUM FORM STANDARD.

PROS WITH QUESTIONS. PLEASE DROP A MESSAGE ON THE PRO-FACEBOOK PAGE OR SEE THE TASK LIBRARY VIDEOS.

**3 HOT COALS (10) + RUN** SWITCH LEAD FT.

**2 SHUFFLE** PARALLEL FT.

**2 EN GARDE** SQUONQ FT.

**2 TYSONS** 180°

**1 W. CROOK** PARALLEL FT.

**3 RAMPAGE (12) + RUN** CROSS MID-LINE w/BACK FT.

**1 VIP (10) + RUN** HANDS UP...6+ INCHES!

**2 PUSH UP (10) + RUN** ALL ON TOES

**2 MANTIS (8) + RUN** SLOW REPS DOWN TO A MINIMUM OF :20

**1 YIKES!** LANDING SQUAT TOO DEEP?

**4 STAMPEDE** CROSS TRAIL FOOT ALL THE WAY BEHIND LEAD

**2 GROWLER** STAGGER HANDS, DON'T SLIDE 'EM

**2 BULLDOG** EXAGGERATE DIFFERENCE FROM GROWLER HAND PLACEMENT. BE UBER PRECISE.

**1 K.O.D. (20) + TZN** EXT ELBOWS TO NEAR LOCK-OUT

**1 SQ. THRUST (10) + RUN** PLANK

**3 JUNKIE (8) + RUN** HOLD?

**3 TROG** POINT FRONT TOE ON EVERY TOUCHING LAND

**4 SUPP (10)** GLUE HANDS + ARMS TO TORSO

**1 BAYOK (6) + RUN** PLANK

**3 LOWLY (10) + RUN** ROTATE + PAUSE

**2 TYPHON** ZERO STAGGER ON "TOGETHER"

**2 THRASHER** KEEP FT OPPOSITE OF THROWING HAND PLANTED DURING THROW

**1 TRUMPET 9+** SIMPLIFY TBONE to SHAKE RATIO to JUST EVERY OTHER

**4 HOPSCOTCH** ZERO STAGGER ON "TOGETHER"

**4 BOULDER** NO EXTRA INCHES ON PLANK

**1 RAMP UP (8) + RUN** ALL ON TOES

**2 SLAP JACK** w/PROPER RELEASE, MOST SHOULD REACH ENDZONE IN 2 THROWS.

**3 SAWED OFF (10) + TZN** NO TORSO ROTATE

**2 HALO 2-1-3-1-4-1** \*TASK TWIST\* PERFORM 3 REPS AT EACH LINE. SKY HIGH BTWN. REST AS NEEDED.

**3 BOVINE** EMBELISH HAND DIFFERENCE

**3 GARGOYLE**

**3 SCALAWAG** SLOW. TRAIL TOE + KNEE

**1 M.F.T.** PAUSE ON PLANK, PAUSE BEFORE KICK

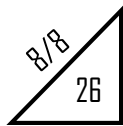
**2 MUGGER (12) + RUN** HAND/FT PRECISION

**2 BULLY** PROPER EXTENSION

**4 CRAZY LEGS** CROSS TRAIL FOOT ALL THE WAY BEHIND LEAD

**2 SHWAGGIN 1:1** PROPER RATIO

**4 MONTAUK** CROSS TRAIL FOOT ALL BEHIND LEAD. NO HAND LIFT ON CRAWL.



SLOPE

# MT. OLYMPUS

PERFORM CIRCUIT IN MTN ORDER

CHECKLIST

CHECKLIST

REPTILIAN

CHECKLIST

REPTILIAN

VERTEX

CHECKLIST

REPTILIAN

VERTEX

EL CYCLE

CHECKLIST

REPTILIAN

VERTEX

EL CYCLE

SHRINKING

## CHECKLIST

1-3

1. TWO-STEP (20) + RUN
2. SWAGGIN 1:1
3. BANDIT (20) + RUN

## REPTILIAN

1-3,4A

1-3,4B

1. O-BOR (10) + TZN
2. F. LUNGE
3. SL OGRE (10) + TZN
- 4A. 90° PISTON (10) + TZN
- 4B. THRUST TO FROG

## VERTEX

1,

1,2,2

1,2,3,3,3

1. NEAPOLITAN
2. BULLDOG
3. STAMPEDE

## EL CYCLE

1-3

3-1

2,2

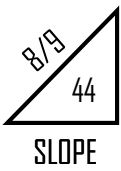
1. GRECO
2. SKUFFLE
3. VIP (10) + RUN

## SHRINKING

1,2,3,4

3,4

1. M.F.T.
2. 3 PT. STANCE
3. SA PP
4. PROWLER 



1-12  
12-1

**U**

1. GALLOW 2-1-4-3-4-1
2. SKIPS
3. MT. CLIMB (20) + RUN
4. ALI 22+
5. SWAGGIN 1:1
6. TARASQ
7. V-STEP (10) + RUN
8. TALL ORDER 6+
9. APE SHOOT!
10. K-STEP (20) + RUN
11. WICCA
12. BUTT KICKS

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

1. PINNED 2-1-3-1-4-1
2. BULLDOG
3. MIEL'S WHEELS
4. STACK SHOT
5. CROAKIN

1, 2  
1, 2, 33, 44  
1, 2, 33, 44, 555, 666  
1, 2, 33, 44, 555, 666, 7777, 8888

## LIGHT SIDE

- BULLY**  
RAMBO (10) + RUN  
SQUONQ  
POTTY SHOT  
RIBBITS (10) + RUN

## ZENITH

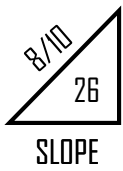
1. KAMIKAZE 4-3-4-2-4-1-4-1
2. PETRA
3. JUNKIE JUMP (8) + RUN
4. RDL (8) + TZN
5. 90° (10) + TZN
6. CURL WALK 6+
7. HIKES
8. VEXUM

1X

2X

3X

4X



# PEAKS

- 2. MUGGER (12) + RUN
- 1. KAMIKAZE 4-3-4-2-4-1-4-1

SMOKY

- 3. LEPRECHAUN
- 2. ALI 22+
- 1. QUICK FT. (20) + RUN

APPALACHIAN

- 4. SCURL 1:1
- 3. DEATH ROW 2-1-3-1-4-1
- 2. TROMBONE 6+
- 1. SWAGGIN 1:1

ROCKY

- 5. W. LUNGE
- 4. BUZZARD
- 3. PARATROOP (10) + RUN
- 2. F. LUNGE
- 1. GREMLIN

ANDES

- 6. JIGSAW
- 5. SWASHBUCKLER
- 4. VENOM
- 3. RAZOR
- 2. SA PP
- 1. X PP
- 7. REV MASTODON
- 6. MONKEY
- 5. MONTAUK
- 4. BEAR
- 3. BOVINE
- 2. BULLDOG
- 1. GORGON (8) + RUN

