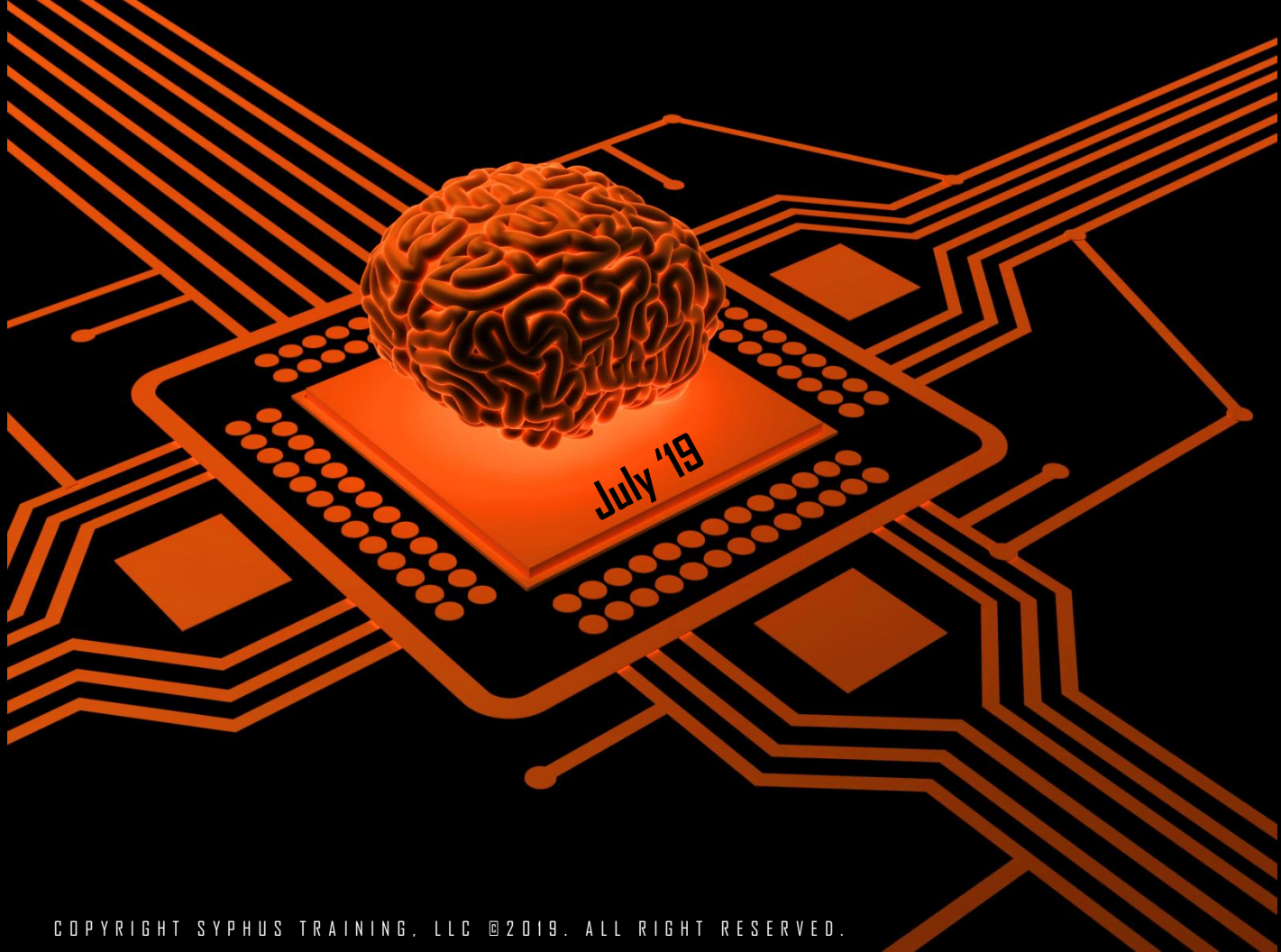


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The Motherboard Service:

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

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

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

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

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

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PAGE 60.....THE SYPHER



JULY 2019 SCHEDULE



HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

DATE	WORKOUT	ROQ CAP	SLOPE	DATE	WORKOUT	ROQ CAP	SLOPE
1-Jul-19	{BW} MTN2 GLUED PLATE U VERTEX C3	908	23	16-Jul-19	Mt. Neverest U Expanding	951	16
2-Jul-19	UTN MESA CAVITY	901	22	17-Jul-19	Split-Fade = Mesa Checklist(3)	1092	45
3-Jul-19	EXPANDING =ATERAL CEPTILIAN2	956	39	18-Jul-19	Xion Reptilian2 MTN2 X2	1254	4
4-Jul-19	FIREWORKS	988	37	19-Jul-19	Xerxes Switcheroo Mini EL Cycles	911	15
5-Jul-19	FIREWORKS	988	37	20-Jul-19	Expanding Faded Vertex MTN2	936	32
6-Jul-19	Checklist(2) Faded2 Ceptilian2	975	29	21-Jul-19	Vertice	902	28
7-Jul-19	Voyage Rippled Expanding	998	7	22-Jul-19	JaCob's Ladder	929	31
8-Jul-19	N-Large (B1)	902	28	23-Jul-19	U = 1,2 Punch	932	33
9-Jul-19	MTN2 Reptilian Gauntlet Vertex	908	27	24-Jul-19	{BW} Filling Double Bovine Gauntlet C3	928	21
10-Jul-19	Pendulum Reptilian n+n2	1042	29	25-Jul-19	MTN6	1023	37
11-Jul-19	Uplift Checklist(3) Rippled	908	23	26-Jul-19	Checklist, Odds, Evens	970	40
12-Jul-19	The Mutt	1091	34	27-Jul-19	Zenith And1 U	941	23
13-Jul-19	Cross-Lists	1050	31	28-Jul-19	Mesa Red Rum =	957	38
14-Jul-19	Moles El Cycle2 C2	992	32	29-Jul-19	Xion3 Ceptilian2 Rippled	997	33
15-Jul-19	PICKtilians	905	34	30-Jul-19	GONE Fishin'	931	29
				31-Jul-19	MTN3 Vertex El Cycle Chaos	913	15



