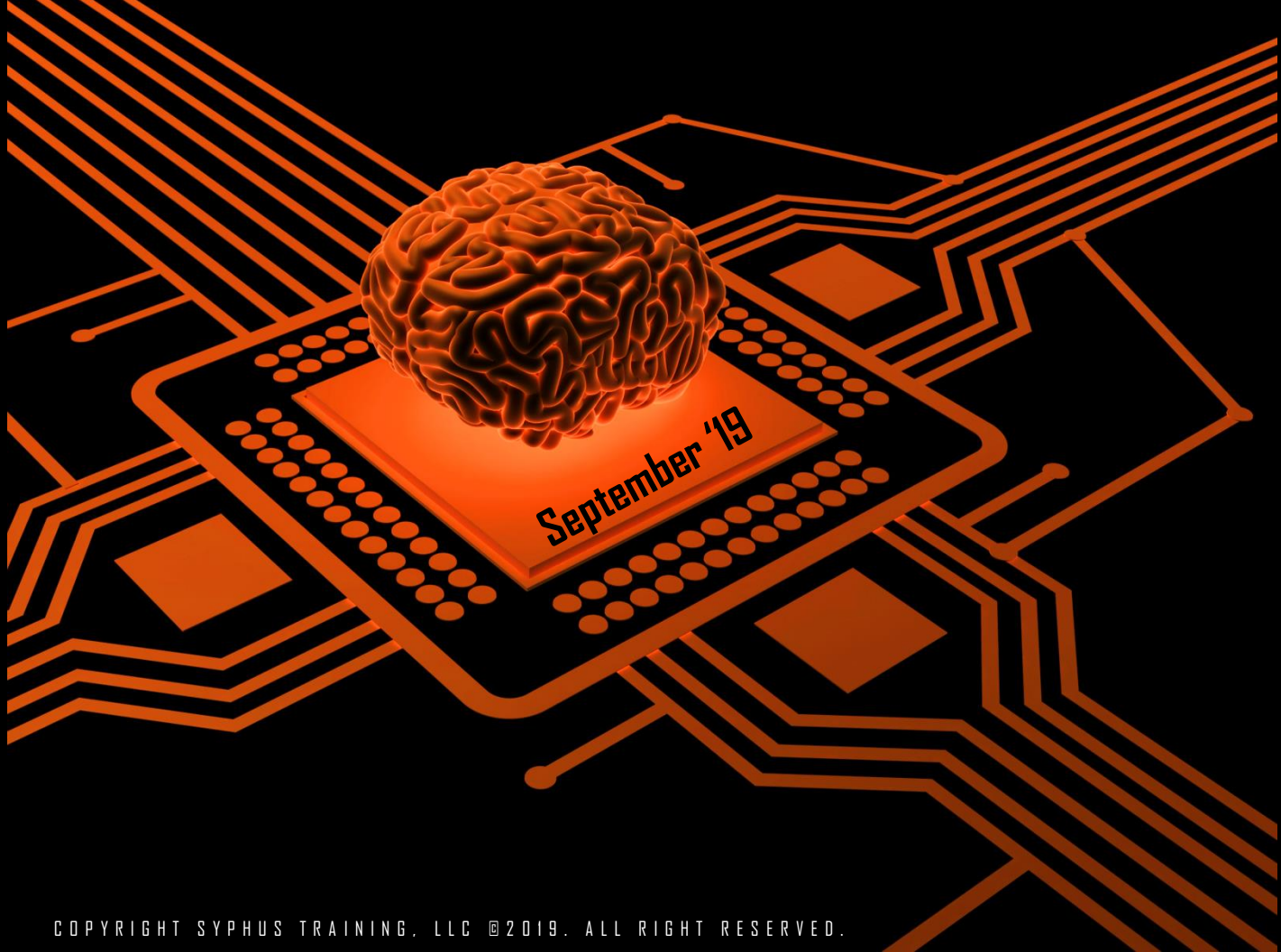


M  
O  
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E  
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B  
O  
A  
R  
D



## Motherboard Terms of Use and Disclaimer

The following Terms of Use and Disclaimer for Syphus Training, LLC's Motherboard Service is intended to be an easy-to-read format for all parties, including but not limited to, Syphus Training's members, licensees, licensee's members, staff, owners, indirect customers and or suppliers. For authorized use of the Motherboard Service, you must agree to these Terms upon subscription. Any unauthorized use will be construed as consent to these terms.

### The Motherboard Service:

The Motherboard Service is a monthly publication issued by Syphus Training, LLC as a guide for the suggested workouts for that month. Users will have access to the most current month's list of workouts as well as a Modification Index which is a list of all Syphus Training's tasks.

The published information and workouts are proprietary information of Syphus Training, LLC and are meant to be a general template for a given day's workout. The contents of each workout include the day's circuits and tasks. These tasks September be modified by each Turf owner (Licensee) to suit the needs and desires of their members. **The success of Syphus Training is based on the gamification scoring and stat-tracking systems in place and the accuracy of the scoring will differ greatly if the proper modifications for a task are not made in accordance to the Modification Index.** Any modifications to a day's workout should be made at the sole discretion of the Turf owner (Licensee), and not by the customer, unless approved by the designated Syphus Training PRO.

The published Motherboards should be used as a supplement to enhance a Syphus Training member's experience, not to replace it. The novice member will find value in the Motherboard to expedite the learning curve with circuit and task recall, proper modifications, and formulating a strategy for future workouts and competitions.

Under no circumstance should any subscriber attempt to perform the published workouts, circuits or exercises without the supervision of a certified Syphus Training PRO and within a Licensed Syphus Training facility.

Not included in the Motherboard publication are the official rules of Syphus Training, circuit progressions, complete task descriptions, task values, scoring check points or rep count cues. This information will be provided to you on the day of your workout by the PRO at your home Turf.

### Payment:

\$14.99 for One Month of Motherboards (Current month only. Payments and or workouts are not prorated.)

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### Updates:

Any updates or changes to the Motherboard workouts or the Modification Index will be posted on [www.syphustraining.com](http://www.syphustraining.com) under the News Tab and will be shared to the Syphus Training corporate's Facebook page.

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# September 2019 SCHEDULE



Date	Workout	Slope	ROQ Cap	Date	Workout	Slope	ROQ Cap
9/1	Labor Day Barn Burner	1195	46	9/16	Xion   Cycle   2X Venom Gaunt   Matterhorn	30	924
9/2	Labor Day Barn Burner	1195	46	9/17	U   Reptilian n+n(2)   Flipped	47	999
9/3	Back 2 School	990	32	9/18	Expanding   Vertex   Find Muck   Checklist2	25	910
9/4	MTN2   Vertex   U   Rev Hybrid2	906	17	9/19	Matterhorn   Reptilian2   RedRum	34	973
9/5	Cross-Fire   Reptilian2   Moles	977	29	9/20	Chaos   Cavity   El Cycle	27	897
9/6	Matterhorn   C2   Rev MTN3	928	28	9/21	U2   Uplift   Faded2	24	902
9/7	Jacob's Ladder   Zenith	961	34	9/22	MTN4   Checklist   Reptilian2	30	957
9/8	Filling   Xion2   N	909	27	9/23	Cross - Lists	21	930
9/9	Rapture	1052	44	9/24	Mesa   Expanding   Mt. Neverest	8	899
9/10	Check(3)   Gaunt   Check(2)   MTN   Check	914	24	9/25	Multi-task Gauntlets	24	902
9/11	Denali   MTN2   Chameleon	901	38	9/26	Equalibrious   Zenith   Faded 2	18	909
9/12	Vertex   Dark Side   Faded	918	33	9/27	N   El Cycle   Checklist(2)   MTN2	33	974
9/13	U   El Cycle   Chaos   Split Fade	949	21	9/28	6.3.18 [6x3=18]	15	953
9/14	Mt. Neverlist   Checklist(3)   Rev Mtn2	900	27	9/29	Xion2   Invertilian   Checklist to C2	22	900
9/15	Cul-De-Sacs	953	33	9/30	Cavity   Checklist(2)   Faded5	24	923

**Slope:** Difficulty ranking from 1-50. 1 has generally "easier" tasks often yielding lower scores, while 50 has "harder" tasks for higher scores.



# HOW TO READ THE MOTHERBOARD

Circuit keys show the order in which to perform tasks.

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

1,1  
1,1,2,2  
1,1,2,2,3,3  
1,1,2,2,3,3,4,4  
1,1,2,2,3,3,4,4,5,5

HYBRID2

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK 6+
7. BOVINE
8. GATOR TO 3

Minimum rep count indicator; used for certain traveling tasks.

EQUALATERAL

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. PROWLER L

"Ladder Tasks are indicated by this symbol.



