

# INKBLOT #5

Of all the Inkblot workouts, this one may show the largest disparity between the form-firster and the score-oriented. The workout features a specific pattern of tasks that should allow a form-firster to excel in the tasks that are challenging and rest on the appropriated resting tasks. If executed correctly, a form-firster should be able to continuously charge their batteries in a way that allows them to attack the more difficult tasks more effectively than individuals without a track record of form improvement. The score-oriented may find tasks like Viper, SL Bucks, Rev BNC, Sling Shot, Hack-It and Jack-Ass so taxing that in order to regain ground, they may be forced to speed through the "resting" tasks which is a double-edged sword as it brings them back to the more difficult tasks quicker and more physically depleted; a pattern which will theoretically accumulate throughout the entirety of the workout. Scores 450(ish) and lower, the +/- traits below may not be as drastic nor accurate for this particular workout.

(-) SCORE FOCUSED	BALANCED	(+) FORM 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><b>PROBABLE TRAITS:</b></p> <ul style="list-style-type: none"> <li>The tasks that you had to do twice in the Reptilian2 significantly slowed you down and there were not many areas to shave time elsewhere in the routine.</li> <li>If you're someone who like upper body carryin task, this workout had them but they were not ones that require you to do a certain amount of reps or achieve a specific range of motion. If you believe you excel in carrying tasks, scrutinize your range of motion. Are you fully extending on Trombones? Are you holding the plate correctly on Offering? Do you use your body too much on a Cyclone?</li> <li>Some of the advanced tasks/crawls in this workout can be improved upon by perfecting your weight displacement during the task. For instance on SA Diablo, Hack-It and Anaconda there should be a rhythm where all of your lower body does the work, then all of your upperbody. Once you find that rhythm and where to position your body to maximize these movements, you'll master these tasks.</li> </ul>	<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><b>PROBABLE TRAITS:</b></p> <ul style="list-style-type: none"> <li>You're likely to be one of the most experienced Syphusers in the field. Your experience allowed you to recognize the substantial challenges embedded in the workout are also opportunities to separate yourself. You see the way to navigate workouts like these, clearly.</li> <li>You excel in tasks that are more advanced and you're are able to perform them more efficiently than most. You rely on the range of motion, flexibility, power and technique you've honed over countless workouts and see this workout as a chance to see a return on your Form First mentality.</li> <li>If you scored significantly positive in this workout, it's hard to point out what areas you might need to work on as you would have to have great form to score positive. Another reason you probably scored positive is that you score lower on 90% of the workouts becasue they usually feature a handful of tasks that the score-oriented are rewarded moreso than the form-firster. No so in this workout.</li> </ul>
<p style="text-align: center;"><b>PARTICIPANTS WITH A LONG CAREER MAY HAVE MORE ACCURATE FEEDBACK BY FINDING THE +/- IN COMPARISON TO THEIR CAREER BOULDER.</b></p> <p style="text-align: center;"><b>THE FEEDBACK PROVIDE WAS ALL PREDICTED PRIOR TO ADMINISTERING THE WORKOUT. OUTCOMES WERE PRESUMED ON PAST DATA AND THE DAY'S WORKOUT STRUCTURE.</b></p> <p style="text-align: center;"><b>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.</b></p>		