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

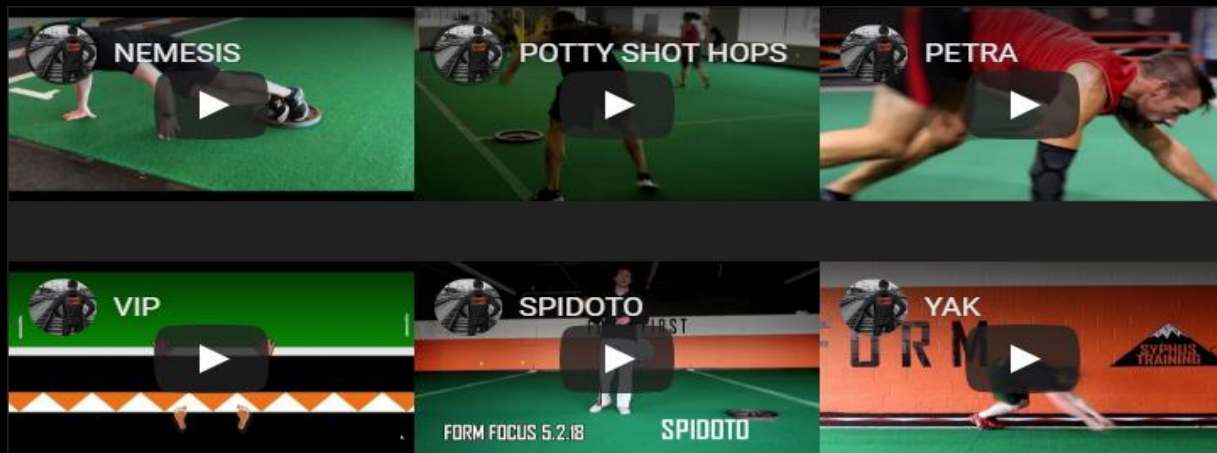
1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

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.

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 and someone will follow up with you as soon as possible



SLOPE

I,2
I-4
I-6
I-8
I-10

BODY WEIGHT MTN2

1. SUICIDE 2-1-3-1-4-1
2. TOES (20) + RUN

3. TYSONS
4. HOT COALS (10) + RUN

5. MOGUL (20) + RUN
6. ALI 22+

7. HANG (10) + RUN
8. BAYOK (6) + RUN

9. CROAKIN
10. SCORPION TO 3/BACK

I-10
10-1

GLUED PLATE U

1. SWAGGIN 1:1
2. TALL ORDER 6+
3. CURL WALK 6+
4. DENSER 2-1-3-1-4-1
5. SAWED OFF (10) + TZN
6. RDL (8) + TZN
7. W. CROOK
8. FLAMINGO (6) + TZN
9. KITCHEN SINK (10) + TZN
10. ROW STROLL 6+

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

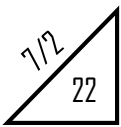
VERTEX

1. PETRA
2. APE SHOOT!
3. F. LUNGE
4. VEXUM

III
222
333...

CENTAUR3

1. TURKEYS
2. MONTAUK
3. TROG
4. PUSH UP (10) + RUN
5. DIABLO
6. CURIOUS GEORGE
7. TAKE OFF!



SLOPE

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

UTN

1. QUICK FT. (20) + RUN
2. STAMPEDE
3. BULLY

4. BONSAI 3-1-4-2-4-1
5. HIKES

6. RIBBITS (10) + RUN

7. ALI 22+
8. MASTODON
9. DELAURA

1-3
2-4
3-5
4-6
5-7
6-8
7-9
8-10
9-11
10-12

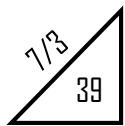
MESA

1. TWINKLE TOES (30) + TZN
2. STORK (20) + TZN
3. YETI
4. BUCKS
5. KOBOLD
6. RAMPAGE (12) + RUN
7. JACKALOPE
8. REV BOVINE
9. TROG
10. INCH WORM
11. SKUFFLE
12. OZARK

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

CAVITY

1. BANDIT (20) + RUN
2. BUZZARD
3. BULLDOG
4. BRIDGED BENCHED (30) + TZN
5. WICCA
6. MOGUL 6 TO FROG
7. STROW 1:1
8. XPP
9. MONGOOSE
10. SPEED SKATES (20) + RUN



SLOPE

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

EXPANDING

1. CUJO (L)
2. B.O.R. (15) + TZN
3. SQUIBBLE
4. V-STEP (10) + RUN
5. TWO-STEP (20) + RUN
6. SUICIDE 2-1-3-1-4-1
7. JIGGY (20) + RUN
8. 3 PT. STANCE
9. BEAR
10. SL OGRE (10) + TZN

12131415
54535251
2324
4342
3

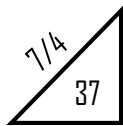
=ATERAL

1. SCALAWAG
2. MONKEY
3. SKULLS (10) + TZN
4. STAT W. LUNGE (8) + TZN
5. VENOM

112233,4A
112233,4B
112233,4C
112233,4D

CEPTILIAN2

1. REV GARGOYLE
2. PLATE PUSH
3. CURL WALK 6+
- 4A. DEVIL
- 4B. GARGANTUAN
- 4C. SPIKES
- 4D. SHOT PUT



SLOPE

FIREWORKS

START BY PERFORMING THE WARM UP MTN. THEN, CHOOSE ONE TASK FROM EACH LIST (A-L) PERFORM THAT TASK ONCE. ONCE EXPLOSIONS (L) IS COMPLETED, GO BACK TO THE BEGINNING (A) AND CHOOSE A DIFFERENT TASK FROM EACH LIST, PERFORM IT TWICE. REPEAT THIS FOR A THIRD TIME DOING THE REMAINING TASK THREE TIMES. NOTE, THIS IS SLIGHTLY DIFFERENT THAN A TRADITIONAL BARN BURNER AS IT HAS MORE LISTS BUT FEWER OPTIONS PER LIST. REPEATING TASKS ARE PROHIBITED. THIS WORKOUT IS ALSO SLATED FOR TOMORROW; CHOOSE A DIFFERENT PATH.