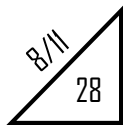
HIMALAYAN

ALPS

FROM LEFT TO RIGHT PERFORM ALL THE 1s. THEN, FROM LEFT TO RIGHT PERFORM 1, 2 FROM EACH MTN. CONTINUE IN THIS PATTERN UNTIL YOU COMPLETE EACH MTN AND REMOVE IT FROM THE LIST. **IN THIS VERSION YOU WILL DROP OFF MTNS FROM THE LEFT, FIRST.**

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





SLOPE

### 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 1

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

### GAUNTLET 2

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

### GAUNTLET 3

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

### GAUNTLET 4

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

### GAUNTLET 5

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

### 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 7

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

### GAUNTLET 8

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



# GONE FISHING

PERFORM MTNS AND THEN PICK ONE TASK FROM THE APPROPRIATE LIST.  
REPEATING A TASK IS PROHIBITED. ONE TASK FROM EACH LIST WILL NOT BE DONE.

SLOPE

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. SHUFFLE
4. OFF THE DOCK

1. HIKES
2. TROMBONE 6+
3. OFF THE DOCK

1. SKY HIGH 4-1
2. HANG (10) + RUN
3. VEXUM
4. OFF THE DOCK

1. KOBOLD
2. GARGOYLE
3. PUSH UP (10) + RUN
4. TROLLING

1. POTTY SHOT
2. AMAROK
3. TROLLING

1. APE SHOOT
2. VIP (10) + RUN
3. SL BOULDER
4. TROLLING

1. ROW STROLL 6+
2. STAMPEDE
3. DEEP SEA
1. RAMBO (10) + RUN
2. GALLOW 2-1-4-3-4-1
3. TORO
4. DEEP SEA

1. GBD (15) + RUN
2. VIPER
3. DEEP SEA

1. TURKEY
2. FLAMINGO (6) + TZN
3. MONGOOSE
4. DEEP SEA

1. SA PP
2. W. CROOK
3. W. LUNGE
4. SLAP JACK
5. DEEP SEA

## OFF THE DOCK

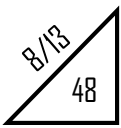
- A. CRAZY LEGS
- B. MANTIS (8) + RUN
- C. RAZOR
- D. B. LUNGE

## TROLLING

- A. O-PINNED 2-1-3-1-4-1
- B. POUNCER (10) + RUN
- C. REV BOVINE
- D. WARRIOR

## DEEP SEA

- A. ANACONDA
- B. REV PLATE PUSH
- C. BULL SHIT
- D. SCURL 1:1
- E. DEVIL
- F. STROW 1:1



# MT. NEVERLIST

SLOPE  
900\*

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

1. SHUFFLE
2. TOES (20) + RUN
3. SWAGGIN 1:1

---

4. RIBBITS (10) + RUN
5. POTTY SHOT
6. STAT. ROW (6) + TZN

---

7. SL OGRE (10) + TZN
8. MONGOOSE
9. MOGUL PUSH

## FADED HYBRID2

11, 22, 33, 44, 55  
22, 33, 44, 55  
33, 44, 55  
44, 55  
55

1. ANTEATER
2. COALITION (10) + TZN
3. RDL (8) + TZN
4. PLATE SHAKE 9+
5. JESTER

1-15  
1-15

## CHECKLIST (2)

1. BONSAI 3-1-4-2-4-1
2. BUZZARD
3. YIKES!
4. JACK-ASS
5. QUICK FT. (20) + RUN
6. KOBOLD
7. JACKAL
8. PINNED 2-1-3-1-4-1
9. GARGOYLE
10. V-STEP (10) + RUN
11. TURKEY
12. TORO
13. GRECO
14. YETI
15. SWASHBUCKLER



SLOPE

I  
12  
123  
1234

**MTN**

1. TWO-STEP (20) + RUN
2. SHUFFLE
3. BULLY
4. POTTY SHOTS

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

**VERTEX**

1. W. CROOK
2. GRYPHON (8) + PUSH
3. KOBOLD
4. PRIMATES 4-1-3-1-2-1

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

**EL CYCLE**

1. CYCLONE (12) + TZN
2. F. LUNGE
3. JIGGY (20) + RUN
4. BOVINE

1-2  
1-4 **MTN2**

1. SL BUCKS
2. OFFERING
3. GARGOYLE
4. GORGON + PUSH UP (8) + RUN

1-3  
2-4

**MESA**

1. HOT COALS (10) + RUN
2. RDL (8) + TZN
3. BENCHED (30) + TZN
4. TYPHON

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

**=IBRIOUS**

1. VENOM
2. MIEL'S WHEELS
3. VIP (10) + RUN
4. SPIKES

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

**REPTILIAN2**

1. BUZZARD
2. SA DIABLO
3. TARASQ

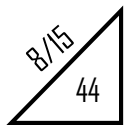
---

- 4A. ARACHNID
- 4B. THRASHER

III  
222  
333  
444

**CENTAUR3**

1. LYCAN (10) + RUN
2. SWAGGIN 1:1
3. GIMPY DOG
4. TYSONS



SLOPE

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

## MTN2

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN

---

3. TWO-STEP (20) + RUN

---

4. RAMBO (10) + RUN

---

5. JIGGY (20) + RUN

---

6. ROOSTER (10) + TZN

---

7. SPIKES
8. 45°

---

9. SL BRID SKULLS (10) + TZN
10. DENSER 2-1-3-1-4-1

- 12131415
- 54535251
- 2324
- 4342
- 3

=ATERAL

1. MOGUL PUSH
2. CURL PRESS 5+
3. MIEL'S WHEELS
4. DEATH ROW 2-1-3-1-4-1
5. WARRIOR

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

## MESA

1. PIRATE
2. MONGOOSE
3. GRYPHON (8) + PUSH
4. TAUNTAUN
5. LEPRECHAUN
6. MONKEY
7. SUCK UPS
8. BONSAI 3-1-4-2-4-1
9. REV INCH WORM
10. CUJO Ⓛ