## WARM-UP MTN

1. QUICK FT. (20) + RUN
2. MOWGLI (12) + RUN
3. TAUNTAUN
4. PLATE SHAKE 9+

## LABOR DAY BARN BURNER

WARM UP MTN. PERFORM AS FOLLOWS: 1<sup>ST</sup> REVOLUTION - PICK ONE TASK FROM EACH DO IT IX  
2<sup>ND</sup> REVOLUTION - 2X, 3<sup>RD</sup>. REVOLUTION - 3X, 4<sup>TH</sup> REVOLUTION - 4X. NO REPEATS EXCEPT EXPLOSIONS.

**A.**

1. HIKES
2. POTTY SHOTS
3. STAT ROW (6) + TZN
4. TARASQ

**D.**

1. REV MASTODON
2. JIGSAW
3. SLUSKI
4. PETRA

**G.**

1. JABBERWOCKY
2. JACK BOX
3. MIM 3-2-4-2-3-1
4. W. ROT SQUAT

**B.**

1. STAT HALO (18) + TZN
2. GARGANTUAN
3. JACKAL
4. SQ. THRUST (10) + RUN

**E.**

1. ENFORCER
2. HYDRA
3. LUMBERJACKS (8) + RUN
4. B.O.R. (15) + TZN

**H.**

1. MIEL'S WHEELS
2. NO GIMMIES
3. NEAPOLITAN
4. 3 PT. STANCE

**C.**

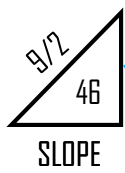
1. SPEED SKATES (20) + RUN
2. INFINITY (20) + RUN
3. KOBOLD
4. APE SHOOT!

**F.**

1. OFFERING
2. JIGGY (20) + RUN
3. CURL PRESS 5+
4. TWINKLE TOES (30) + TZN

**I.**

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS
4. EXPLOSIONS



WARM-UP MTN

1  
12  
123  
1234

1. QUICK FT. (20) + RUN
2. MOWGLI (12) + RUN
3. TAUNTAUN
4. PLATE SHAKE 9+

## LABOR DAY BARN BURNER

WARM UP MTN. PERFORM AS FOLLOWS: 1<sup>ST</sup> REVOLUTION - PICK ONE TASK FROM EACH DO IT IX  
2<sup>ND</sup> REVOLUTION - 2X, 3<sup>RD</sup>. REVOLUTION - 3X, 4<sup>TH</sup> REVOLUTION - 4X. NO REPEATS EXCEPT EXPLOSIONS.

**A.**

1. HIKES
2. POTTY SHOTS
3. STAT ROW (6) + TZN
4. TARASQ

**D.**

1. REV MASTODON
2. JIGSAW
3. SLUSKI
4. PETRA

**G.**

1. JABBERWOCKY
2. JACK BOX
3. MIM 3-2-4-2-3-1
4. W. ROT SQUAT

**B.**

1. STAT HALO (18) + TZN
2. GARGANTUAN
3. JACKAL
4. SQ. THRUST (10) + RUN

**E.**

1. ENFORCER
2. HYDRA
3. LUMBERJACKS (8) + RUN
4. B.O.R. (15) + TZN

**H.**

1. MIEL'S WHEELS
2. NO GIMMIES
3. NEAPOLITAN
4. 3 PT. STANCE

**C.**

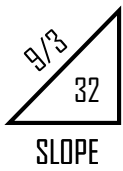
1. SPEED SKATES (20) + RUN
2. INFINITY (20) + RUN
3. KOBOLD
4. APE SHOOT!

**F.**

1. OFFERING
2. JIGGY (20) + RUN
3. CURL PRESS 5+
4. TWINKLE TOES (30) + TZN

**I.**

1. EXPLOSIONS
2. EXPLOSIONS
3. EXPLOSIONS
4. EXPLOSIONS



# BACK 2 SCHOOL

CHECKLIST TO CENTAUR2 ON EACH SECTION. 1-5, 11, 22, 33, 44,55.

**A.**

1. TWO-STEP (20) + RUN
2. STAMPEDE
3. SWAGGIN 1:1
4. HIKES
5. V-STEP (10) + RUN



**B.**

1. MOGUL (20) + RUN
2. TAUNTAUN
3. SAWED OFF (10) + TZN
4. POTTY SHOT
5. STAT TYPHON (10) + RUN



**C.**

1. MOWGLI (12) + RUN
2. HOT COALS (10) + RUN
3. B.O.R. (15) + TZN
4. 3 PT. STANCE
5. HOPSCOTCH

**D.**

1. MASTODON
2. CRAZY LEGS
3. RDL (8) + TZN
4. YIKES!
5. VENOM



**E.**

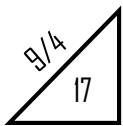
1. MOGUL PUSH
2. MONTAUK
3. STAT HALO (18) + TZN
4. SPIKES
5. VIPER



**F.**

1. WICCA
2. CRAY-CRAY
3. FLAMINGO (6) + TZN
4. APE SHOOT!
5. TYPHON





SLOPE

1-2  
1-4  
1-6  
1-8  
1-10

## MTN2

1. SUICIDE 2-1-3-1-4-1
2. TYSONS

---

3. SPEED SKATES (20) + RUN
4. TWINKLE TOES (30) + TZN

---

5. SQUONQ
6. TROMBONE 6+

---

7. RIBBITS (10) + RUN
8. PUSH UP (10) + RUN

---

9. LYCAN (10) + RUN
10. REV BOVINE

1  
122  
12333  
1234444

## VERTEX

1. SHOT PUT
2. NO GIMMIES
3. F. LUNGE
4. RAZOR

U

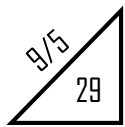
1-12  
12-1

1. BONSAI 3-1-4-2-4-1
2. HAG 1:1
3. O-PINNED 2-1-3-1-4-1
4. PRIMATES 4-1-3-1-2-1
5. BUCKS
6. JAGGER (12) + RUN
7. DELAURA
8. TRIFECTA 6+
9. TARASQ
10. BANDIT (20) + RUN
11. W. CROOK
12. DEVIL

11223344  
112233  
1122  
11

## REV HYBRID2

1. ROW STROLL 6+
2. VEXED (10) + RUN
3. GALLOW 2-1-4-3-4-1
4. TWEAKER (L)



SLOPE

1A, 1B, 1C  
2A, 2B, 2C  
3A, 3B, 3C  
4A, 4B, 4C  
5A, 5B, 5C

## CROSS-FIRE

1. EN GARDE
2. PLATE PUSH
3. KNEELING CURL (6) + TZN
4. YETI
5. KITCHEN SINK (10) + TZN

- A. SUE STEP (20) + RUN
- B. SWAGGIN 1:1
- C. YIKES!

1  
12  
123  
1  
12  
123..

## MOLE HILLS

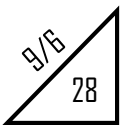
1. CHICKIN 2-1-3-1-4-1
  2. JIGGY (20) + RUN
  3. W. CROOK
- 
1. VIP (10) + RUN
  2. BONSAI 3-1-4-2-4-1
  3. SCORPION TO 3/BACK

1. HOT COALS (10) + RUN
  2. RDL (8) + TZN
  3. INCH WORM
- 
1. TROMBONE 6+
  2. SCALAWAG
  3. SHALO 1:1

1-4, 5A 5A  
1-4, 5B 5B  
1-4, 5C 5C  
1-4, 5D 5D

## REPTILIAN2

1. TALL ORDER 6+
  2. REV BULLDOG
  3. SUICIDE 2-1-3-1-4-1
  4. MIEL'S WHEELS
- 
- 5A. REV B.N.C.
  - 5B. BULLDOZER
  - 5C. PARATROOP (10) + RUN
  - 5D. OZARK
- 
1. GIMPY DOG
  2. ALI 22+
  3. HACK-IT
- 
1. MT. CLIMB (20) + RUN
  2. VIPER
  3. TAKE OFF!



SLOPE

## MATTER HORN

**3 STAMPEDE**

**2 MOGULS (20) + RUN**

**1 HIGH Xs**

---

**3 RAMBO (10) + RUN**

**2 SWAGGIN 1:1**

**1 CURL PRESS 5+**

---

**3 W. GREMLIN**

**2 HANG (10) + RUN**

**1 K.O.D. (20) + TZN**

---

**3 TOES (20) + RUN**

**2 3 PT. STANCE**

**1 TARASQ**

---

**3 BULLDOG**

**2 GALLOW 2-1-4-3-4-1**

**1 SUCK UPS**

---

**3 PLATE PUSH**

**2 REV PLATE PUSH**

**1 PEG LEG (8) + RUN**

11

22

33...