1
12
123
1234
12345

MTN

1. QUICK FT. (20) + RUN
2. EN GARDE
3. STAMPEDE
4. SQ. JUMP (10) + RUN
5. HALO 2-1-3-1-4-1

A. SPARKLERS

1. LYCAN (10) + RUN
2. PARATROOP (10) + RUN
3. TWINKLE TOES (30) + TZN

B. FOUNTAINS

1. MIEL'S WHEELS
2. STORK (20) + TZN
3. TUCKS (10) + RUN

C. FIRE-CRACKERS

1. MASTODON
2. PABLO
3. FLYING MONKEY

D. SMOKE BOMBS

1. NEAPOLITAN
2. NO GIMMIES
3. BOVINE

E. BOTTLE ROCKETS

1. SPEED SKATES (20) + RUN
2. SUE-STEP (20) + RUN
3. PLATE SHAKE 9+

F. SNAKES

1. GARGOYLE
2. ENFORCER
3. MANTIS (8) + RUN

G. MORTARS

1. M.F.T.
2. JANGLE LEG 3
3. WICCA

H. CATHERINE WHEELS

1. JAGGER (12) + RUN
2. FROGS
3. MONGOOSE

I. CAKES

1. GROWLER
2. ANTEATER
3. JUNKIE JUMP (8) + RUN

J. M-80

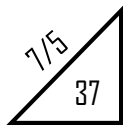
1. SKY HIGH 4-1
2. SQUONK
3. REV GREMLIN

K. ROMAN CANDLES

1. RUMP ROAST
2. REVIVAL
3. PROWLER (L)

L. EXPLOSIONS

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS



SLOPE

FIREWORKS

START BY PERFORMING THE WARM UP MTN. THEN, CHOOSE ONE TASK FROM EACH LIST (A-L) PERFORM THAT TASK ONCE. ONCE EXPLOSIONS (L) IS COMPLETED, GO BACK TO THE BEGINNING (A) AND CHOOSE A DIFFERENT TASK FROM EACH LIST, PERFORM IT TWICE. REPEAT THIS FOR A THIRD TIME DOING THE REMAINING TASK THREE TIMES. NOTE, THIS IS SLIGHTLY DIFFERENT THAN TRADITIONAL BARN BURNERS AS IT HAS MORE LISTS BUT FEWER OPTIONS PER LIST. REPEATING TASKS ARE PROHIBITED.

1
12
123
1234
12345

MTN

1. QUICK FT. (20) + RUN
2. EN GARDE
3. STAMPEDE
4. SQ. JUMP (10) + RUN
5. HALO 2-1-3-1-4-1

A. SPARKLERS

1. LYCAN (10) + RUN
2. PARATROOP (10) + RUN
3. TWINKLE TOES (30) + TZN

B. FOUNTAINS

1. MIEL'S WHEELS
2. STORK (20) + TZN
3. TUCKS (10) + RUN

C. FIRE-CRACKERS

1. MASTODON
2. PABLO
3. FLYING MONKEY

D. SMOKE BOMBS

1. NEAPOLITAN
2. NO GIMMIES
3. BOVINE

E. BOTTLE ROCKETS

1. SPEED SKATES (20) + RUN
2. SUE-STEP (20) + RUN
3. PLATE SHAKE 9+

F. SNAKES

1. GARGOYLE
2. ENFORCER
3. MANTIS (8) + RUN

G. MORTARS

1. M.F.T.
2. JANGLE LEG 3
3. WICCA

H. CATHERINE WHEELS

1. JAGGER (12) + RUN
2. FROGS
3. MONGOOSE

I. CAKES

1. GROWLER
2. ANTEATER
3. JUNKIE JUMP (8) + RUN

J. M-80

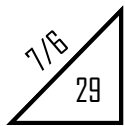
1. SKY HIGH 4-1
2. SQUONK
3. REV GREMLIN

K. ROMAN CANDLES

1. RUMP ROAST
2. REVIVAL
3. PROWLER (L)

L. EXPLOSIONS

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS



SLOPE

1-12

1-12

CHECKLIST(2)

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. HOT COALS (10) + RUN
4. TYSONS
5. RIBBITS (10) + RUN
6. JIGGY (20) + RUN
7. PLATE SHAKE 9+
8. X PP
9. B.N.C.
10. MONGOOSE
11. APE SHOOT!
12. STAT SQUAT (10) + RUN

1-10

3-10

5-10

7-10

9-10

FADED2

1. SL BUCKS
2. SCORPION TO 3/BACK
3. VEXUM
4. TARASQ
5. CURL PRESS 5+
6. EN GARDE
7. GRIFTER (8) + SA PP
8. MANTIS (8) + RUN
9. SHOT PUT
- 10 KAMIKAZE 4-3-4-2-4-1-4-1

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

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

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

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

CEPTILIAN2

1. GALLOW 2-1-4-3-4-1
2. CHICKIN 2-1-3-1-4-1
3. BANDIT (20) + RUN
4. YETI
- 5A. SL INCH
- 5B. MIM 3-2-4-2-3-1
- 5C. RAZOR
- 5D. ENFORCER



SLOPE

1-3, 4A

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

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

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

VOYAGE

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

1,2,33

2,3,44

3,4,55

4,5,66...