DO EACH TASK THE NUMBER OF TIMES LISTED AND PERFORM IN A CHECKLIST MANNER PATTERN REMAINS CONSISTENT THROUGHOUT

### MATTER HORN

- 2 EN GARDE
- 2 TWO-STEP (20) + RUN
- 1 BULLY
- 3 BANDIT (20) + RUN

---

- 2 TAUNTAUN
- 2 MIEL'S WHEELS
- 1 PUSH UP (10) + RUN
- 3 ALT SQUONQ

---

- 2 RIBBITS (10) + RUN
- 2 REV BULLDOG
- 1 POGOTO (6) + TZN
- 3 NEAPOLITAN

---

- 2 APE SHOOT!
- 2 OGRE (10) + TZN
- 1 HAG 1:1
- 3 VIP (10) + RUN

1-8  
8-5  
5-12

### "KOPPA"

- 1. SQUIBBLE
- 2. TOES (20) + RUN
- 3. MONKEY
- 4. CYCLONE (12) + TZN
- 5. GARGOYLE
- 6. TWINKLE TOES (30) + TZN
- 7. TARASQ
- 8. MOGUL PUSH
- 9. OFFERING
- 10. SWAGGIN 1:1
- 11. DEVIL
- 12. CROOK

1,2,33,44,555,666,7777,8888  
1,2,33,44,555,666  
1,2,33,44  
1,2

### REV ZENITH

- 1. RESURRECTION 1X

---

- 2. JIGSAW

---

- 3. STACK SHOT 2X

---

- 4. O-BOR (10) + TZN

---

- 5. MONTAUK 3X

---

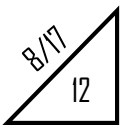
- 6. HIKES

---

- 7. STAMPEDE 4X

---

- 8. XPP



SLOPE

## RIPPLED

- 1233
  - 2344
  - 3455
  - 4566
  - 5677
  - 6788
  - 7899
  - 89 10 10
1. GALLOW 2-1-4-3-4-1
  2. MOGUL (20) + RUN
  3. SKUFFLE
  4. SQUANTOES (20) + RUN
  5. STAT SWAG (20) + TZN
  6. PRIMATES 4-1-3-1-2-1
  7. YIKES!
  8. DELAURA
  9. SAWED OFF (10) + TZN
  10. GORGON (8) + RUN

III 222, 3A  
III 222, 3B  
III 222, 3C  
III 222, 3D  
III 222, 3E

## CEPTILIAN 3

1. SUE STEP (20) + RUN
2. MT. CLIMB (20) + RUN

---

3A. JANGLE LEG3

3B. HACK-IT

3C. SHOT PUT

3D. SCORPION TO 3/BACK

3E. PETRA

PERFORM AS IF IT'S A MTN THAT YOU'VE  
ALREADY COMPLETED THE 1-4 PORTION.

1-5  
1-6  
1-7  
1-8

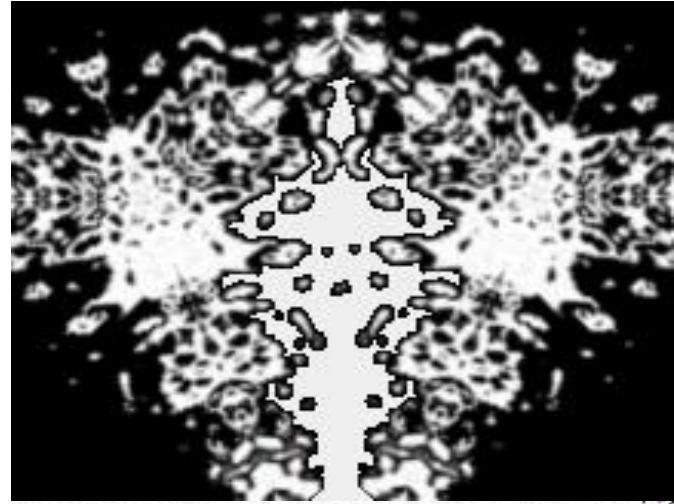
## MID-POINT MTN

1. RAMPANT (10) + RUN
  2. TWO-STEP (20) + RUN
  3. KAMIKAZE 4-3-4-2-4-1-4-1
  4. JAGGER (12) + RUN
- 
5. YETI
  6. STORK (20) + TZN
  7. C.H.B.
  8. WICCA

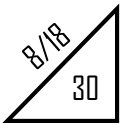
*(paraphrased from en.wikipedia.org)*

The **INKBLOT TEST** is a psychological test in which subjects' perceptions of inkblots are recorded and then analyzed using psychological interpretation, complex algorithms, or both. Some psychologists use this test to examine a person's personality characteristics and emotional functioning.

August 18<sup>th</sup> through the 24<sup>th</sup>, Syphus Training will conduct its own variation of the **INKBLOT TEST** aimed at objectively determining one's strengths, weaknesses, adherence to form and true scoring potential through a series of carefully crafted workouts. Following each workout, a generalized summary will be published outlining the "personalities" each workout may expose using +/- scores to highlight your likely strengths and weaknesses to bring awareness to aspects of your game you can applaud and others that you can improve.







SLOPE

# C R A M S E S H

1  
12  
123  
1234  
FOR ALL  
CIRCUITS

## ACE-IT

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. HIKES

## STUDY IT

1. W. CROOK
2. LYCAN (10) + RUN
3. TROMBONE 6+
4. SL OGRE (10) + TZN

## ACE-IT

1. PLATE PUSH
2. GROWLER
3. MIEL'S WHEELS
4. POTTY SHOT

## STUDY IT

1. CURL PRESS 5+
2. MANTIS (8) + RUN
3. JUNKIE (8) + RUN
4. K.O.D. (20) + TZN

## ACE-IT

1. VENOM
2. APE SHOOT!
3. BUCKS
4. M.I.M. 3-2-4-2-3-1

## STUDY IT

1. SKATES
2. HALO 2-1-3-1-4-1
3. SLAP JACK
4. BOULDER

## ACE-IT

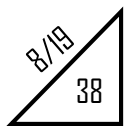
1. MT. CLIMB (20) + RUN
2. BUTT KICKS
3. INCH WORM
4. KAMIKAZE 4-3-4-2-4-1-4-1

## STUDY IT

1. RIBBITS (10) + RUN
2. BENCHED (30) + TZN
3. B.D.R. (15) + TZN
4. TYPHON

## ACE-IT

1. B.N.C.
2. CRAZY-LEGS
3. REV PLATE PUSH
4. TAKE OFF!



SLOPE

11,22,33

11,22,33,44,55,66

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

# INKBLOT TEST 1

## HYBRID2 MTN3

1. TOES (20) + RUN
2. TYSON
3. JIGGY (20) + RUN

---

4. TROMBONE 6+
5. W. CROOK
6. HANG (10) + RUN

---

7. GORGON PUSH UP (8) + RUN
8. RAMPAGE (12) + RUN
9. RAZOR PUSH

1-10  
10-1

U

1. GBD (15) + RUN
2. PEG LEG (8) + RUN
3. ARACHNID
4. SQ. JUMP (10) + RUN
5. SAWED OFF (10) + TZN
6. JACK BOX
7. K.O.D. (20) + TZN
8. SUPP 10
9. SL OGRE (10) + TZN
10. CURL MADNESS 3 + PIN