## C2

**1. SKIPS**

**2. SL OGRE (10) + TZN**

**3. D-BOR (10) + TZN**

**4. BOVINE**

**5. INFINITY (20) + RUN**

**6. SA DIABLO**

**7. MUGGER (12) + RUN**

**8. POTTY SHOT**

**9. 313**

**10. BENCHED (30) + TZN**

1-12

1-9

1-6

1-3

## REV MTN3

**1. RIBBITS (10) + RUN**

**2. CHIMP (8) + RUN**

**3. APE SHOOT!**

---

**4. KAMIKAZE 4-3-4-2-4-1-4-1**

**5. PUSH UP (10) + RUN**

**6. CRAZY LEGS**

---

**7. CYCLONE (12) + TZN**

**8. CROAKIN**

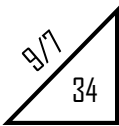
**9. MONGOOSE**

---

**10. SLUSKI**

**11. TIPPY-TAP**

**12. PETRA**



SLOPE

## JACOB'S LADDER

4. SL BOULDER

3. RDL (8) + TZN

2. TYPHON

4.1. YETI

3. DENSER 2-1-3-1-4-1

2. GARGOYLE

4.1. COALITION (10) + TZN

3. JACK BOX

2. SKY HIGH 4-1

4. 1. BONSAI 3-1-4-2-4-1

3. HIKES

2. GORGON (8) + RUN

4.1. V-STEP (10) + RUN

3. ALI 22+

2. MOGUL (20) + RUN

1. QUICK FT. (20) + RUN

Different way of displaying key.

1234

123

12

1234

123

12

1234

123

12

1234

123

12

1234

123

12

1

Start here

12

123344

1233445556666

123344555666677778888

## ZENITH

1. CRAISE (20) + TZN

2. MASTODON

3. JESTER

4. RAMPAGE (12) + RUN

5. SLAP JACK

6. ALT. SQUONQ

7. REV BEAR

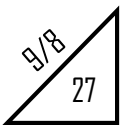
8. VENOM

1X

2X

3X

4X



SLOPE

1,10  
1,2,9,10  
1-3,8-10  
1-4,7-10  
1-10

## FILLING

1. TWO-STEP (20) + RUN
2. EN GARDE
3. CURL WALK 6+
4. JAGGER (12) + RUN
5. PINNED 2-1-3-1-4-1
6. ANACONDA
7. 45°
8. SPIKES
9. SQUANTOES (20) + RUN
10. SWAGGIN 1:1



1. KOBOLD
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. 90°(10) + TZN
4. GBD (15) + RUN
5. MOGUL<sub>6</sub> TO FROG

1. GRECO
2. ENFORCER
3. SL OGRE (10) + TZN
4. APE SHOOT!
5. W. STAT SQUAT (10) + TZN

1AA  
12BB  
123CC  
1234DD  
12345EE

## XION2

- A. HAG 1:1
- B. JUNKIE JUMP (8) + RUN
- C. OFFERING
- D. SA PP
- E. MANTIS (8) + RUN

1-10  
10-1  
1-10



6. VEXUM
7. RAMP UP (8) + RUN
8. TYSON
9. SKY HIGH 4-1
10. GARGANTUAN



1  
12  
123  
1234  
12345

## MTN

1. HOT COALS (10) + RUN
2. INFINITY (20) + RUN
3. PLATE SHAKE 9+
4. HIKES
5. REV VIPER

1-5, 5-1  
2-4, 4-2  
3,3

## EL CYCLE

1. SUPP (10)
2. TAUNTAUN
3. GARGOYLE
4. JIGGY (20) + RUN
5. BUZZARD

# RAPTURE

## ORDER

- MTN  
CHECKLIST(2)  
VERTEX  
CHECKLIST(2)  
EL CYCLE  
CHECKLIST(2)  
GAUNTLET  
CHECKLIST(2)

1-3  
1-3

## CHECKLIST(2)

1. B.N.C.
2. SQ. JUMP (10) + RUN
3. DIABLO

1  
122  
12333  
1234444

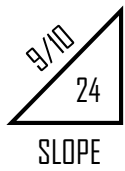
## VERTEX

1. GALLOW 2-1-4-3-4-1
2. SL BRID. SKULLS (10) + TZN
3. NEAPOLITAN
4. MONKEY

PUSH, TASK  
PUSH, TASK...

## GAUNTLET

1. TURKEYS
2. JOHNNY APPLESEED
3. SL INCH
4. RDL (8) + TZN
5. SAWED OFF (10) + TZN
6. GATOR TO 3
7. KNEELING SWAG (15) + TZN
8. TIP-TOES (20) + RUN



## CHECKLIST(3)

- 1-10 1. EN GARDE
- 1-10 2. HOT COALS (10) + RUN
- 1-10 3. STAMPEDE
- 4. SWAGGIN 1:1
- 5. QUICK FT. (20) + RUN
- 6. BULLDOG
- 7. BULLY
- 8. MIEL'S WHEELS
- 9. SA PP
- 10. PABLO

DELAURA, TASK  
DELAURA, TASK... **DELAURA GAUNTLET**

- 1. BEAR
- 2. ROTATING SQUAT
- 3. HIKES
- 4. TIPPY-TAP
- 5. BUCKS
- 6. OGRE (10) + TZN

## 1-8 CHECKLIST(2)

- 1-8 1. TAUNTAUN
- 2. SKULLS (10) + TZN
- 3. LYCAN (10) + RUN
- 4. TWISTED
- 5. JIGGY (20) + RUN
- 6. POTTY SHOT
- 7. STORK (20) + TZN
- 8. RIBBITS (10) + RUN

1  
12  
123  
1234  
12345  
123456

## MTN

- 1. MT. CLIMB (20) + RUN
- 2. CURIOUS GEORGE
- 3. KOBOLD
- 4. MONTAUK
- 5. PINNED 2-1-3-1-4-1
- 6. TWEAKER ①

## 1-8 CHECKLIST

- 1. REV VIPER
- 2. BONSAI 3-1-4-2-4-1
- 3. AMAROK
- 4. B.N.C.
- 5. REVIVAL
- 6. MOGUL PUSH
- 7. SHOT PUT
- 8. TROG



SLOPE

1 DOWN, 1 ACROSS,  
2 DOWN, 2 ACROSS,  
3 DOWN, 3 ACROSS  
4 ACROSS

MINI DENALI

1	SUICIDE 2-1-3-1-4-1	W. CROOK	HIKES	TROMBONE 6+
2	TYSON	F. LUNGE	MONGOOSE	SHALO 1:1
3	TWO-STEP (20) + RUN	ENFORCER	ROW STROLL 6+	INCH WORM
4	GORGON (8) + RUN	HOPSCOTCH	APE SHOOT!	G.B.D. (15) + RUN

MTN2

1,2  
1-4  
1-6  
1-8  
1-10

1. BANDIT (20) + RUN
2. KOBOLD

---

3. VIP (10) + RUN
4. RIBBITS (10) + RUN

---

5. TRIFECTA! 6+
6. BULLDOG

---

7. RDL (8) + TZN
8. REV SCORPION TO 3/BACK

---

9. ALI 22+
10. WICCA

CHAMELEON

1A, 2-5, 6A  
1B, 2-5, 6B  
1C, 2-5, 6C  
1D, 2-5, 6D

- 1A. TIP-TOES (20) + RUN
- 1B. JACKAL
- 1C. POUNCER (10) + RUN
- 1D. W. LUNGE

---

2. 3 PT. STANCE
3. VENOM
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. STATARASQ (16) + RUN

---

- 6A. HAG
- 6B. BRIDGED BENCHED (30) + TZN
- 6C. BUCKS
- 6D. PRIMATES 4-1-3-1-2-1





SLOPE

## VERTEX

- 1
- 1,2,2
- 1,2,3,3,3
- 1,2,3,4,4,4,4
- 1,2,3,4,5,5,5,5,5

1. SUICIDE 2-1-3-1-4-1
2. HOT COALS (10) + RUN
3. KOBOLD
4. PLATE PUSH
5. PRIMATES 4-1-3-1-2-1

- 1-5
- 1-4, 5
- 1-3, 4, 5
- 1-2, 3, 4, 5
- 1, 2, 3, 4, 5
- 1-5

1. OGRE (10) + TZN
2. POTTY SHOT
3. RIBBITS (10) + RUN
4. BUCKS
5. SKY HIGH 4-1

## DARK SIDE

- HAMSTRUNG
- SHOT PUT
- CROAKIN
- SUCK UPS
- HALO 2-1-3-1-4-1

- 1-7
- 2-7
- 3-7
- 4-7
- 5-7
- 6,7
- 7

## FADED

1. QUICKSAND Ⓛ
2. REV MASTODON
3. STORK (20) + TZN
4. VEXUM
5. BONSAI 3-1-4-2-4-1
6. TYSON
7. AMAROK



1-12  
12-1

U

1. SHUTTLE RUN 3-2-4-2-3-1
2. V-STEP (10) + RUN
3. SKATES
4. HOT COALS (10) + RUN
5. MUGGER (12) + RUN
6. SAWED OFF (10) + TZN
7. SQ. JUMP (10) + RUN
8. STAT, SWAG (20) + TZN
9. RAMBO (10) + RUN
10. GORGON (8) + RUN
11. ENFORCER
12. KITCHEN SINK (10) + TZN