RIPPLED

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

6,7

5-8

4-9

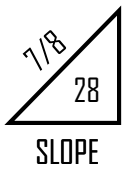
3-10

2-11

1-12

EXPANDING

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



1-28
28-1
1-28

N

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



SLOPE

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

MTN2

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

3. SQUONK
4. TURKEYS

5. BEAR
6. TRIFECTA 6+

7. SWAGGIN 1:1
8. BULLDOZER

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

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

LISTED AS
"REPTILIAN"
OK SITE O.K.

REPTILIAN2

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

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

PUSH, TASK
PUSH, TASK...

GAUNTLET

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

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

VERTEX

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



PERFORM EACH AS A
CHECKLIST AND IN THIS ORDER:
A,B,A,C,A,D,A,E
A,E,A,D,A,C,A,B,A

PENDULUM

A.

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

B.

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

C.

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

D.

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

E.

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

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

REPTILIAN 2N+N

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

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



SLOPE

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

UPLIFT

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

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

CHECKLIST (3)

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

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

RIPPLED

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



SLOPE

THE MUTT

CREATED BY JEN DEMERCURIO

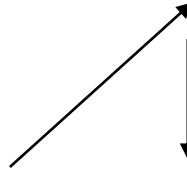


1A, 1B, 1C, 1D, 1E, 1F, 1G

1A 2A, 1B 2B, 1C 2C...

1A 2A 3A, 1B 2B 3B...

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



1 ACROSS

2 ACROSS

3 ACROSS

4 ACROSS

	A	B	C	D	E	F	G
1	SHUFFLE	TOES (20) + RUN	SUE STEP (20) + RUN	MT. CLIMB (20) + RUN	CURL PRESS 5+	HIGH KNEES	PLATE PUSH
2	SKUFFLE	SQ. JUMP (10) + RUN	JIGGY (20) + RUN	MONTAUK	BULLY	REVBNC	ENFORCER
3	MIEL'S WHEELS	W. LUNGE	BOULDER	REV BOVINE	SL BRD SKULLS (10) + TZN	RAMPAGE (12) + RUN	GIMPY DOG
4	FLYING MONKEY	JOHNNY APPLESEED	REV PLATE PUSH	TRIPTYCH	ROW MADNESS 3 + PIN	HAMSTRUNG	TAKE-OFF!



CROSS-LISTS

PERFORM EACH SECTION AS A CHECKLIST IN THE ORDER OF A CROSS-FIRE CIRCUIT:

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

**1. QUICK FT. (20) + RUN
MOGUL (20) + RUN
SKIPS
PLATE SHAKE 9+**

**2. SQUANTOES (20) + RUN
BONSAI 3-1-4-2-4-1
BUCKS
MOWGLI (12) + RUN**

**3. MT. CLIMB (20) + RUN
GARGOYLE
TRIFECTA! 6+
SUPP(10)**

**4. STACKSHOT
YETI
JACKAL
TURKEY**

**A. MIEL'S WHEELS
SWAGGIN 1:1
VIP (10) + RUN
PRIMATES 4-1-3-1-2-1**

**B. SAWED OFF (10) + TZN
TIP-TOES (20) + RUN
REV VIPER
B.N.C.**

**C. CYCLONE (12) + TZN
PEG LEG (8) + RUN
HYDRA
SWASHBUCKLER**



SLOPE

MOLE-HILLS

1
12
123
1
12
123...

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

1. RAMPANT (10) + RUN
2. KOBOLD
3. TUCKS (10) + RUN

1. PLATE PUSH
2. HANG (10) + RUN
3. TWINKLE TOES (30) + TZN

1. TYSON
2. RDL (8) + TZN
3. GREGORIAN (8) + RUN

1. MONKEY
2. DENSER 2-1-3-1-4-1
3. KAMIKAZE 4-3-4-2-4-1-4-1

1-10, 10-1
3-8, 8-3
5,6,6,5

EL CYCLE X2

1. SCORPION TO 3/BACK
2. SKUFFLE

3. KITCHEN SINK (10) + TZN
4. ALI 22+

5. SPEED SKATES (20) + RUN
6. MONGOOSE

7. VEXED (10) + RUN
8. JACKALOPE

9. BONSAI 3-1-4-2-4-1
10. WICCA

11
22
33...12, 12

CENTAUR2

1. BENCHED (30) + TZN
2. W. CROOK
3. LYCAN (10) + RUN
4. TYPHON
5. SKY HIGH 4-1
6. JABBERWOCKY
7. BUCKS
8. SA PP
9. TARASQ
10. DEVIL
11. SUICIDE 2-1-3-1-4-4
12. TAKE OFF!



SLOPE

PICKtilians

PERFORM EACH SECTION AS A REPTILIAN WHERE YOU CHOOSE WHICH TASK TO DO AS THE LAST/CHANGING TASK AND IN WHICH ORDER.

ALL CIRCUITS WILL HAVE ONE TASK REMAINING SO LISTS OF 5 YOU'LL GO THROUGH 4 TIMES AND LISTS OF 4 THROUGH 3 TIMES.

NO REPEATING PICKED TASKS.

A.

1. SUICIDE 2-1-3-1-4-1
2. TWO-STEP (20) + RUN
3. INFINITY (20) + RUN
4. LYCAN (10) + RUN

5. RAMBO (10) + RUN
5. ROW STROLL 6+
5. TIP-TOES (20) + RUN
5. MUGGER (12) + RUN

B.