1,AA  
12,BB  
123,CC  
1234,DD  
12345,EE

## XION2

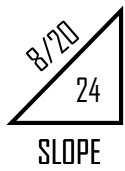
- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. TWO-STEP (20) + RUN</li> <li>2. HIGH Xs</li> <li>3. SL MANTIS (8) + RUN</li> <li>4. BULLY</li> <li>5. SHALO 1:1</li> </ol> | <ol style="list-style-type: none"> <li>A. BENCHED (30) + TZN</li> <li>B. CALF-IN-ATOR</li> <li>C. COBRA (10) + PUSH</li> <li>D. TYPHON</li> <li>E. BULLDOZER</li> </ol> |
|--|---|

# INKBLOT TEST 1

ANTICIPATED OUTCOMES OF EACH WORKOUT WERE FORMULATED IN ADVANCE. TO MAINTAIN SCORING INTEGRITY ANTICIPATED OUTCOMES WILL NOT BE PUBLISHED UNTIL AFTER EACH WORKOUT IS COMPLETED BY ALL TURFS. THE ACCURACY OF THE OUTCOMES ARE BASED ON MANY VARIABLES AND ASSUMPTIONS THEREOF. THE FEEDBACK PROVIDED MAY NOT BE APPLICABLE TO ALL INDIVIDUALS ACROSS THE BOARD.

AIM OF THE WORKOUT AND HYPOTHETICAL OUTCOME: [VIEW THE FULL LIST OF THE AIMS, TARGETS AND THE GOALS HERE](#)

IF YOUR +/- WAS LOWER THAN -40	IF YOUR +/- WAS WITHIN 80 POINTS (-40 to +40)	IF YOUR +/- WAS HIGHER THAN +40
<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• 100m</li><li>• 200m</li><li>• 400m</li><li>• 800m</li></ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"><li>• 1500m</li><li>• 3000m</li><li>• 5000m</li><li>• 10000m</li></ul>	<p><i>T.B.A.</i></p>	<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• 100m</li><li>• 200m</li><li>• 400m</li><li>• 800m</li></ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"><li>• 1500m</li><li>• 3000m</li><li>• 5000m</li><li>• 10000m</li></ul>



1-22  
11,22,33...22  
1,3,7,9...21  
2,4,6,8...22

## CHECKLIST, C2, ODDS, EVENS

## INKBLOT TEST 2

- 1. BONSAI 3-1-4-2-4-1**
- 2. EN GARDE**
- 3. TAUNTAUN**
- 4. TIP-TOES (20) + RUN**
- 5. SWAGGIN 1:1**
- 6. POTTY SHOT**
- 7. MOGUL (20) + RUN**
- 8. PLATE PUSH**
- 9. APE SHOOT!**
- 10. PRIMATES 4-1-3-1-2-1**
- 11. TROG**
- 12. COALITION (10) + TZN**
- 13. JACKAL**
- 14. SLUSKI**
- 15. YIKES!**
- 16. YETI**
- 17. VENOM**
- 18. F. LUNGES**
- 19. OZARK**
- 20. SHOT PUT**
- 21. SUICIDE 2-1-3-1-4-1**
- 22. M.I.M. 3-2-4-2-3-1**

# INKBLOT TEST 2

ANTICIPATED OUTCOMES OF EACH WORKOUT WERE FORMULATED IN ADVANCE. TO MAINTAIN SCORING INTEGRITY ANTICIPATED OUTCOMES WILL NOT BE PUBLISHED UNTIL AFTER EACH WORKOUT IS COMPLETED BY ALL TURFS. THE ACCURACY OF THE OUTCOMES ARE BASED ON MANY VARIABLES AND ASSUMPTIONS THEREOF. THE FEEDBACK PROVIDED MAY NOT BE APPLICABLE TO ALL INDIVIDUALS ACROSS THE BOARD.

AIM OF THE WORKOUT AND HYPOTHETICAL OUTCOME: [VIEW THE FULL LIST OF THE AIMS, TARGETS AND THE GOALS HERE](#)

IF YOUR +/- WAS LOWER THAN -40	IF YOUR +/- WAS WITHIN 80 POINTS (-40 to +40)	IF YOUR +/- WAS HIGHER THAN +40
<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• 100m</li><li>• 200m</li><li>• 400m</li><li>• 800m</li></ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"><li>• 1500m</li><li>• 3000m</li><li>• 5000m</li><li>• 10000m</li></ul>	<p><i>T.B.A.</i></p>	<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• 100m</li><li>• 200m</li><li>• 400m</li><li>• 800m</li></ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"><li>• 1500m</li><li>• 3000m</li><li>• 5000m</li><li>• 10000m</li></ul>



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

# INKBLOT TEST 3

## EXPANDING

1. SL BOULDER
2. HALO 2-1-3-1-4-1
3. SQ. JUMP (10) + RUN
4. TYSONS
5. SUE-STEP (20) + RUN
6. V-STEP (10) + RUN
7. ALI 22+
8. FLYING MONKEY
9. PUSH UP (10) + RUN
10. CURL PRESS 5+

1-8  
1-8  
1-8

## CHECKLIST(3)

1. DIABLO
2. CROAKIN
3. SCALAWAG
4. PINNED 2-1-3-1-4-1
5. SHWAGGIN 1:1
6. CRAISE (20) + TZN
7. GBD (15) + RUN
8. STORK (20) + TZN

1  
121  
12321  
1234321  
132454321

## UPLIFT

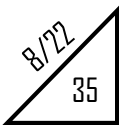
1. SWASHBUCKLER
2. CYCLONE (12) + TZN
3. SKUFFLE
4. HANG (10) + RUN
5. GATOR TO 3

# INKBLOT TEST 3

ANTICIPATED OUTCOMES OF EACH WORKOUT WERE FORMULATED IN ADVANCE. TO MAINTAIN SCORING INTEGRITY ANTICIPATED OUTCOMES WILL NOT BE PUBLISHED UNTIL AFTER EACH WORKOUT IS COMPLETED BY ALL TURFS. THE ACCURACY OF THE OUTCOMES ARE BASED ON MANY VARIABLES AND ASSUMPTIONS THEREOF. THE FEEDBACK PROVIDED MAY NOT BE APPLICABLE TO ALL INDIVIDUALS ACROSS THE BOARD.