1-5  
5-1  
2-4  
4-2  
3.3

## EL CYCLE

1. RAZOR
2. STAT. CURL (6) + TZN
3. KOBOLD
4. SQ. THRUST (10) + RUN
5. REV PLATE PUSH

PERFORM AS A CHECKLIST  
DO EACH TASK NUMBER OF TIMES LISTED

## CHAOS

- 2 REV BEAR
- 4 HIKES
- 1 SHALO 1:1
- 3 MOGUL (20) + RUN
- 2 SQUANTOES (20) + RUN
- 1 HANG (10) + RUN
- 3 PRIMATES 4-1-3-1-2-1
- 4 W. GREMLIN

1-10  
2-5,7-10  
3-5,8-10  
4,5,9,10  
5,10

## SPLIT-FADE

1. MATTADOR (L)
2. CYCLONE (12) + TZN
3. EN GARDE
4. CURL PRESS 5+
5. CRAZY LEGS
6. 313
7. BUZZARD
8. BUCKS
9. GROWLER
10. BONSAI 3-1-4-2-4-1



SLOPE

- 1-3
  - 1-3
  - 4-6
  - 4-6
  - 1-3
  - 4-6
  - 4-6
  - 7-9
  - 7-9
  - 7-9
- MT. NEVERLIST**
- 1. BONSAI 3-1-4-2-4-1
  - 2. SKATES **1X**
  - 3. BULLY
  - 4. MIEL'S WHEELS
  - 5. BANDIT (20) + RUN **2X**
  - 6. HIKES
  - 7. JUNKIE JUMP (8) + RUN
  - 8. CURL PRESS 5+ **3X**
  - 9. GROWLER

- 1-8
  - 1-8
  - 1-8
- CHECKLIST(3)**
- 1. VIP (10) + RUN
  - 2. SUICIDE 2-1-3-1-4-1
  - 3. SKULLS (10) + TZN
  - 4. JACK ASS
  - 5. SKY HIGH 4-1
  - 6. CALF-IN-ATOR
  - 7. CYCLONE (12) + TZN
  - 8. COBRA (10) + PUSH

- 1-10
  - 1-8
  - 1-6
  - 1-4
  - 1.2
- REV MTN 2**

- 1. MOWGLI (12) + RUN
- 2. NEAPOLITAN
- 3. TWO-STEP MADNESS 10
- 4. TROG
- 5. BUCKS
- 6. JACKALOPE
- 7. RDL (8) + TZN
- 8. MONGOOSE
- 9. TWISTED
- 10. JANGLE LEG 3



SLOPE

1-10  
CENTAUR2  
10-1

1. EN GARDE
2. MOGUL (20) + RUN
3. SKIPS
4. LYCAN (10) + RUN
5. GALLOW 2-1-4-3-4-1
6. ROW STROLL 6+
7. SQ. JUMP (10) + RUN
8. POTTY SHOT
9. ENFORCER
10. BEAR

11  
22  
33  
44

### C2

1. STORK (20) + TZN
2. ARACHNID
3. GBD (15) + RUN
4. TORO

1-10  
MESA  
10-1

## CUL-DE-SACS

1. JAGGER (12) + RUN
2. APE SHOOT!
3. SQ. THRUST (10) + RUN
4. YETI
5. TWINKLE TOES (30) + TZN
6. SHWAGGIN 1:1
7. REV BULLDOG
8. SA PP
9. TROMBONE 6+
10. FLYING JACKAL

1-3  
2-4  
3-5

### MESA

1. TOP SHELF (8) + TZN
2. MONGOOSE
3. STAMPEDE
4. DENSER 2-1-3-1-4-1
5. PIRATE

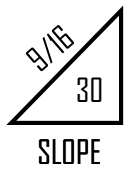
1-10  
VERTEX  
10-1

1. HOT COALS (10) + RUN
2. TAUNTAUN
3. W. LUNGE
4. VEXED (10) + RUN
5. CROAKIN
6. TRIFECTA 6+
7. BOVINE
8. HANG (10) + RUN
9. JIGSAW
10. RAMBO (10) + RUN

1  
122  
12333

### VERTEX

1. YIKES!
2. MIEL'S WHEELS
3. BULLDOZER



- 1 A
- 12 B
- 123 C
- 1234 D
- 12345 E
- 123456 F

## XION

- 1. QUICK FT. (20) + RUN
  - 2. SUE-STEP (20) + RUN
  - 3. BANDIT (20) + RUN
  - 4. W. CROOK
  - 5. B.O.R. (15) + TZN
  - 6. PROWLER L
- A. SHUFFLE
  - B. SWAGGIN 1:1
  - C. RIBBITS (10) + RUN
  - D. HALO 2-1-3-1-4-1
  - E. KAMIKAZE 4-3-4-2-4-1-4-1
  - F. DEVIL

1-4, 4-1  
2,3,3,2

## EL CYCLE

- 1. DEATH ROW 2-1-3-1-4-1
- 2. RAMPAGE (12) + RUN
- 3. TYSON
- 4. JACKAL

VENDM, VENDM, TASK  
VENDM, VENDM, TASK...

## DOUBLE VENDM GAUNTLET

- 1. ALI 22+
- 2. MONKEY
- 3. RDL (8) + TZN
- 4. SAWED OFF (10) + TZN
- 5. OGRE (10) + TZN
- 6. BENCHED (30) + TZN

## MATTER HORN

CHECKLIST - PERFORM EACH  
TASK AS MANY TIMES NOTED

- 3 GALLOP 2-1-4-3-4-1
- 1 POUNCER (10) + RUN
- 1 BUCK UPS
- 2 F. LUNGE

---

- 3 REV MASTODON
- 1 MUGGER (12) + RUN
- 1 JOUNGE 2-1-3-1-4-1
- 2 B.N.C.

- 3 CURL WALK 6+
- 1 TROG
- 1 V-STEP (10) + RUN
- 2 OZARK

---

- 3 APE SHOOT!
- 1 TOES (20) + RUN
- 1 MT. CLIMB (20) + RUN
- 2 PRIMATES 4-1-3-1-2-1



1-12  
12-1

U

1-5, 6A1 6A2, 6A1 6A2  
1-5, 6B1 6B2, 6B1 6B2  
1-5, 6C1 6C2, 6C1 6C2

## REPTILIAN N+N

1123  
2234  
3345...

## FLIPPED

1. TIP-TOES (20) + RUN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. MT. CLIMB (20) + RUN
4. ALT. SQUONQ
5. MIEL'S WHEELS
6. SQUANTOES (20) + RUN
7. PINNED 2-1-3-1-4-1
8. INFINITY (20) + RUN
9. GORGON (8) + RUN
10. TYSON
11. CYCLONE (12) + TZN
12. GROWLER

1. HAG 1:1
2. YIKES!
3. PEG LEG (8) + RUN
4. TAKE OFF!
5. TRUMPET 9+

---

6A1. CRAY-CRAY

6A2. SHALO 1:1

---

6B1. PABLO

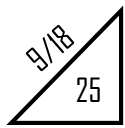
6B2. BOULDER

---

6C1. THRASHER

6C2. ARACHNID

1. SCALAWAG
2. LYCAN (10) + RUN
3. COALITION (10) + TZN
4. BONSAI 3-1-4-2-4-1
5. XPP
6. BUZZARD
7. CHICKIN 2-1-3-1-4-1
8. SLAP JACK
9. BULLDOG
10. SKATES



SLOPE 5.6  
4-7  
3-8  
2-9  
1-10

## EXPANDING

1. SPIKES
2. BOULDER
3. STAMPEDE
4. SWAGGIN 1:1
5. SUICIDE 2-1-3-1-4-1
6. V-STEP (10) + RUN
7. HOT COALS (10) + RUN
8. BUNYAN
9. CYCLONE (12) + TZN
10. GATOR TO 3

1  
1,22  
1,2,333  
1,2,3,4444

## VERTEX

1. SHUTTLE RUN 3-2-4-2-3-1
2. BENCHED (30) + TZN
3. CRAISE (20) + TZN
4. GIMPY DOG

SEE CIRCUIT GLOSSARY FOR DETAILS

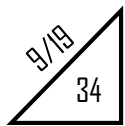
## FIND MUCK

- 4321 PLATE SHAKE 9+
- 321 VIP (10) + RUN
- 21 POTTY SHOT
- 1 CUJO (L)

1-10, 1-10

## CHECKLIST (2)

1. REVIVAL
2. SKUFFLE
3. SHALD 1:1
4. YETI
5. MOGUL PUSH
6. TRIFECTA 6+
7. W. ROT. SQUAT
8. SWASHBUCKLER
9. TORO
10. ALT. SQUONQ



SLOPE

## MATTERHORN

**3 EN GARDE**

**1 PLATE SHAKE 9+**

**3 QUICK FT. (20) + RUN**

**3 V-STEP (10) + RUN**

**1 GALLOW 2-1-4-3-4-1**

**3 MUGGER (12) + RUN**

**3 SQ. JUMP (10) + RUN**

**1 SKULLS (10) + TZN**

**3 RAMPANT (10) + RUN**

**3 ALT. SQUONQ**

**1 TRIFECTA 6+**

**3 REV GROWLER**

**3 ALI 22+**

**1 WICCA**

**3 APE SHOOT**

PERFORM EACH TASK AS MANY TIMES LISTED IN A CHECKLIST MANNER.

