

INKBLOT #1

THIS WORKOUT WAS DESIGNED STRATEGICALLY WITH 9 OF OUR SLOWEST AND MOST TIME-DRAINING STATIONARY TASKS LIKE GORGON + PUSH UP, PEG LEG AND COBRA. IN ORDER TO SCORE THE "NORM", OR EVEN POSITIVE, ON THIS WORKOUT WOULD REQUIRE JUNKIES TO MAKE UP GROUND ELSEWHERE. THE EXERCISES THAT SURROUND THESE "SLOWER" TASKS, LIKE THAT OF A RAZOR PUSH, JACKBOX, 2 CURL MADNESS AND HIGH XS ALL DEMAND CRITICAL ATTENTION TO DETAIL THAT, IF ONE WERE RUSHING THE MOVEMENTS TO MAKE UP TIME, COULD EASILY DO SO; BUT NOT WITHOUT COMPROMISING FORM. IF DONE CORRECTLY, MANY OF THE "SLOWER" TASKS MAY HAVE BEEN UTILIZED AS A REST FROM SURROUNDING JUMPING/CARDIO TASKS WHICH, IN THEORY, SHOULD HAVE MADE THESE TASKS EVEN SLOWER TO COMPLETE. BARRING A FEW EXCEPTIONS, SCORING ABOVE AVERAGE ON THIS WORKOUT SHOULD HAVE BEEN VERY DIFFICULT WITHOUT SKIPPING REPS OR SLIGHTING FORM.

(-) FORM FOCUSED	BALANCED	(+) SCORE FOCUSED
IF YOUR +/- WAS SIGNIFICANTLY IN THE RED	IF YOUR +/- WAS WITHIN ABOUT 80 PTS OF YOUR AVG (-40 to +40)	IF YOUR +/- WAS SIGNIFICANTLY IN THE GREEN
<p>PROBABLE TRAITS:</p> <ul style="list-style-type: none"> You do your own workout and less concerned with keeping up with the board or others. In fact, in workouts like these, you see the need to slow down to get the real benefit of the tasks involved. Great Range of Motion or at least you're working on improving it. Your movements may be more explosive and powerful which can be aerobically taxing and require more time to recover. You have a strong/correct planking position. You attempt to stay within the (good) pain of the task rather than avoid it. You're likely to be someone who scores higher than most on the day-to-day workouts, but not this one. That's okay; form first. You may need to improve your core/stability so the stationary core and upper body carrying tasks involved in this workout do not deplete you as much. You may have room for improving your cardiovascular endurance. 	<p>The intention of this workout didn't impact your score in a way that would point to any one particular set of characteristics.</p> <p>It's likely that you carry strengths from both sides of the spectrum; that or very consistent.</p> <p>Although your score may not point it out directly, you can identify areas needing improvement by reflecting on the parts of the workout that seemed most challenging to you and any bullet points that speak directly to that aspect of the workout.</p>	<p>PROBABLE TRAITS:</p> <ul style="list-style-type: none"> Very strong core and stabilization Strong upper body, proficient at carrying tasks Great endurance/aerobic capacity. You're not winded by jumping tasks and you recover so quickly that they have little effect on later tasks. That, or you need to apply more effort in those particular tasks. You know how to read the board and/or how to adapt in order to score higher. May need to give more attention to detail to the correct form on each task. (Specifically in Range of Motion, rep counts and slowing your movements down) A "bear down and push through" mentality is good in some workouts, but not this Stay with the difficulty of each REP of each task. Make the jumps on a task like Jackbox ALL OUT; don't conserve energy for the next task by cutting corners of the one you're on. Be aware of your planking position. Your hips may be sagging or rising during tasks that require a plank thus making these tasks easier. Make sure your upper body tasks are executed methodically. Be sure that you're executing these tasks with stability and good cadence. Don't rush.
<p>PARTICIPANTS WITH A LONG CAREER MAY HAVE MORE ACCURATE FEEDBACK BY FINDING THE +/- IN COMPARISON TO THEIR CAREER BOULDER. THE FEEDBACK PROVIDED WAS ALL PREDICTED PRIOR TO ADMINISTERING THE WORKOUT. OUTCOMES WERE PRESUMED ON PAST DATA AND THE DAY'S WORKOUT STRUCTURE. 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>		