1. KOBOLD
2. POTTY SHOT
3. FLAMINGO (6) + TZN

4. BULLDOZER
4. GROWLER
4. F. LUNGE
4. ANTEATER

C.

1. VENOM
2. MONTAUK
3. JUNKIE JUMP (8) + RUN
4. ROOSTER (10) + TZN

5. CYCLONE (12) + TZN
5. O-BOR (10) + TZN
5. PUSH UP (10) + RUN
5. YAK

D.

1. HOT COALS (10) + RUN
2. JIGGY (20) + RUN
3. CRAISE (20) + TZN

4. CALF-IN-ATOR
4. HALO 2-1-3-1-4-1
4. HAG 1:1
4. DELAURA

E.

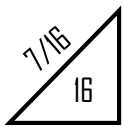
1. VIP (10) + RUN
2. OFFERING
3. TROG
4. APE SHOOT!

5. MIM 3-2-4-2-3-1
5. JACK BOX
5. JACK-ASS
5. ATTACK IT

F.

1. SL BUCKS
2. MONGOOSE
3. SLING SHOT 3-2-4-2-3-1

4. OGRE (10) + TZN
4. REV GROWLER
4. SHWAGGIN 1:1
4. RAZOR



SLOPE

1
1,22
1,22,333
1,22,333,4444
1,22,333,4444,55555

MT. NEVEREST

1X TOES (20) + RUN

2X TYSON

3X COALITION (10) + TZN

4X W. GREMLIN

5X XPP

1-15

15-1

U

- 1. MIEL'S WHEELS**
- 2. STAT TYPHON (10) + RUN**
- 3. STORK (20) + TZN**
- 4. TROG**
- 5. REV BEAR**
- 6. YIKES!**
- 7. YETI**
- 8. CURL PRESS 5+**
- 9. GIMPY DOG**
- 10. REV PLATE PUSH**
- 11. JAGGER (12) + RUN**
- 12. BONSAI 3-1-4-2-4-1**
- 13. INCH WORM**
- 14. BANDIT (20) + RUN**
- 15. SA DIABLO**

5,6

4-7

3-8

2-9

1-10

EXPANDING

- 1. VEXUM**
- 2. YAK**
- 3. HALO 2-1-3-1-4-1**
- 4. B. LUNGE**
- 5. RAMBO (10) + RUN**
- 6. APE SHOOT!**
- 7. PUSH UP (10) + RUN**
- 8. ALI 22+**
- 9. GRIFTER (8) + SA PP**
- 10. MOGUL 6 TO FROG**



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

SPLIT/FADE

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. SUE-STEP (20) + RUN
3. TYSON
4. MIEL'S WHEELS
5. YIKES!

6. BULLY
7. PLATE PUSH
8. GORGON (8) + RUN
9. SQ. JUMP (10) + RUN
10. SCALAWAG

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

EQUALIBRIOUS

1. TRUMPET 9+
2. MOGUL PUSH
3. RDL (8) + TZN
4. PRIMATES 4-1-3-1-2-1
5. B. LUNGE

1-8
1-8
1-8

CHECKLIST(3)

1. DEATH ROW 2-1-3-1-4-1
2. MONKEY
3. ENFORCER
4. VEXED (10) + RUN
5. QUICKSAND
6. BANDIT (20) + RUN
7. TROG
8. UNLEASHED

123
234
345
456
567
678

MESA

1. GBD (15) + RUN
2. SHOT PUT
3. AMAROK
4. VIPER
5. W. CROOK
6. SAWED OFF (10) + TZN
7. SKULLS (10) + TZN
8. 313



SLOPE

"DO-OVER"

IF YOU COMPLETE ALL 3 CIRCUITS START ALL OVER AGAIN
AND ATTEMPT TO COMPLETE ALL 3...FOR A 1254 ;-)

XION

1A
12B
123C
1234D
12345E

1. QUICK FT. (20) + RUN
2. MT. CLIMB (20) + RUN
3. VEXED (10) + RUN
4. SQUANTOES (20) + RUN
5. CURIOUS GEORGE

- A. SUE-STEP (20) + RUN
- B. CURL WALK 6+
- C. RIBBITS (10) + RUN
- D. ROW STROLL 6+
- E. DIABLO

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

REPTILIAN2

MTN2

1. TYSON
2. MOWGLI (12) + RUN
3. TAUNTAUN
4. KITCHEN SINK (10) + TZN
5. JAGGER (12) + RUN
- 6A. DENSER 2-1-3-1-4-1
- 6B. REV B.N.C.
- 6C. BENCHED (30) + TZN
- 6D. BUZZARD

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

1. GALLOW 2-1-4-3-4-1
2. HIKES
3. GREMLIN
4. SKY HIGH 4-1
5. SLUSKI
6. TORD
7. FLYING MONKEY
8. MASTODON



SLOPE

1A

12BB

123CCC

1234DDDD

12345EEEE

A. XERXES

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

B. SWITCHEROO

1-10

1-10

1-10

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

C. MINI EL CYCLES

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

1-3,3-1

2,2

1-3,3-1

2,2

1-3,3-1

2,2

1-3,3-1

2,2

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



SLOPE

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

EXPANDING

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

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

FADED VERTEX

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

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

MTN2

1. APE SHOOT!
2. JIGGY MADNESS 10

3. ALI 22+
4. PIRATE

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

7. PISTON (10) + TZN
8. 45°

9. TARASQ
10. DECALF



SLOPE

- 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

A. TROMBONE 6+ **1X**

A. MOGUL PUSH **2X**

B. TAUNTAUN

A. MONKEY

B. 3 PT. STANCE **3X**

C. CURL WALK 6+

A. SQ. JUMP (10) + RUN

B. VEXUM

C. SKULLS (10) + TZN **4X**

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

A. MIEL'S WHEELS

B BONSAI 3-1-4-2-4-1

C. SHWAGGIN 1:1 **5X**

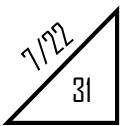
D. INCH WORM

E. GARGOYLE

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



SLOPE

Start at the bottom and work your way up the ladder through a MTN pattern. Always double up on the task in the rungs, never triple.