REPETITION PATTERN REPEATS THROUGHOUT CIRCUIT

1-6, 7A, 7A

1-6, 7B, 7B

1-6, 7C, 7C

1-6, 7D, 7D

## REPTILIANZ

**1. CURL PRESS 5+**

**2. STATARASQ (16) + RUN**

**3. STORK (20) + TZN**

**4. JAGGER (12) + RUN**

**5. STAT HALD (18) + TZN**

**6. VIP (10) + RUN**

**7A. G.B.D. (15) + RUN**

**7B. FANGS (5) + PUSH**

**7C. FROZEN LUNGE 5**

**7D. MOGUL MADNESS 10**

## RED RUM

**1. WALRUS**

**2. POTTY SHOT**

**3. HYDRA**

**4. GREMLIN**

**5. THRASHER**

**6. BULLDOZER**

**7. F. LUNGE**

**8. INCH WORM**

**9. SQUATTY POTTY**

**10. VIPER**

**REV PLATE PUSH**

**HIKES**

**REV HYDRA**

**REV GREMLIN**

**TORO**

**DIABLO**

**B. LUNGE**

**REV INCH**

**YIKES!**

**REV VIPER**

PERFORM THE "FORWARD" VERSION OF THE TASK IN LIGHT RED TO LINE 4  
PERFORM THE "REVERSE" TASK IN DARK RED BACK TO LINE 1. REPEAT SO THAT EACH NUMBER IS DONE TWICE, TO MAKE 1 COMPLETE TASK OF BOTH THE FORWARD AND REVERSE VERSIONS.





SLOPE

PERFORM IN A CHECKLIST  
DO EACH TASK NUMBER LISTED

## CHAOS

- 2 SUICIDE 2-1-3-1-4-1
- 1 W. GREMLIN
- 3 BANDIT (20) + RUN
- 2 HIKES
- 1 LYCAN (10) + RUN
- 4 SWAGGIN 1:1
- 3 VIP (10) + RUN
- 2 KITCHEN SINK (10) + TZN
- 1 BUTT KICKS
- 1 VENOM
- 3 ROW STOLL 6+
- 2 PUSH UP (10) + RUN
- 4 KOBOLD
- 1 DELAURA

1-10  
1-4, 7-10  
1-3, 8-10  
1,2,9,10  
1, 10

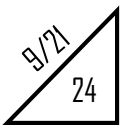
## CAVITY

- 1. X PP
- 2. OFFERING
- 3. MANTIS (8) + RUN
- 4. TROG
- 5. SL GORGON (8) +RUN
- 6. APE SHOOT!
- 7. O-PINNED 2-1-3-1-4-1
- 8. COBRA (10) + TZN
- 9. REV HYDRA
- 10. SPIKES

1-6, 6-1  
2-5, 5-2  
3,4,4,3

## EL CYCLE

- 1. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. SUPP (10)
- 3. AMAROK
- 4. SKULLS (10) + TZN
- 5. TYSON
- 6. SA DIABLO



SLOPE

FOR EACH TASK DO THE REPS LISTED AND THEN DO A FULL RUN TO 4 AND BACK TO 1.

ALL REPS FIRST THEN + RUN

1-10, 10-1  
1-10, 10-1

**U2**

1. QUICK FT. (40)

2. MOGUL (40)

3. HOT COALS (20)

4. LYCAN (20)

5. JUNKIE (16)

6. PUSH UP (20)

7. TOES (40)

8. G.B.D. (30) 15/SIDE

9. HANG (20)

10. VIP (20)

1  
1,2,1  
1,2,3,2,1  
1,2,3,4,3,2,1

GLUED PLATE

**UPLIFT**

1. STAT. CURL (6) + TZN

2. B.O.R. (15) + TZN

3. SHWAGGIN 1:1

4. ROW STROLL 6+

1-10  
3-10  
5-10  
7-10  
9,10

**FADED2**

1. KAMIKAZE 4-3-4-2-4-1-4-1

2. YETI

3. HIKES

4. BOULDER

5. POGOTO (6) + TZN

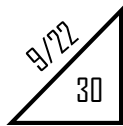
6. SLUSKI

7. MONTAUK

8. SKUFFLE

9. NEAPOLITAN

10. REV VIPER



SLOPE

1-4  
1-8  
1-12  
1-16

**A.**

### MTN4

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. HIGH Xs
4. V-STEP (10) + RUN

---

5. BULLY
6. ALT. SQUONQ
7. X PP
8. SPIKES

---

9. MANTIS (8) + RUN
10. STAT. ROW (6) + TZN
11. MIEL'S WHEELS
12. B. LUNGE

---

13. TALL ORDER 6+
14. BULLDOG
15. MOGUL PUSH
16. WICCA

1-20

**B.**

### CHECKLIST

1. TYSONS
2. W. GREMLIN
3. 90° (10) + TZN
4. YAK
5. CHICKIN 2-1-3-1-4-1
6. STACK SHOT
7. SLAP JACK
8. YIKES!
9. RDL (8) + TZN
10. GRECO
11. JAGGER (12) + RUN
12. BOVINE
13. JACK BOX
14. SKULLS (10) + TZN
15. KAMIKAZE 4-3-4-2-4-1-4-1
16. FUZZARD
17. JACK ASS
18. APE SHOOT!
19. TARASQ
20. HALO 2-1-3-1-4-1

**C.**

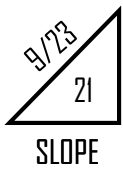
### REPTILIAN2

1-5, 6A 6A  
1-5, 6B 6B  
1-5, 6C 6C  
1-5, 6D 6D

1. COALITION (10) + TZN
2. RAZOR
3. SL PUSH UP (10) + RUN
4. RIBBITS (10) + RUN
5. SA PP

---

- 6A. REV BEAR
- 6B. WINDOW WASHER
- 6C. AMAROK
- 6D. REV B.N.C



## CROSS-LISTS

PERFORM EACH SECTION AS A CHECKLIST IN THE ORDER OF A CROSS-FIRE CIRCUIT:

- 1A, 1B, 1C
- 2A, 2B, 2C
- 3A, 3B, 3C
- 4A, 4B, 4C
- 5A, 5B, 5C

**1. SUICIDE 2-1-3-1-4-1**  
**TOES (20) + RUN**  
**V-STEP (10) + RUN**  
**PLATE SHAKE 9+**

---

**2. POTTY SHOT**  
**STAT CURL (6) + TZN**  
**JIGGY (20) + RUN**  
**KOBOLD**

---

**3. CRAISE (20) + TZN**  
**GIMPY DOG**  
**TIPPY-TAP**  
**YETI**

---

**4. ALI 22+**  
**UNLEASHED**  
**DENSER 2-1-3-1-4-1**  
**SWASHBUCKLER**

---

**5. RAMPAGE (12) + RUN**  
**SKULLS (10) + TZN**  
**SHOT PUT**  
**BANDIT (20) + RUN**

**A. STAT SWAG (20) + TZN**  
**W. GREMLIN**

**B. 90°(10) + TZN**  
**TROG**

**C. VEXUM**  
**REV VIPER**



SLOPE

899 OK

1-3  
2-4  
3-5  
4-6...

## MESA

1. EN GARDE
2. TURKEYS
3. TWO-STEP (20) + RUN
4. BULLY
5. HIKES
6. CYCLONE (12) + TZN
7. MOGUL (20) + RUN
8. O-PINNED 2-1-3-1-4-1
9. MONKEY
10. F. LUNGE
11. SLING SHOT 3-2-4-2-3-1
12. CHIMP (8) + RUN

5,6  
4-7  
3-8  
2-9  
1-10

## EXPANDING

1. JESTER
2. AMAROK
3. STORK (20) + TZN
4. BULLDOG
5. BONSAI 3-1-4-2-4-1
6. RAMBO (10) + RUN
7. APE SHOOT!
8. TWINKLE TOES (30) + TZN
9. PUSH UP (10) + RUN
10. M.F.T.

1  
122  
122333  
1223334444  
122333444455555

## MT. NEVEREST

1. PETRA
2. KOBOLD
3. SKY HIGH 4-1
4. MIEL'S WHEELS
5. PLATE PUSH

9/25

24

SLOPE

# MULTI-TASK GAUNTLETS

QUICK FT, INFINITY, TASK  
QUICK FT, INFINITY, TASK...

**QUICK FT. (20) + RUN**  
**INFINITY (20) + RUN**

1. SQUONQ
2. TROMBONE 6+
3. RIBBITS (10) + RUN
4. MANTIS (8) + RUN
5. FLAMINGO (6) + TZN
6. K.O.D. (20) + TZN
7. BUCKS
8. SCORPION TO 3/BACK

YIKES, NEAPOLITAN, MONTAUK, TASK  
YIKES, NEAPOLITAN, MONTAUK, TASK...

