

INKBLOT #2

This workout was designed with an easy-to-follow progression that is not overly repetitive. The tasks used in this workout are relatively "objective" meaning that there are not many ways to cut corners on their forms. It may sound counter-intuitive, but oftentimes in Syphus the scoreboard may not reflect those who perform tasks the best. In many instances, the better you perform a task the longer it will actually take to complete it and the residual fatigue will run over into the tasks that come after. The opposite is true with this workout. Several tasks utilized in this workout like Ape Shoot, Slusk, Jackal and Shot Put we intentionally used to award those who can perform them with max efficiency. There were also very few (+)run/tzn tasks which removes the variable of rep counting. Likewise, majority of the tasks involved are void of subtle nuances that make or break form. The aim of this workout was to allow Junkies the ability to go full throttle without much need to dedicate extra concentration to form. By their very nature, the tasks in this workout should mainstream form discrepancies and will likely favor Junkies who have enhanced their performance through adherence to the Form First principle.

(-51 or lower) SCORE FOCUSED	(-50 or higher) FORM FOCUSED
IF YOUR +/- WAS SIGNIFICANTLY IN THE RED	IF YOUR +/- WAS NEAR AVG or SIGNIFICANTLY IN THE GREEN
<p>PROBABLE TRAITS:</p> <ul style="list-style-type: none"> You excel in Carrying or Stationary tasks, both of which are not used frequently in this workout. Your inflexibility (or technique) hindered your ability to perform tasks that appeared to be easier for others. Examples: Ape Shoot, Trog, Jackal, Sluski, Yeti. Performing one of anything isn't terribly challenging, but doubling up on the tasks during the Centaur portion really slowed you down. Deficiencies in muscular endurance or aerobic capacity are the likely culprits. You may have room to improve your efficiency however it will require you to slow down and learn subtle techniques such as proper follow through on throwing tasks or foot positioning/transitioning on crawls or jumps. Your turf conditions were unusually sticky. 	<p>PROBABLE TRAITS:</p> <ul style="list-style-type: none"> Fitness level is well balanced as workout hits all areas. You likely know how to play the "game within the game" using your flexibility, explosiveness and technique to maximize distance on your throwing, jumping and crawling tasks. For some reason, the clock seemed to move quicker during today's workout. You have good shoulder, quad and hip-flexor strength. Your ability to read the board allowed you to forecast when it was "OK" to push through the difficulty of a task, like that of Ozark or MIM, as a resting task was on the horizon. It's possible you have a weakness in bicep, back and/or tricep exercises as this workout seldomly called upon those areas. It's also possible for such tasks that your range of motion is greater than most which often hinders your pace when they're featured in other workouts. If jumping tasks eat you up, this workout was a nice reprieve. Do you rest TOO much on "resting" tasks? If you walked two full Bonsais in a row, could you run/jog them without it hurting your form in the next task? If so, you could probably push the pace and your score, if not, there's room to improve your cardio and recovery time.
<p style="text-align: center;">PARTICIPANTS WITH A LONG CAREER MAY HAVE MORE ACCURATE FEEDBACK BY FINDING THE +/- IN COMPARISON TO THEIR CAREER BOULDER.</p> <p style="text-align: center;">THE FEEDBACK PROVIDED WAS ALL PREDICTED PRIOR TO ADMINISTERING THE WORKOUT. OUTCOMES WERE PRESUMED ON PAST DATA AND THE DAY'S WORKOUT STRUCTURE.</p> <p style="text-align: center;">IF YOU ARE NEW TO SYPHUS, RETURNING FROM A LONG HIATUS OR HAD OTHER VARIABLES INFLUENCING YOUR "NORMAL" SCORING POTENTIAL, THE FEEDBACK MAY NOT BE ACCURATE ON AN INDIVIDUAL LEVEL.</p>	