AIM OF THE WORKOUT AND HYPOTHETICAL OUTCOME: [VIEW THE FULL LIST OF THE AIMS, TARGETS AND THE GOALS HERE](#)

IF YOUR +/- WAS LOWER THAN -40	IF YOUR +/- WAS WITHIN 80 POINTS (-40 to +40)	IF YOUR +/- WAS HIGHER THAN +40
<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"> <li>• 100m</li> <li>• 200m</li> <li>• 400m</li> <li>• 800m</li> </ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"> <li>• 1500m</li> <li>• 3000m</li> <li>• 5000m</li> <li>• 10000m</li> </ul>	<p><i>T.B.A.</i></p>	<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"> <li>• 100m</li> <li>• 200m</li> <li>• 400m</li> <li>• 800m</li> </ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"> <li>• 1500m</li> <li>• 3000m</li> <li>• 5000m</li> <li>• 10000m</li> </ul>



# PLATONIC

## INKBLOT TEST 4

SLOPE

A.

**BODY WEIGHT**

**WARM UP MTN**

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

2. **SHUFFLE**

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

4. **MONGOOSE**

1  
12  
123  
1234

B.

**VERTEX**

1. **HIKES**

2. **MIEL'S WHEELS**

3. **STACK SHOT**

4. **SWAGGIN 1:1**

5. **PLATE PUSH**

1  
122  
12333  
1234444  
12345555

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

C.

**REPTILAIN**

1. **TZN**

2. **ROW STROLL 6+**

3. **APE SHOOT!**

4. **OFFERING**

5. **PINNED 2-1-3-1-4-1**

6A. **ANACONDA**

6B. **REV ARACHNID**

6C. **M.F.T.**

6D. **ATTACK IT**

VENOM, TASK

VENOM, TASK...

D.

**VENOM GAUNTLET**

1. **SKY HIGH 4-1**

2. **SPIKES**

3. **JACKALOPE**

4. **SHOT PUT**

5. **RDL (8) + TZN**

6. **KNEEL CURL (6) + TZN**

7. **WALRUS**

8. **OGRE (10) + TZN**

9. **SLUSKI**

10. **BUCKS**

1-4  
4-1

E.

**U-TURN**

1. **TROMBONE 6+**

2. **SA DIABLO**

3. **W. GREMLIN**

4. **REV PLATE PUSH**

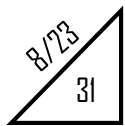


# INKBLOT TEST 4

ANTICIPATED OUTCOMES OF EACH WORKOUT WERE FORMULATED IN ADVANCE. TO MAINTAIN SCORING INTEGRITY ANTICIPATED OUTCOMES WILL NOT BE PUBLISHED UNTIL AFTER EACH WORKOUT IS COMPLETED BY ALL TURFS. THE ACCURACY OF THE OUTCOMES ARE BASED ON MANY VARIABLES AND ASSUMPTIONS THEREOF. THE FEEDBACK PROVIDED MAY NOT BE APPLICABLE TO ALL INDIVIDUALS ACROSS THE BOARD.

AIM OF THE WORKOUT AND HYPOTHETICAL OUTCOME: [VIEW THE FULL LIST OF THE AIMS, TARGETS AND THE GOALS HERE](#)

IF YOUR +/- WAS LOWER THAN -40	IF YOUR +/- WAS WITHIN 80 POINTS (-40 to +40)	IF YOUR +/- WAS HIGHER THAN +40
<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"> <li>• 100m</li> <li>• 200m</li> <li>• 400m</li> <li>• 800m</li> </ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"> <li>• 1500m</li> <li>• 3000m</li> <li>• 5000m</li> <li>• 10000m</li> </ul>	<p><i>T.B.A.</i></p>	<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"> <li>• 100m</li> <li>• 200m</li> <li>• 400m</li> <li>• 800m</li> </ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"> <li>• 1500m</li> <li>• 3000m</li> <li>• 5000m</li> <li>• 10000m</li> </ul>



SLOPE

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

# INKBLOT TEST 5

## MTN2

1. GALLOW 2-1-4-3-4-1
2. SHUFFLE
3. SWAGGIN 1:1
4. QUICK FT (20) + RUN
5. XPP
6. 3 PT. STANCE
7. VIPER
8. SKY HIGH 4-1
9. JACKALOPE
10. VEXUM

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

## REPTILIAN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. GARGOYLE
3. W. GREMLIN
4. MONGOOSE
5. SL BUCKS
- 6A. REV B.N.C.
- 6B. SA DIABLO
- 6C. SLING SHOT 3-2-4-2-3-1
- 6D. HACK-IT
- 6E. ANACONDA

DO EACH TASK THE NUMBER OF TIMES LISTED AND PERFORM IN A CHECKLIST MANNER

## CHAOS

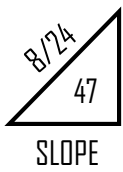
- 1 STAMPEDE
- 1 HOT COALS (10) + TZN
- 3 TROG
- 2 MASTODON
- 1 HAG 1:1
- 3 SUE-STEP (20) + RUN
- 2 TWISTED
- 2 JACK-ASS
- 2 REV HYDRA
- 3 MIEL'S WHEELS
- 2 HIKES
- 1 WALRUS
- 1 NEAPOLITAN

# INKBLOT TEST 5

ANTICIPATED OUTCOMES OF EACH WORKOUT WERE FORMULATED IN ADVANCE. TO MAINTAIN SCORING INTEGRITY ANTICIPATED OUTCOMES WILL NOT BE PUBLISHED UNTIL AFTER EACH WORKOUT IS COMPLETED BY ALL TURFS. THE ACCURACY OF THE OUTCOMES ARE BASED ON MANY VARIABLES AND ASSUMPTIONS THEREOF. THE FEEDBACK PROVIDED MAY NOT BE APPLICABLE TO ALL INDIVIDUALS ACROSS THE BOARD.

AIM OF THE WORKOUT AND HYPOTHETICAL OUTCOME: **SEE THE FOLLOWING TABLE FOR THE 300 YARDS**

IF YOUR +/- WAS LOWER THAN -40	IF YOUR +/- WAS WITHIN 80 POINTS (-40 to +40)	IF YOUR +/- WAS HIGHER THAN +40
<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"> <li>• 100-150 Yards</li> <li>• 200-250 Yards</li> <li>• 300-350 Yards</li> <li>• 400-450 Yards</li> </ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"> <li>• 100-150 Yards</li> <li>• 200-250 Yards</li> <li>• 300-350 Yards</li> </ul>	<p><i>T.B.A.</i></p>	<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"> <li>• 100-150 Yards</li> <li>• 200-250 Yards</li> </ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"> <li>• 100-150 Yards</li> <li>• 200-250 Yards</li> <li>• 300-350 Yards</li> <li>• 400-450 Yards</li> <li>• 500-550 Yards</li> </ul>