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

JACOB'S LADDER

5.1. MIEL'S WHEELS

4. SCURL 1:1

3. MONGOOSE

2. SWAGGIN 1:1

5.1. WARRIOR

4. BOVINE

3. SKULLS (10) + TZN

2. RAMPANT (10) + RUN

5.1. NEAPOLITAN

4. YIKES!

3. ALT. SQUONQ

2. TWO-STEP (20) + RUN

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

5. AMAROK

4. B.N.C.

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

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

5.1. PUSH UP (10) + RUN

4. STAMPEDE

3. JIGGY (20) + RUN

2. STAT HALO (18) + TZN

5.1. SLAP JACK

4. STORK (20) + TZN

3. RDL (8) + TZN

2. LOWLY (10) + RUN

5.1. MIEL'S WHEELS



SLOPE

1-12

12-1

U

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

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

=IBRIOUS

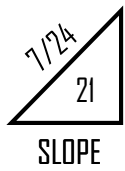
1. JIGGY (20) + RUN
2. BOVINE
3. COALITION (10) + TZN
4. CRAZY LEGS
5. SAWED OFF (10) + TZN
6. APE SHOOT

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

"1,2, PUNCH"

MTN2

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



BODY WEIGHT ONLY!

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

FILLING

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. JIGGY (20) + RUN
4. BANDIT (20) + RUN
5. GBD (15) + RUN
6. SL GORGON (8) + RUN
7. STAT TYPHON (10) + RUN
8. LYCAN UP (10) + RUN
9. RAMBO (10) + RUN
10. TOES (20) + RUN

DO TWO BOVINE BEFORE EACH TASK.
PERFORM AS A CHECKLIST.

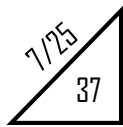
DOUBLE BOVINE GAUNTLET

- 2 BOVINE
1. POUNCER (10) + RUN
- 2 BOVINE
2. JUNKIE JUMP (8) + RUN
- 2 BOVINE
3. SCALAWAG
- 2 BOVINE
4. MANTIS (8) + RUN
- 2 BOVINE
5. RAMP UP (8) + RUN
- 2 BOVINE
6. TUTOR
- 2 BOVINE
7. JABBERWOCKY
- 2 BOVINE
8. REVIVAL

III
222
333...

CENTAUR3

1. KOBOLD
2. FROGS
3. VIPER
4. WARRIOR
5. TIPPY-TAP
6. BULLFROG
7. BONSAI 3-1-4-2-4-1
8. SPD SKATES (20) + RUN
9. YAK
10. ALT SQUONQ
11. STAMPEDE
12. REV MASTODON



SLOPE

1-6
1-12
1-18

1-24
1-30

MTNG

1. QUICK FT. (20) + RUN
2. HOT COALS (10) + RUN
3. TURKEYS
4. LYCAN (10) + RUN
5. SWAGGIN 1:1
6. W. GREMLIN

7. RIBBITS (10) + RUN
8. JIGGY (20) + RUN
9. PINNED 2-1-3-1-4-1
10. MONTAUK
11. BUCKS
12. NEAPOLITAN

13. HIGH Xs
14. VEXUM
15. GRECO
16. JIGSAW
17. DENSER 2-1-3-1-4-1
18. MIEL'S WHEELS

19. HIKES
20. FLYING MONKEY
21. OGRE (10) + TZN
22. SLING SHOT 3-2-4-2-3-1
23. K.O.D. (20) + TZN
24. TORO
25. SCORPION TO 3/BACK
26. W. LUNGE
27. MONGOOSE
28. PEG LEG (8) + RUN
29. INCH WORM
30. OZARK



1-42
1,3,5...41
2,4,6...42

CHECKLIST, ODDS, EVENS

1. **BONSAI 3-1-4-2-4-1**
2. **SWAGGIN 1:1**
3. **HOT COALS (20) + RUN**
4. **SKY HIGH 4-1**
5. **ALI 22+**
6. **TROMBONE 6+**
7. **TOES (20) + RUN**
8. **SKULLS (10) + TZN**
9. **SQUIBBLE**
10. **HIKES**
11. **W. CROOK**
12. **HALO 2-1-3-1-4-1**
13. **SKUFFLE**
14. **BRIDGED BENCHED (30) + TZN**
15. **KOBOLD**
16. **STAT SWAG (20) + TZN**
17. **ALT. SQUONQ**
18. **RDL (8) + TZN**
19. **MIEL'S WHEELS**
20. **APE SHOOT!**
21. **SCALAWAG**
22. **CHICKIN 2-1-3-1-4-1**
23. **GRECO**
24. **90° (10) + TZN**
25. **GREGORIAN (8) + RUN**
26. **B.O.R. (15) + TZN**
27. **MONGOOSE**
28. **K.O.D. (20) + TZN**
29. **SWASHBUCKLER**
30. **POTTY SHOTS**
31. **PIRATE**
32. **THRASHER**
33. **PETRA**
34. **XPP**
35. **SQUONQ**
36. **SPIKES**
37. **TROG**
38. **ROOTED GROOT (8) + PUSH**
39. **TARASQ**
40. **TARZAN (TZN)**
41. **JACKAL**
42. **BUCKS**