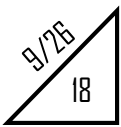
**YIKES!**  
**NEAPOLITAN**  
**MONTAUK**

1. CURL PRESS 5+
2. BOULDER
3. BALL N CHAIN
4. OZARK
5. GALLOWS 2-1-4-3-4-1
6. W. CROOK
7. SL INCH
8. THRUST TO FROG

SKUFFLE, MONGOOSE, TASK  
SKUFFLE, MONGOOSE, TASK...

**SKUFFLE**  
**MONGOOSE**

1. KNEEL, SWAG (15) + TZN
2. SL OGRE (10) + TZN
3. VIP (10) + RUN
4. JACK ASS
5. SUICIDE 2-1-3-1-4-1
6. REV BEAR
7. FLYING JACKAL
8. LOWLY (10) + RUN
9. SQ. THRUST (10) + RUN
10. JACK BOX



SLOPE

1,2,1,3,1,4,1,5,1,6  
2,3,2,4,2,5,2,6  
3,4,3,5,3,6  
4,5,4,6  
5,6

**=IBRIDIOUS**

- 1. SHUFFLE**
- 2. V-STEP (10) + RUN**
- 3. PLATE SHAKE 9+**
- 4. KOBOLD**
- 5. MOGUL PUSH**
- 6. K.O.D. (20) + TZN**

1,2  
1,2,3,3,4,4  
1,2,3,3,4,4,5,5,5,6,6,6  
1,2,3,3,4,4,5,5,5,6,6,6,7,7,7,7,8,8,8,8

## ZENITH

- 1. FROZEN CROOK 8**
- 2. SA DIABLO**

---

- 3. ALI 22+**
- 4. PUSH UP (10) + RUN**

---

- 5. W. GREMLIN**
- 6. GARGOYLE**

---

- 7. ROW STROLL 6+**
- 8. TROG**

1X

2X

3X

4X

1-8  
3-8  
5-8  
7-8

## FADED2

- 1. ARACHNID**
- 2. REV INCH**

---

- 3. GRIFTER (8) + SAPP**
- 4. BUCKS**

---

- 5. KNEELING CURL (6) + TZN**
- 6. SQ. JUMP (10) + RUN**

---

- 7. HIKES**
- 8. QUICK FT. (20) + RUN**



SLOPE

1-8  
8-1  
1-8

W

1. SHUFFLE
2. MT. CLIMB (20) + RUN
3. W. GREMLIN
4. COALITION (10) + TZN
5. VEXED (10) + RUN
6. ALI 22+
7. SQ. JUMP (10) + RUN
8. PRIMATES 4-1-3-1-2-1

1-5, 5-1  
2-4, 4-2  
3, 3

## EL CYCLE

1. BONSAI 3-1-4-2-4-1
2. REV B.N.C.
3. SUE-STEP (20) + RUN
4. SQUIBBLE
5. SUPP(10)

1-8  
1-8

## CHECKLIST(2)

1. OFFERING
2. JAGGER (12) + RUN
3. HALO 2-1-3-1-4-1
4. ANTEATER
5. RDL (8) + TZN
6. FROGS
7. MUGGER (12) + RUN
8. MIM 3-2-4-2-3-1

1,2  
1-4  
1-6  
1-8  
1-10

## MTN2

1. SCALAWAG
2. DIABLO

---

3. SPIKES
4. ROW STROLL 6+

---

5. CRAY-CRAY
6. SAWED OFF (10) + TZN

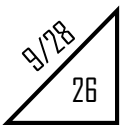
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7. KAMIKAZE 4-3-4-2-4-1-4-1
8. BUZZARD

---

9. JACKALOPE
10. WICCA





SLOPE

1,2,1,3,1,4,1,5,1,6  
6,5,6,4,6,3,6,2,6,1  
2,3,2,4,2,5  
5,4,5,3,5,2  
3,4  
4,3

## EQUALATERAL

1. GALLOW 2-1-4-3-4-1
2. SWAGGIN 1:1
3. HIKES
4. TIP-TOES (20) + RUN
5. VEXUM
6. MONGOOSE

1,1,2,2,3,3,4,4,5,5,6,6  
3,3,4,4,5,5,6,6  
5,5,6,6

## ALLOY FADED2

1. ALI 22+
2. BUZZARD

---

3. SKUFFLE

---

4. 3 PT. STANCE

---

5. GARGOYLE

---

6. BULLY

1  
1,22  
1,2,3,333  
1,2,3,4444  
1,2,3,4,55555  
1,2,3,4,5,666666

## VERTEX

1. SLUSKI
2. CHICKIN 2-1-3-1-4-1
3. SLING SHOT 3-2-4-2-3-1
4. HOPSCOTCH
5. CROOK
6. SLAP JACK



SLOPE

- 1 AA
- 12 BB
- 123 CC
- 1234 DD
- 12345 EE
- 123456 FF

## XION2

1. SHUTTLE RUN 3-2-4-2-3-1
2. MOGUL (20) + RUN
3. TURKEY
4. HIKES
5. GORGON (8) + RUN
6. REV VIPER

- A. TOES (20) + RUN
- B. V-STEP (10) + RUN
- C. MIEL'S WHEELS
- D. SPEED SKATES (20) + RUN
- E. STAT TYPHON (10) + RUN
- F. XPP

- 1-10
- 11,
- 22,
- 33...

## CHECKLIST to C2

- |                         |                        |
|-------------------------|------------------------|
| 1. RAMPANT (10) + RUN   | 6. TORO                |
| 2. CHICKIN 2-1-3-1-4-1  | 7. B.O.R. (15) + TZN   |
| 3. SA PP                | 8. TRIFECTA! 6+        |
| 4. SHWAGGIN 1:1         | 9. TIP-TOES (20) + RUN |
| 5. HOT COALS (10) + RUN | 10. REV INCH WORM      |

- 1A, 2-6
- 1B, 2-6
- 1C, 2-6
- 1D, 2-6

## INVERTILIAN

- 1A. TARASQ
  - 1B. JACK BOX
  - 1C. 313
  - 1D. HAMSTRUNG
- 
2. GALLOW 2-1-4-3-4-1
  3. LYCAN (10) + RUN
  4. POTTY SHOT
  5. KITCHEN SINK (10) + TZN
  6. MONKEY

9/30  
24

## CAVITY

1. KAMIKAZE 4-3-4-2-4-1-4-1

SLOPE 2. STAMPEDE

3. TYSONS

1-10  
1-4, 7-10  
1-3, 8-10  
1, 2, 9, 10  
1, 10

4. X PP

5. K.O.D. (20) + TZN

6. PUSH UP (10) + RUN

7. SQUONQ

8. POTTY SHOT

9. TURKEYS

10. REV ARACHNID

1-4  
1-4



### CHECKLIST(2)

1. MT. CLIMB (20) + RUN

2. TALL ORDER 6+

3. BUCKS

4. TROG



1-20  
6-20  
11-20  
16-20

## FADED5

11. KOBOLD

12. SAWED OFF (10) + TZN

13. VIP (10) + RUN

14. SHUTTLE 3-2-4-2-3-1

15. SQUIBBLE

16. SWAGGIN 1:1

17. CURL MADNESS3

18. GROWLER

19. SHOT PUT

20. GIMPY DOG

1. TIPPY-TAP

2. SA DIABLO

3. BULLDOG

4. HAMSTRUNG

5. GALLOW 2-1-4-3-4-1

6. MONGOOSE

7. 3 PT. STANCE

8. SHALD 1:1

9. EN GARDE

10. TWISTED

# THE MODIFICATION INDEX

The following pages hold the Modification Index. This section includes both the Alpha-Mod and Tier-Mod. The Alpha-Mod lists all of our tasks in Alphabetical order along with their tier. The Tier-Mod section groups all tasks by their valuation/difficulty.

