

INKBLOT #6

This workout is all about maintaining proper angles. Tasks like O-Bor, KOD, 45°, Skulls and 90° all require attention to keeping the body (or its limbs) in a set position. Other tasks like Tyson, Sq. Jump, W. Stat Squat, Gremlin and Frozen Crook require a specific depth, rotation or posture which can be measured by monitoring the participant's angles. The form-firster who strives to hit all of these angles correctly will find this workout to be particularly difficult and fairly slow moving; he or she may not even feel as if they broke much of a sweat. The workout also consists of ample (+)run/tzn tasks that increases the variable of rep miscounts. Given the slope of this workout, it's possible that both ends of the form spectrum will register scores near or above their average, however, score-oriented individuals are likely to score exponentially higher. This workout could help spotlight one's integrity to form precision and accurate rep counts.

(-, 0 give or take) FORM FOCUSED	(+) SCORE FOCUSED
<p>PROBABLE TRAITS:</p> <p>You take time on the small stuff. You make sure your feet don't touch/assist on KOD and that your arms are not touching the turf during GBD or Dgre.</p> <p>You recognize, right away, that certain workouts are meant to be slow and likely low scoring. This one in particular.</p> <p>Your forte may be found in crawling or pushing tasks...this ain't your workout</p> <p>You likely have a strong "form conscience". That is you can notice when your body is starting to go on autopilot and trying to achieve the reps by any means necessary. This is when you stop, recover and return to the task with full form.</p>	<p>PROBABLE TRAITS:</p> <p>Take your time to ask the Pro why certain tasks are named 90° or 45°. Once you start performing tasks with attention to these angles it will greatly change the effect of the task and the benefit you get from them.</p> <p>If you already know what the angles are that should be achieved in these tasks, make sure you do not allow yourself to get complacent with your form. Have a pro or a fellow Junkie "spot" your angles. It never hurts to get a second opinion, and it also shows other that you're attempting to keep Form as your North Star.</p> <p>It's possible that you have a very strong core and stabilizers. If you have the correct angles in all of these tasks and are not hindered by them, you have an asset that not</p> <p>Are you paying close attention to the movement of your body and or your limbs. This workout may entice you to use your various parts of your body to swing, throw or sway your body in a way to get the plate into the correct position. That, or on something like SUPPS you may think that by putting your hands behind your head or down parallel to the turf that you're not using momentum...but check again, you may just be displacing the weight in a way that's actually easier to perform the sit-up without even knowing it. Always follow the guidance of your Pro, they'll be able to tell you if your body is cheating itself or not, especially on the tasks featured in this workout.</p>
<p>PARTICIPANTS WITH A LONG CAREER MAY HAVE MORE ACCURATE FEEDBACK BY FINDING THE +/- IN COMPARISON TO THEIR CAREER BOULDER.</p>	
<p>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>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</p>	