PERFORM AS CHECKLISTS  
IN THE FOLLOWING ORDER

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

- 1. TWO-STEP (20) + RUN TYSON**  
**JIGGY (20) + RUN**
- 2. SQ. JUMP (10) + RUN**  
**V-STEP (10) + RUN**  
**0-BDR (10) + TZN**
- 3. TIP-TOES (20) + RUN**  
**KOD (20) + TZN**  
**W. STAT SQUAT (10) + TZN**
- 4. ALI 22+**  
**GBD (15) + RUN**  
**45°**
- 5. CYCLONE (12) + TZN**  
**SKULLS (10) + TZN**  
**TURKEYS**
- 6. 90° (10) + TZN**  
**SUPP (10)**  
**PLATE SHAKE 9+**

# CROSS-LISTS

# INKBLOT TEST 6

- A. MT. CLIMB (20) + RUN**  
**GREMLIN**
- B. YIKES!**  
**CHICKIN 2-1-3-1-4-1**
- C. ROOTED GROOT (8) + PUSH**  
**FROZEN CROOK8**

# INKBLOT TEST 6

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IF YOUR +/- WAS LOWER THAN -40	IF YOUR +/- WAS WITHIN 80 POINTS (-40 to +40)	IF YOUR +/- WAS HIGHER THAN +40
<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• 500m time trial</li><li>• 1000m time trial</li><li>• 1500m time trial</li><li>• 2000m time trial</li></ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"><li>• 100m time trial</li><li>• 200m time trial</li><li>• 400m time trial</li></ul>	<p><i>T.B.A.</i></p>	<p><u>LIKELY STRENGTHS:</u></p> <ul style="list-style-type: none"><li>• 1000m time trial</li><li>• 1500m time trial</li></ul> <p><u>LIKELY AREAS TO GROW:</u></p> <ul style="list-style-type: none"><li>• 500m time trial</li><li>• 2000m time trial</li><li>• 3000m time trial</li><li>• 4000m time trial</li></ul>



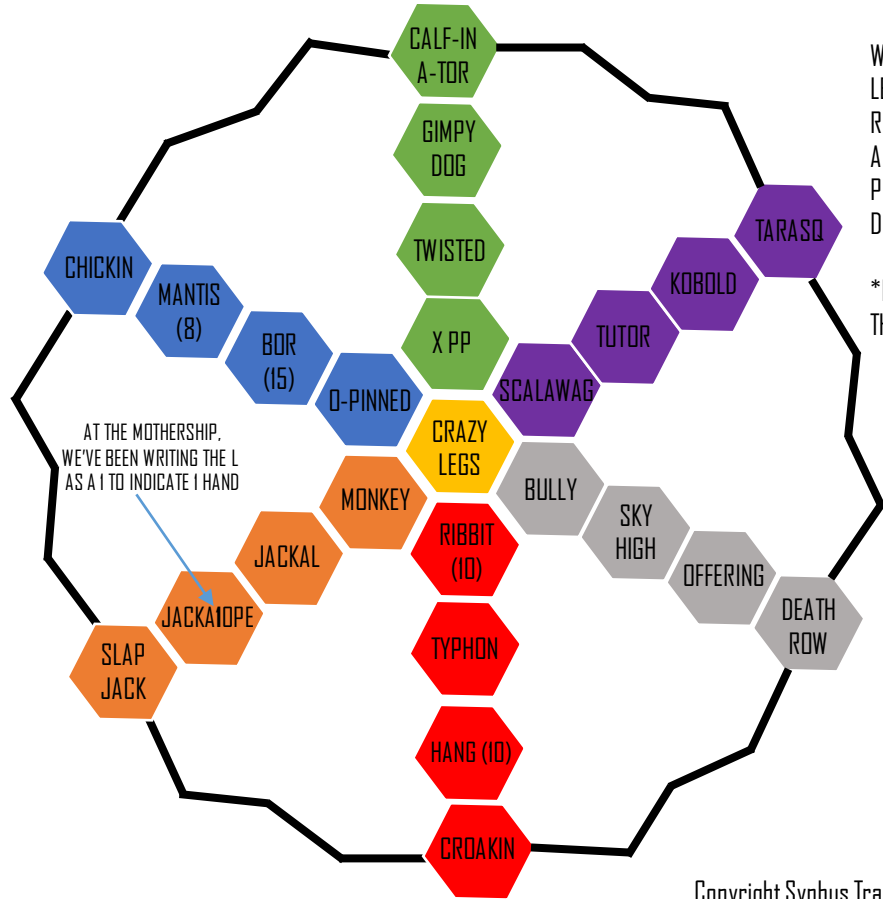
SLOPE

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

MTN

1. QUICK FT. (20) + RUN
2. SWAGGIN 1:1
3. V-STEP (10) + RUN
4. STAMPEDE

# HIVE



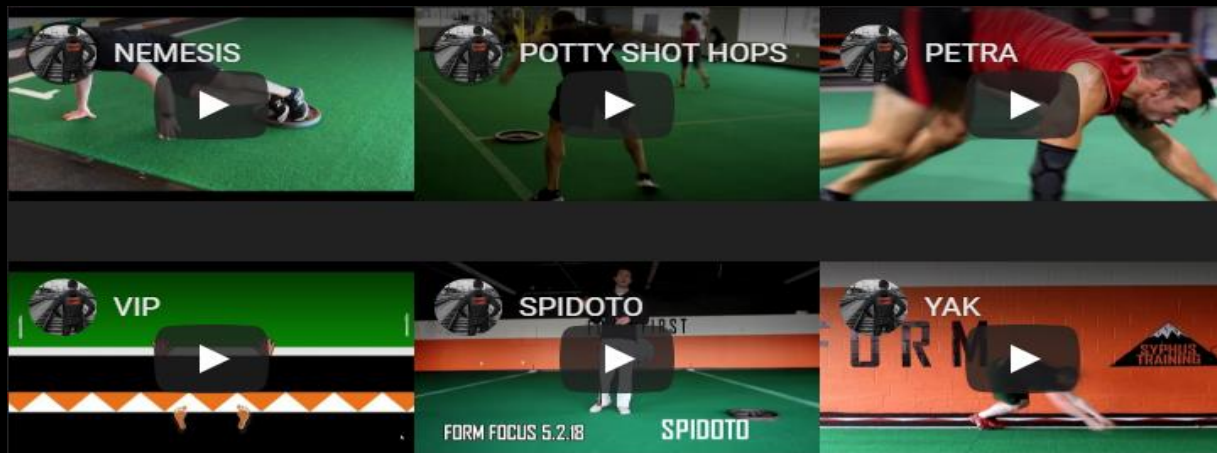
AT THE MOTHERSHIP, WE'VE BEEN WRITING THE L AS A I TO INDICATE 1 HAND

WORK YOUR WAY OUT OF THE HIVE BY PERFORMING SIMULTANEOUS MTNS WITH CRAZY LEGS AS THE BASE TASK FOR EACH MTN.