## **How to Find a Modification:**

- Search the task you're wishing to modify by looking it up in the Alpha-Mod **FIRST**
- Find the Tier associated with that task
- Flip to the Tier-Mod list
- Find the correct Tier associated with that task
- Find another task in the same Tier as your modification
- Have the Mod approved by your **PRO**

# ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
313	5.A	Boulder Push	5.A	Crook Shake	4.C	Explosions	2.A	Halo 2-1-3-1-4-1	4.A
3 Pt. Stance	2.D	Bovine	3.B	Crooked Bully	4.C	F. Lunge	3.A	HamStrung	5.C
45 Degree Lunge	3.D	Brazen (6) + Run	4.C	Crooked Chickin !!	4.C	Flamingo (6) + TZN	3.B	HANG (10) + Run	2.C
90 Degree Piston (10) + TZN	4.A	Bridged Benched (30) + TZN	4.C	Crooked Pin	4.A	Flying Jackal	5.B	Hang Madness6	4.B
Abduct. Mantis (8) + Run	4.A	BTown Bump (6) + TZN	4.A	Cross Overs	1.A	Flying Monkey	4.B	Heave Ho	3.D
Abduct. Push Up (8) + Run	4.B	Buck Up	4.B	Cross-Bear	3.A	Frogs	2.D	Hellion	5.C
Airplanes	3.D	Bulldog	3.B	Crucifixion	4.B	Frozen Crook	4.B	High Knees	1.B
Ali Shuffle (Ali) 22+	2.C	Bulldozer	3.A	CUJD	6.B	Frozen Gremlin	4.C	High Xs	1.B
Alt. Squonq	1.D	BullFrog	5.A	Curious George	4.B	Frozen Lunge	4.C	Hikes	2.B
Amarok	2.D	Bullsh!t	5.B	Curl Madness	5.B	Frozen Pipes (3/8)	6.A	Hip Twists	1.A
Anaconda	5.B	Bully	2.A	Curl Press 5+	2.C	Frozen Push Up	4.C	Hippie (10) + Run	2.D
Anteater	3.A	Bunyan	4.C	Curl Walk	2.B	Frozen Sawed Off	4.C	Hooked (10) + Run	2.D
Ape Shoot!	2.A	Butt Kicks	1.A	Cyclone (12) + Tzan	3.C	Frozen W. Crook	5.B	Hop Scotch	2.A
Arachnid	4.C	Buzzard	3.B	Cyclops (6) + Tzan	3.D	Gallow 2-1-4-3-4-1	1.C	Hot Coals (10) + Run	2.A
Asphyxiation	5.A	Caduceus	5.C	Death Row 2-1-3-1-4-1	4.A	Gargantuan	4.A	Hurl and Twist	4.C
Assault 4-2-4-3-4-1	1.C	Calf-in-ator	4.B	Debacle (6) + TZN	4.C	Gargoyle	3.A	Hydra	3.B
Attack It	5.C	Captain Hook	4.C	DeCalf	4.C	Gator to 3	4.C	Inch Worm	4.C
Aurox	6.C	Cerb (5) + Sapp	5.A	DeLaura	3.D	GBD (15) + Run	2.C	Inch Worm + Push Up	6.B
B. 45	3.D	C.H.B.	5.A	Demonic (8) + TZN	4.A	Gimpy Dog	4.A	Infinity (20) + Run	2.A
B. Bunyan	4.C	Chickin 2-1-3-1-4-1	4.B	Denser	3.D	Gimpy Mayhem	4.C	Iron Will	5.B
B. Lunge	3.C	Chimera	4.B	Devastator	6.B	Gorgon (8) + Run	4.A	Jabberwocky	5.C
B.O.R. (15) + TZN	3.B	Chimp (8) + Run	4.B	DeViL	5.B	Gorgon Push Up (8) + Run	4.C	Jack Box	5.C
Ball N Chain (BNC)	4.B	Chupacabra	5.C	Diablo	5.A	Grapnel (6) + Push	4.C	Jackal	4.A
Bandit (20) + Run	2.A	Coalition (10) + TZN	2.B	Diabolical	6.A	Greco	5.A	Jackalope	3.C
Bandit Mayhem	4.C	Cobra (10) + Push	4.C	Double Boulder	6.B	Gremlin	1.B	Jack-Ass	5.C
Banshee	3.D	Conan 3/back	6.A	Double Push	5.C	Grifter (10) + Push	4.A	Jagger (10) + Run	3.B
Bayok (6) + Run	4.A	Conquistador	6.A	Double Push	5.C	Grootslang	6.C	Jangle Leg3	6.A
Bear Crawl	3.B	Corrective Push Up Madness	3.C	Double Rev Inch	6.A	Growler	2.D	Jen-erator (10) + TZN	3.C
Benched (30) + TZN	4.C	Crap Shoot	3.A	Double Rev P Push	5.B	Gryphon (8) + Push	5.A	Jester	5.C
Big Bucks	4.B	Cray-Cray	4.A	Double Venom	4.C	Gryphon Madness	5.C	Jiggy (20) + Run	2.C
BOA	5.B	Crazy Legs	3.D	DRAGO to 3	6.C	Hack-It	6.A	Jiggy Madness6	4.C
Bonsai 3-1-4-2-4-1	1.C	Croakin	3.C	Drop Kicks	5.A	HAG	4.A	JigSaw	4.C
BOR Madness3	3.D	Crockpot (6) + TZN	4.C	En Garde	1.B	Half Blaked	6.A	Jigsaw6 Mayhem	5.B
		Crook	1.D	Enforcer	3.A				

# ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
Jog	1.A	Minotaur	6.B	Orca	6.C	Rahaim Step (10) + Run	2.D	Rev Pouncer (10) + Run	4.A
Johnny Appleseed	6.A	Mocker	5.C	Ozark	5.C	Rambo (10) + Run	2.C	Rev Scorpion to 3/back	6.B
Jounce 2-1-3-1-4-1	5.B	Mogul Madness10	3.D	P.O.D. (:10) + TZN	3.C	Ramp Up (8) + Run	3.D	Rev Yak	3.D
Jumping Jacks (20) + Run	1.D	Mogul Mayhem	4.C	Paratroopers (10) + Run	2.C	Rampage (12) + Run	2.A	Rev. Arachnid	5.B
Junkie Jump (8) + Run	3.B	Mogul Push	3.D	Patty Cake (20) + run	3.B	Rampage Mayhem	5.A	Rev. Zookeeper	5.B
KAA (10) + Push	5.C	Mogul to Frog	6.A	Peg Leg (8) + Run	4.B	Rampant (10) + Run	2.B	Revival (Rev. Resurrect)	6.A
Kamikaze 4-3-4-2-4-1-4-1	1.D	Moguls (20) + Run	2.A	Pele	1.C	Rampant Madness	3.D	Ribbits (10) + Run	2.C
Keg Toss (8)+ Run	3.D	Mongoose	2.D	Petra	4.C	Rampant Mayhem	5.A	Rigamortis	4.C
King Kong	5.A	Monkey Crawl	2.D	Pinned	3.D	Ravage	6.A	Rooster (10) + TZN	4.A
Kitchen Sink (10) + TZN	4.B	Montauk	3.B	Pipsqueak	1.C	Razor Push	3.D	Rooted Groot (8) + Push	6.B
Kneeling Curl (6) + Tzn	2.C	Mother Buzzard	5.C	Pirate	5.A	RDL (8) + TZN	4.A	Rotating Squat	3.C
Kobold	2.A	Mr. Atlas to 3/back	6.A	Piston (10) + TZN	3.A	Resurrection	5.C	Row Madness3	5.B
KOD (20) + TZN	3.B	Mt. Climb (20) + Run	2.A	Plate Push	2.D	Rev 313	5.C	Row Stroll 6+	2.B
K-Step (20) + Run	2.B	Mt. Climb Madness	3.B	Plate Shake 9+	2.A	Rev Ball N Chain (REV BNC)	5.A	Rump Roast	6.A
Ladder 2-1-3-2-4-3-4-3-4-2-3-1	1.D	MTN Man	4.C	Pogato (6) + TZN	4.C	Rev Bear Crawl	3.D	S.A. Boulder	5.C
Leaps	1.A	Mugger (10) + Run	2.C	Potty Shot	2.B	Rev Bovine	4.A	SA Diablo	5.A
Leprechaun	2.C	Mukwonago	4.A	Potty Shot Hops	5.A	Rev Bulldog	3.D	SA Diablo	5.A
Lieutenant Dan	6.A	MuskRat	3.B	Potty Squat	2.C	Rev Buzzard	5.A	SA Greco	5.A
Lowly (10) + Run	2.D	Neapolitan	3.B	Potty to Bulldog	4.C	Rev Gargoyle	4.B	SA P.P.	3.B
Lumberjacks (8) + Run	3.B	Nemesis	6.B	Pouncer (10) + Run	4.A	Rev Gator to 3	5.C	Samurai	4.C
Lycan (10) + Run	2.C	Night Crawler	5.A	Primates 4-1-3-1-2-1	3.B	Rev Gremlin	1.C	Sawed Off (10) + Tzan	3.C
Lycan Up (10) + Run	4.A	No Gimmies	3.A	Primitive	6.A	Rev Growler	3.D	scarab to 3/back	6.A
M.F.T.	6.A	0-B.D.R. (10) + TZN	3.D	Prowler	6.A	REV Hydra	3.D	Scorpion to 3/BACK	5.C
Mantis (8) + Run	3.A	Obliterator	5.C	Push Ups (10) + Run	3.C	Rev Inch Worm	5.C	SCURL 1!	5.B
Mastodon	4.C	Oblivion	6.A	Python	5.B	Rev Mastodon	5.A	SHALO 1!	5.B
MaTador	6.A	Offering	2.C	QuadZilla	6.B	Rev Mongoose	3.D	Shot Put	5.A
Maxum	3.D	Ogre's Bridge (10) + Tzan	3.D	Quick Feet (20) + Run	2.A	Rev Mukwonago	5.A	Shuffle	1.B
Miel's Wheels	3.A	OPA (8) + TZN	3.C	Quick Ft Madness	3.B	Rev Night Crawler	5.B	Shuttle Run 3-2-4-2-3-1	1.C
MIM 3-2-4-2-3-1	5.B	0-Pinned 2-1-3-1-4-1	4.A	Quicksand	5.B	Rev Plate Push	5.B	Shwaggin 1!	3.D