SLOPE

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

ZENITH

1. QUICK FT. (20) + RUN
2. KAMIKAZE 4-3-4-2-4-1-4-1

3. MOGUL MADNESS 10
4. STAMPEDE

5. STAT CURL (6) + TZN
6. NEAPOLITAN

7. PRIMATES 4-1-3-1-2-1
8. HANG (10) + RUN

1X

2X

3X

4X

- I
- II,2
- III,22,3
- IIII,222,33,4

AND1

1. HIKES
2. V-STEP (10) + RUN
3. PUSH UP (10) + RUN
4. VOODOO (L)

- 1-10
- 10-1

U

1. COAL MINE 22+
2. HAG 1:1
3. SUPP (10)
4. YETI
5. JIGSAW
6. TOES (20) + RUN
7. MILLIPEDE (L)
8. TARADACTYL
9. SL OGRE (10) + TZN
10. DEVIL

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

MTN

1. BULLDOZER
2. SHUTTLE RUN 3-2-4-2-3-1
3. SHOT PUT
4. TAKE OFF!



SLOPE

MESA

1. BONSAI 3-1-4-2-4-1
2. SKATES
3. MT. CLIMB (20) + RUN
4. TYSONS
5. TRUMPET 9+
6. RIBBITS (10) + RUN
7. MUGGER (12) + RUN
8. CYCLONE (12) + TZN
9. KOBOLD
10. MIEL'S WHEELS
11. RDL (8) + TZN
12. ROTATING SQUAT

PERFORM EACH TASK TWICE
FORWARD TASK TO 4, REV TASK TO 1
FORWARD TASK TO 4, REV TASK TO 1

RED RUM

1. GREMLIN
2. BEAR
3. POTTY SHOTS
4. F. LUNGE
5. THRASHER
6. BOVINE
7. SWASHBUCKLER
8. MASTODON
9. CURL WALK 6+
10. WALRUS
11. TURKEY
12. BULLDOZER

- REV GREMLIN
- REV BEAR
- HIKES
- B. LUNGE
- TORO
- REV BOVINE
- PIRATE
- REV MASTODON
- TRIFECTA 6+
- REV PLATE PUSH
- BUTT KICKS
- DIABLO

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

=IBRIDIOUS

1. MOGUL (20) + RUN
2. GRYPHON (8) + PUSH
3. PARATROOP (10) + RUN
4. TROG
5. BUCK UPS
6. TYPHON



IAAA
I2BBB
I23CCC
I234DDD
I2345EEE

XION3

1. QUICK FT. (20) +RUN
 2. TURKEYS
 3. PLATE SHAKE 9+
 4. SPIKES
 5. K.O.D. (20) + TZN
- A. SHUFFLE
 - B. V-STEP (10) + RUN
 - C. SUE STEP (20) + RUN
 - D. F. LUNGE
 - E. NEAPOLITAN

CEPTILIAN2

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

1. COALITION (10) + TZN
 2. RDL (8) + TZN
 3. BUCKS
-
- 4A. ARACHNID
 - 4B. DEVIL
 - 4C. MASTODON
 - 4D. SLIGER

1233
2344
3455...

RIPPLED

1. SKY HIGH 4-1
2. RAMP UP (8) + RUN
3. APE SHOOT!
4. MONTAUK
5. SCALAWAG
6. VENOM
7. SAWED OFF (10) + TZN
8. SHOT PUT
9. BONSAI 3-1-4-2-4-1
10. PRIMATES 4-1-3-1-2-1

7/30
29

SLOPE

GONE FISHIN'

EACH SECTION IS A MTN [1,1,2,1,2,3...] AT THE END OF EACH SECTION "GO FISHING" FOR A TASK FROM THE NOTED LIST.

YOU CANNOT REPEAT A "GONE FISHING" TASK.