WORK CLOCKWISE STARTING WITH CRAZY LEGS TO SCALAWAG. AFTER EACH REVOLUTION AROUND THE HIVE YOU'LL ADD ANOTHER LAYER TO YOUR MTN. PERFORM EVERY TASK THROUGH THE MTN. DO NOT SKIP.

\*NOTE\* UNLIKE THE TRADITIONAL CIRCUIT, THERE ARE NO EXTERIOR TASKS

# 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

PERFORM EACH  
CIRCUIT AS A  
REPTILIAN IN THE  
ORDER A-E

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

**C.**

1. MONGOOSE
2. HIKES
3. TYPHON
4. APE SHOOT!

---

- 5A. MILLIPEDE (L)
- 5B. SCORPION to 3/back
- 5C. W. LUNGE
- 5D. HACK-IT

**A.**

- 1-3, 4A 1. BONSAI 3-1-4-2-4-1
- 1-3, 4B 2. SHUFFLE
- 1-3, 4C 3. W. GREMLIN

---

- 4A. POTTY SHOT
- 4B. TROG
- 4C. FROGS
- 4D. CRAZY LEGS

**D.**

- 1-2, 3A 1. SWAGGIN 1:1
- 1-2, 3B 2. KAMIKAZE 4-3-4-2-4-1-4-1

---

- 3A. WICCA
- 3B. M.F.T.
- 3C. MATTADOR (L)
- 3D. B.N.C.

**B.**

- 1-5, 6A 1. SKIPS
- 1-5, 6B 2. BULLY
- 1-5, 6C 3. STAMPEDE
- 1-5, 6D 4. PRIMATES 4-1-3-1-2-1

---

5. XPP

---

- 6A. REV BOVINE
- 6B. JACK BOX
- 6C. JACKALOPE
- 6D. DIABLO

**E.**

- 1-4, 5A 1. QUICK FT. MADNESS 10
- 1-4, 5B 2. BUZZARD
- 1-4, 5C 3. SHOT PUT

---

4. STROW 1:1

---

- 5A. ANACONDA
- 5B. REV VIPER
- 5C. TAKE OFF!



8/27  
30

# DENALI

SLOPE 1

	A	B	C	D	E	F
	EN GARDE	STAMPEDE	TYSONS	SQUONQ	TURKEY	ALI 22+
1A DOWN 1A ACROSS	QUICK FT. (20) + RUN	CURL WALK 6+	SHWAGGIN 1:1	PINNED 2-1-3-1-4-1	SKY HIGH 4-1	SKULLS (10) + TZN
2A DOWN 2A ACROSS	SKIPS	PLATE PUSH	CRAZY LEGS	REV PLATE PUSH	DELAURA	GREGO
3A DOWN 3A ACROSS	YIKES!	APE SHOOT!	SPIKES	POTTY SHOT	SLAP JACK	BUCKS
4A DOWN 4A ACROSS	TROMBONE 6+	BULLDOG	C.H.B.	YETI	YAK	JABBERWOCKY
5A DOWN 5A ACROSS	RAMBO (10) + RUN	KOBOLD	W. CROOK	RDL (8) + TZN	BUTT KICKS	TARASQ
6A DOWN 6A ACROSS	SA PP	ARACHNID	SA DIABLO	OFFERING	STROW 1:1	PROWLER (L)
7A DOWN 7A ACROSS	F. LUNGE	REV B.N.C.	GARGANTUAN	SQUIBBLE	REVIVAL	FROGS
8 ACROSS (DON'T DOUBLE 8 AT THE END)						

8/28  
26

SLOPE

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

## FADED2

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN

---

3. SWAGGIN 1:1
4. QUICK FT. (20) + RUN

---

5. X PP
6. YIKES!

---

7. HALO 2-1-3-1-4-1
8. GARGOYLE

---

9. ENFORCER
10. GBD (15) + RUN

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

## EL CYCLE

1. PINNED 2-1-3-1-4-1
2. TARASQ
3. APE SHOOT!
4. SKULLS (10) + TZN
5. PROWLER Ⓛ

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

## MOLE HILLS

1. W. CROOK
2. DIABLO
3. BUCKS

---

1. JACKALOPE
2. SAWED OFF (10) + TZN
3. MT. CLIMB (20) + RUN
4. MANTIS (8) + RUN

---

1. KOBOLD
2. OGRE (10) + TZN
3. ROW STROLL 6+

---

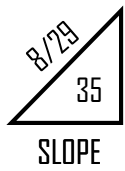
1. TURKEY
2. BULLDOG
3. TOES (20) + RUN
4. FLYING MONKEY

---

1. TALL ORDER 6+
2. BONSAI 3-1-4-2-4-1
3. MONGOOSE

---

1. JIGGY (20) + RUN
2. MIEL'S WHEELS
3. STACK SHOT
4. VEXUM



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

B.

## LIGHT SIDE

1. STAT HALO (18) + TZN
2. BUNYAN
3. ALI 22+
4. CURL MADNESS 3
5. DIABLO

- SKY HIGH 4-1
- LUMBERJACK (8) + RUN
- QUICK FT. (20) + RUN
- CURL WALK 6+
- REV BULLDOG

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

D.

## CHAMELEON

- 1A. INFINITY (20) + RUN
- 1B. MOGUL (20) + RUN
- 1C. SKATES

2. BONSAI 3-1-4-2-4-1
3. CURIOUS GEORGE
4. FANGS (5) + PUSH
5. RDL (8) + TZN

- 6A. REVIVAL
- 6B. INCH WORM
- 6C. TWISTED

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

A.

## CAVITY

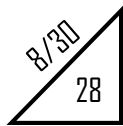
1. SUICIDE 2-1-3-1-4-1
2. SKATES
3. TOES (20) + RUN
4. BANDIT (20) + RUN
5. PLATE PUSH
6. F. LUNGE
7. PUSH UP (10) + RUN
8. STAMPEDE
9. LYCAN (10) + RUN
10. GARGANTUAN

III  
222  
333...

C.

