

INKBLOT #3

This workout is full of tasks that demand a level of discipline, integrity and honest self-assessment to execute with "proper" form. Examples of such tasks: SL Boulder, Halo, Tysons, ALI, Flying Monkey, Scalawag, Pinned, Swashbuckler and Skuffle. Tasks like these, a slight misplacement of your foot positioning, finding ways to make a task more tolerable or shortning your range of motion can drastically change the effect of the exercise. Tasks that may appear "easy", like Scalawag or Pinned, should be more of a pest than a rest...but that's the challenge you must seek! This workout also hosts several slow endzone tasks and cardio-taxing jumps that should hinder the form-firsters ability to gain ground in this routine. Maximal effort on the Flying Monkey jump? Full extension on Stork? If you weren't slowed down by these tasks your pace might have been influenced by your score or the form of those around you.

(-) FORM FOCUSED	BALANCED	(+) SCORE FOCUSED
IF YOUR +/- WAS IN THE RED	IF YOUR +/- WAS WITHIN ABOUT 80 PTS OF YOUR AVG (-20 to +20)	IF YOUR +/- WAS IN THE GREEN
<p><u>PROBABLE TRAITS:</u></p> <ul style="list-style-type: none"> You take a certain sense of pride in the "all out" effort of your jumps, the precision of your movements and achieving the full rep count, even if it means stopping to rest mid-task. You know what "blindness" are and you use them. It doesn't show on the scoresheet, but your movements are explosive and graceful. In workouts like these - you often take a hit to your score and your ego, but you do it willingly. Every time you have to stop to shake out the legs on Scalawag you shake your head. You also catch yourself wondering if others know why the task is called "Pinned" every time you have to set the plate down. The jumping tasks in this workout may expose a weakness in your cardio, if you have it. Likewise, if you lack upper body strength AND you aim to achieve full range of motion, today's carrying tasks should be even harder because you're still trying to recover from the jumps. You quickly realized there were no "rest" tasks anywhere in the workout and started walking the +runs, spent more time in the end zones....and strangely looked forward to Craise and GBD. 	<p>The intention of this workout didn't impact your score in a way that would point to any one particular set of characteristics. You may have scored above average but your form is solid; and vice versa. You may be on the fringe.</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><u>PROBABLE TRAITS:</u></p> <ul style="list-style-type: none"> You have a strong grasp of Syphus terminology, progressions and techniques. You do not get winded as easily on jumping tasks; is that due to a strong cardio game or do you scale back on the effort given in tasks like Flying Monkey or Croakin? You're very strong throughout your upper body. Where Halos, Pinned and Cyclone slow others, you're able <i>carry</i> on. It's possible you're missing critical from details that may hurt your pace but they'll help your overall fitness. Some tasks are meant to be more difficult than you're making them. (ie. Full Planks on SL Boulder, Keeping the plate stationary on the SL Boulder Jump, striving for full range of motion on all tasks, creating and staying with the burn of Scalawag or Pinned, correct footwork on Skuffle) Intentional or not, you may be "taking it easy" on tasks like Swashbuckler which greatly changes the dynamic of the workout, especially with its intentional placement at the beginning of an Uplift circuit. You can improve your range of motion and power by attempting to get down the field in the fewest amount of jumps as possible. If it zaps your energy, you're doing it right! On a task like Swashbuckler, it's better to go all out in the middle of the field and recover in the endzone than to "just get through" the task with sloppier form.
<p style="text-align: center;">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>		