1. RUN

2. ALI 22+

3. OFF THE DOCK

1. TROMBONE 6+

2. VIP (10) + RUN

3. SQUANTOES (20) + RUN

4. OFF THE DOCK

1. SKULLS (10) + TZN

2. GARGOYLE

3. OFF THE DOCK

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

2. DGRE (10) + TZN

3. B.N.C.

4. OFF THE DOCK

1. TYSONS

2. RAZOR

3. SHALLOW

1. JIGGY (20) + RUN

2. REV BEAR

3. OFFERING

4. SHALLOW

1. STAMPEDE

2. MUGGER (12) + RUN

3. SHALLOW

1. TWO-STEP (20) + RUN

2. KNEELING SWAG (15) + TZN

3. TUTOR

4. DEEP

OFF THE DOCK

A. B. LUNGE

B. MONTAUK

C. O-B.O.R. (10) + TZN

D. ABD. FLAMINGO (6) + TZN

E. CYCLONE (12) + TZN

SHALLOW

A. PABLO

B. STACK SHOT

C. KIT. SINK (10) + TZN

D. MASTODON

DEEP

A. ANACONDA

B. DEVIL

C. QUICKSAND (L)

D. SCURL 1:1

E. W. LUNGE

1. MONGOOSE

2. LOWLY (10) + RUN

3. DEEP

1. TIP-TOES (20) + RUN

2. ABD. MANTIS (8) + RUN

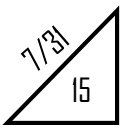
3. SQUIBBLE

4. DEEP

1. HIKES

2. SCORPION TO 3/BACK

3. DEEP



SLOPE

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

MTN3

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

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

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

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

1
122
12333
1234444

VERTEX

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

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

EL CYCLE

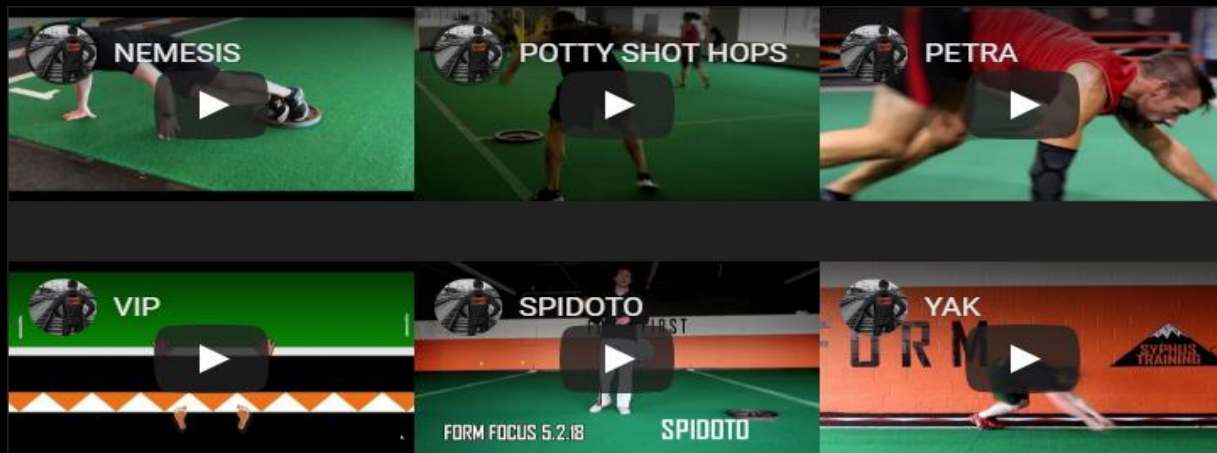
1. GRIFTER (8)+SAPP
2. POTTY SHOT
3. SHUTTLE RUN 3-2-4-2-3-1
4. VENOM
5. RAMP UP (8) + RUN

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

CHAOS

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

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 and someone will follow up with you as soon as possible

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
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	1.D	MTN Man	4.C	Pogato (6) + TZN	4.C	Rev Bear Crawl	3.D	S.A. Boulder	5.C
Leaps	1.A	Mugger (10) + Run	2.C	Potty Shot	2.B	Rev Bovine	4.A	SA Diablo	5.A
Leprechaun	2.C	Mukwonago	4.A	Potty Shot Hops	5.A	Rev Bulldog	3.D	SA Diablo	5.A
Lieutenant Dan	6.A	MuskRat	3.B	Potty Squat	2.C	Rev Buzzard	5.A	SA Greco	5.A
Lowly (10) + Run	2.D	Neapolitan	3.B	Potty to Bulldog	4.C	Rev Gargoyle	4.B	SA P.P.	3.B
Lumberjacks (8) + Run	3.B	Nemesis	6.B	Pouncer (10) + Run	4.A	Rev Gator to 3	5.C	Samurai	4.C
Lycan (10) + Run	2.C	Night Crawler	5.A	Primates 4-1-3-1-2-1	3.B	Rev Gremlin	1.C	Sawed Off (10) + Tzan	3.C
Lycan Up (10) + Run	4.A	No Gimmies	3.A	Primitive	6.A	Rev Growler	3.D	scarab to 3/back	6.A
M.F.T.	6.A	0-B.D.R. (10) + TZN	3.D	Prowler	6.A	REV Hydra	3.D	Scorpion to 3/BACK	5.C
Mantis (8) + Run	3.A	Obliterator	5.C	Push Ups (10) + Run	3.C	Rev Inch Worm	5.C	SCURL 1!	5.B
Mastodon	4.C	Oblivion	6.A	Python	5.B	Rev Mastodon	5.A	SHALO 1!	5.B
MaTador	6.A	Offering	2.C	QuadZilla	6.B	Rev Mongoose	3.D	Shot Put	5.A
Maxum	3.D	Ogre's Bridge (10) + Tzan	3.D	Quick Feet (20) + Run	2.A	Rev Mukwonago	5.A	Shuffle	1.B
Miel's Wheels	3.A	OPA (8) + TZN	3.C	Quick Ft Madness	3.B	Rev Night Crawler	5.B	Shuttle Run 3-2-4-2-3-1	1.C
MIM 3-2-4-2-3-1	5.B	0-Pinned 2-1-3-1-4-1	4.A	Quicksand	5.B	Rev Plate Push	5.B	Shwaggin 1!	3.D

ALPHA - MOD INDEX

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

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

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

TIER - MOD INDEX

SHALO I:

SL Boulder

STROW I:

Thrust to Frog

TIER 5 - C

Attack It

Caduceus

Chupacabra

Double Push

Double Push

Gryphon Madness

HamStrung

Hellion

Jabberwocky

Jack Box

Jack-Ass

Jester

KAA (ID) + Push

Macker

Mother Buzzard

Obliterator

Ozark

Resurrection

Rev 313

Rev Gator to 3

Rev Inch Worm

S.A. Boulder

Scorpion to 3/BACK

Sinister (6) + Push

SL Bayok (6) + Run

Suck Ups

SUPPS Madness

Triad

The Exorcise

Troika

W. Gorgon (8) + TZN

W. Rotating Squat

Walrus

Window Wash + Push Up

TIER 6 - A

Conan 3/back

Conquistador

Diabolical

Double Rev Inch

Frozen Pipes (3/8)

Hack-It

Half Blaked

Jangle Leg3

Johnny Appleseed

Lieutenant Dan

M.F.T.

MaTador

Mogul to Frog

Mr. Atlas to 3/back

Oblivion

Primitive

Prowler

Ravage

Revival (Rev. Resurrect)

Rump Roast

scarab to 3/back

SL Resurrections

SL Thrust to Frog

The Burgundy

Tweaker

W. Bunyan

W. Warrior Lunge

Wicca

TIER 6 - B

CUJO

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 June 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 on a 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, 122333, 1223334444, 122333444455555
MT. Olympus	Really Large MTN performed in chunks. Chunking June 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 June Junehem competition. Note: There are other instances where we PYP, it June 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 = 11122333444, 111223333, 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	I23344555666677778888, 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, I2334455566677778888

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