## CENTAUR3

1. DELAURA
2. TIPPY-TAP
3. SQ. JUMP (10) + RUN
4. MONTAUK
5. MIEL'S WHEELS
6. SKULLS (10) + TZN
7. CHIMP (8) + RUN
8. STAT ROW (6) + TZN



SLOPE

1-3  
1-6  
1-9

### MTN3

1. SUICIDE 2-1-3-1-4-1
2. SHUFFLE
3. BULLY

---

4. HIKES
5. TWO STEP (20) + RUN
6. QUICK FT (20) + RUN

---

7. VENOM
8. CURIOUS GEORGE
9. BUCKS

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

### REV MTN2

1. SWAGGIN 1:1
2. BONSAI 3-1-4-2-4-1

---

3. PLATE PUSH
4. SQUONQ

---

5. ROW STROLL 6+
6. ALI

---

7. LUMBERJACK (8) + RUN
8. HALO 2-1-3-1-4-1

## PICK YOUR POISON MAD HATTER

*MTN3, PICK, MTN, PICK  
REV MTN2, PICK, FADED2, PICK*

\*IN THE STATS SITE THE FIRST TWO CENTAURS  
ARE LISTED AS SL BOULDER AND THE LAST  
TWO ARE LISTED AS JACKASS

### CENTAUR3

REV INCH WORM	SL BOULDER
A.	B.
C.	D.
SCORPION	JACKASS

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

### MTN

1. PINNED 2-1-3-1-4-1
2. BOVINE
3. SQUIBBLE
4. CURL PRESS 5+
5. LYCAN (10) + RUN

1-8  
3-8  
5-8  
7-8

### FADED MTN2

1. PUSH UP (10) + RUN
2. PRIMATES 4-1-3-1-2-1

---

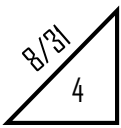
3. TROG
4. POTTY SHOT

---

5. SKATES
6. REV HYDRA

---

7. MIEL'S WHEELS
8. SA P.P.



SLOPE  
887 ok

1-12  
1-10  
1-8  
1-6  
1-4  
1,2

## CARDIO REV MTN2

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

---

3. MT. CLIMB (20) + RUN
4. TURKEY

---

5. ALT. SQUONQ
6. HOT COALS (10) + RUN

---

7. TYSONS
8. MOGUL MADNESS 10

---

9. RIBBITS (10) + RUN
10. KOBOLD

---

11. NEAPOLITAN
12. THRUST TO FROG

11,22,33,44,55  
11,22,33,44  
11,22,33  
11,22  
11

ATTEMPT TO KEEP THE PLATE  
OFF THE TURF AT ALL TIMES!

## GLUED PLATE

## REV HYBRID2

1. W. GREMLIN
2. ROW STROLL 6+
3. STAT HALD (18) + TZN
4. B.O.R. (15) + TZN
5. TRIFECTA 6+

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

## GROUNDLED

## REPTILIAN

1. CALF-IN-ATOR
2. MONGOOSE
3. JACKAL
4. GRAY-CRAY
5. REV BULLDOG

---

- 6A. ARACHNID
- 6B. SL INCH
- 6C. OZARK
- 6D. BOULDER

# 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	Grappel (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		
SL0zark	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 Stroll 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	Bullsh!t
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 August have intentionally difficult progressions to engage the mind and body.
Equalateral	121314, 4, 3, 4, 2, 4, 1, 2, 3, 3, 2
Equalibrious	12, 13, 14, 15, 23, 24, 25, 34, 35, 45

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Expanding MTN	5-6, 4-7, 3-8, 2-9, 1-10
Faded	1-6, 2-6, 3-6, 4-6, 5-6, 6
Faded #	Faded (2) = 1-10, 3-10, 5-10, 7-10, 9-10
Filling	The opposite of a Cavity circuit, this progression fills in tasks, very similar to an Expanding MTN. 1,8,1,2,7,8,1,2,3,6,7,8,1,2,3,4,5,6,7,8
Find Muck	4 bears, 3 toes, 2 Toro, 1 M.F.T. → (take 1 off of each) 3 bears, 2 toes, 1 Toro → 2 bears, 1 toes → 1 bear
Full MTN	1, 12, 123, 1234, 12345, 1234, 123, 12, 1
Gauntlet	A Checklist with a specific task performed between each. Default Gauntlet is a Plate Push, if it is a different task it will be noted. Perform the "Gauntleted" task first, do not finish with the "Gauntleted" task.
Gone Finshin'	Mole Hills (baby mtns) with Pick Your Poison tasks following each Mole Hill. Chose wisely as the sections generally get harder and are paired intentionally.
Hell Cycle	Large Elcycle performed in chunks. 1-30, 30-1, 11-20, 20-11

CIRCUIT	EXPLANATION
Hybrid #	MTN & Centaur combined. Hybrid 2 = 11, 1122, 112233, 11223344 Hybrid 3 = 111, 111222, 111222333...
If/Then	A Pick Your Poison type circuit where you'll have the choice in which presented task to do once. Depending on what you choose determines which succeeding task you do twice.
Jacob's Ladder	MTN starting at the bottom. 1121231234(4 turns into new 1)12123123(4,1)12123123(4,1)...The task in the rungs is always done twice, not three times.
Judgement Day	A timed workout. Get through the "Earth" circuit before the time cut off which will determine your fate of Heaven or Hell once you finish the entire Earth circuit. Generally the Hell portion will be tedious an lower scoring while the Heaven portion will yield higher scores with an easier flow.
K2	A true test of one's pain threshold! Perform the first section of tasks until you arrive at the first Equalizer. Perform the Equalizer tasks as many times as possible without stopping. Return to task number 1, perform all tasks to Equalizer 2. Perform Equalizer 2 as many times as possible. Repeat the same steps through a third, or even fourth Equalizer. Bonus points for each Equalizer are given and are TBD.
Karma	Perform each task in the first section once. Then choose to do the KARMA Task defer it. In the next section of tasks perform each 2X. Choose to do the KARMA Task or defer. Perform the third section tasks 3X each. KARMA Task or defer. At the 50:00 mark all tasks that were deferred. Do not stop a task that you're in the middle of at the 50:00 mark - finish it - THEN go to deferred tasks. Then, after deferred tasks, pick up where you left off.
Labyrinth	A giant checklist with intermittent circuits called "walls" designed to stall your progress.
Light Side	Same as the Dark Side above. Checklists from left to right, however you work your way from harder to easier tasks.
Mad Hatter	4 large circuits with a "draw" after each circuit. Junkies pull a ticket, roll a die, flip a coin or even pick their fated task. Usually the tasks are more difficult and performed 3X however this can change Mad Hatter to Mad Hatter.
Math Lab	10 Circuits. Each circuit is worth 100 Points. Finish as many circuits as you can, in any order but never repeat a circuit. Scores are only rounded DOWN to the nearest 50. Must finish the 6/2 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, 1223333, 12233334444, 1223333444455555
MT. Olympus	Really Large MTN performed in chunks. Chunking August 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 August Augusthem competition. Note: There are other instances where we PYP, it August 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, 1112223333, 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