# ALPHA - MOD INDEX

Task	Tier	Task	Tier	Task	Tier	Task	Tier	Task	Tier
Silent K	5.A	Snuff Box	6.C	Swaggin 1!	1.C	Twix	2.B	Wicca	6.A
Sinister (6) + Push	5.C	Speed Skates (20) + Run	2.A	Swashbuckler	4.B	Two Step Madness!0	3.B	Wide Benched (30) + TZN	4.C
Skates	1.B	Spikes	2.D	Take Off	3.C	Two-Step (20) + Run	2.A	Wide Piston (10) + Tzan	3.D
Skiddish	1.C	Sprint	1.A	Tall Order 5+	2.C	Typhon	3.B	Window Wash + Push Up	5.C
Skips	1.B	Squat Jumps (10) + Run	2.C	Talon (6) + Push	5.A	Tysons	1.D	Window Washer	4.A
Skuffle	1.B	Squat Thrust (10) + Run	4.A	Tarasq	2.B	U. Potty Shots	3.B	Wipers (20) + Run	2.D
Skulls (10) + Run	3.C	Squatch (6) + TZN	4.C	Tarzan (TZN)	1.B	Unleashed	2.D	Wizard	4.C
Sky High 4-1	1.C	SquaTOES (10) + Run	2.B	The Burgundy	6.A	Untamed 4-1-3-1-2-1	4.A	X Plate Push (XPP)	3.B
SL Bayok (6) + Run	5.C	Squibble	2.B	The Exorcise	5.C	Upheaval	5.A	X Rampant (10) + Run	2.B
SL Big Bucks	5.A	Squonq	1.C	Thrasher	5.A	Venom	3.D	Yak	3.C
SL Boulder	5.B	Stack Shot	4.B	Throwbacks	3.D	Vexed (10) + Run	2.B	Yeti	3.C
SL BridgE Benched (15) + TZN	5.A	Stampede	1.B	Thrust to Frog	5.B	Vexum	3.D	Yikes!	2.C
SL Gorgon (8) + Run	5.A	Stat Halo (18) + TZN	4.B	Thumper	3.D	VIP (10) + Run	2.C	Zombie	3.C
SL Gorgon Push Up (8) + Run	5.A	Stat Row (6) + TZN	2.B	Tiger Roll	5.A	Viper	4.A	Zookeeper	5.A
SL Inch Worm	6.B	Stat Squat (10) + Run	2.B	Tippy-Tap	1.C	Vixen	3.D		
SL Mantis (8) + Run	3.D	Stat Swag (20) + TZN	3.D	Tip-Toes (20) + Run	2.B	VooDoo	6.C		
SL Ogre's (10) + TZN	4.B	Stat Trifecta (6) + TZN	2.C	Toes (20) + Run	2.A	V-Step (10) + Run	2.A		
SL Push Up (10) + Run	4.A	Stat Tyson (20) + Run	2.D	Top Shelf (8) + TZN	5.A	V-Step Madness	3.B		
SL Resurrection	6.B	Stat W. Lunge (8) + TZN	4.C	Toro	5.A	W. Bunyan	6.A		
SL Resurrections	6.A	Stat W. Squat (10) + TZN	4.A	Triad	5.C	W. Crook	2.C		
SL Revival	6.B	Stat. Chickin (18) + TZN	4.C	Trifecta! 6+	2.C	W. Gorgon (8) + TZN	5.C		
SL Rooted Groot (6) + Push	6.C	Stat. Curl (6) + TZN	2.B	Trippin	5.A	W. Gremlin	1.D		
SL Thrust to Frog	6.A	Statarasq (16) + Run	3.C	Triptych	4.C	W. Lunge	5.A		
SL Toes (20) + Run	2.B	Statrog (10) + Run	2.D	Trog	2.A	W. Resurrection	6.B		
Slalom	3.D	Stork (20) + TZN	3.B	Troika	5.C	W. Revival	6.B		
SLamstrung	6.B	Stranglehold	5.A	Trombone	2.B	W. Rotating Squat	5.C		
Slap Jack	3.D	STROW 1!	5.B	Trumpet 9+	2.B	W. SL Gorgon (8) + Tzan	6.B		
Sliger	3.D	Suck Ups	5.C	Tucks (10) + Run	2.D	W. Squat Jump (10) + Tzan	3.D		
Sling Shot 3-2-4-2-3-1	4.B	Sue Step (20) + Run	2.A	Turkeys	1.B	W. Warrior Lunge	6.A		
SLOMO-Push	5.A	Sue-Step Madness!0	3.B	Tweaker	6.A	Walrus	5.C		
SL0zark	6.B	Suicide 2-1-3-1-4-1	1.C	Twine	4.A	Warlock	5.A		
Slugnutter	4.A	SUPP 10	4.C	Twinkle Toes (30) + TZN	2.C	Warrior Lunge	4.A		
Sluski	4.C	SUPPS Madness	5.C	Twisted	3.D	Wendigo	6.C		

	<b>TIER 1 - A</b>	<b>TIER 1 - D</b>	Row Stroll 3D+	Twinkle Toes (3D) + TZN	<b>TIER 3 - B</b>	OPA (8) + TZN
Butt Kicks	Alt. Squonq	Potty Shot	VIP (1D) + Run	B.O.R. (15) + TZN	P.O.D. (:1D) + TZN	
Cross Overs	Crook	SL Toes (2D) + Run	W. Crook	Bear Crawl	Push Ups (1D) + Run	
Hip Twists	Jumping Jacks (2D) + Run	SquaTDES (1D) + Run	Yikes!	Bovine	Rotating Squat	
Jog	Kamikaze 4-3-4-2-4-1-4-1	Squibble	<b>TIER 2 - D</b>	Bulldog	Sawed Off (1D) + Tzan	
Leaps	Ladder 2-1-3-2-4-3-4-3-4-2-3-1-2	Stat Row (6) + TZN	3 Pt. Stance	Buzzard	Skulls (1D) + Run	
Sprint	Tyson	Stat Squat (1D) + Run	Amarok	Flamingo (6) + TZN	Statarasq (16) + Run	
<b>TIER 1 - B</b>	W. Gremlin	Stat. Curl (6) + TZN	Frogs	Hydra	Take Off	
En Garde	<b>TIER 2 - A</b>	Tarasq	Growler	Jagger (1D) + Run	Yak	
Gremlin	Ape Shoot!	Tip-Toes (2D) + Run	Hippie (1D) + Run	Junkie Jump (8) + Run	Yeti	
High Knees	Bandit (2D) + Run	Trombone	Hooked (1D) + Run	KOD (2D) + TZN	Zombie	
High Xs	Bully	Trumpet 9+	Lowly (1D) + Run	Lumberjacks (8) + Run		
Shuffle	Explosions	Twix	Mongoose	Montauk	<b>TIER 3 - D</b>	
Skates	Hop Scotch	Vexed (1D) + Run	Monkey Crawl	Mt. Climb Madness	45 Degree Lunge	
Skips	Hot Coals (1D) + Run	X Rampant (1D) + Run	Plate Push	MuskRat	Airplanes	
Skuffle	Infinity (2D) + Run	<b>TIER 2 - C</b>	Rahaim Step (1D) + Run	Neapolitan	B. 45	
Stampede	Kobold	Ali Shuffle (Ali) 22+	Spikes	Patty Cake (2D) + run	Banshee	
Tarzan (TZN)	Moguls (2D) + Run	Curl Press 5+	Stat Tyson (2D) + Run	Primates 4-1-3-1-2-1	BDR Madness3	
Turkeys	Mt. Climb (2D) + Run	GBD (15) + Run	Statrog (1D) + Run	Quick Ft Madness	Crazy Legs	
<b>TIER 1 - C</b>	Plate Shake 9+	HANG (1D) + Run	Tucks (1D) + Run	SA P.P.	Cyclops (6) + Tzan	
Assault 4-2-4-3-4-1	Quick Feet (2D) + Run	Jiggy (2D) + Run	Unleashed	Stork (2D) + TZN	DeLaura	
Bonsai 3-1-4-2-4-1	Rampage (12) + Run	Kneeling Curl (6) + Tzn	Wipers (2D) + Run	Sue-Step Madness1D	Denser	
Gallow 2-1-4-3-4-1	Speed Skates (2D) + Run	Leprechaun	<b>TIER 3 - A</b>	Two Step Madness1D	Heave Ho	
Pele	Sue Step (2D) + Run	Lycan (1D) + Run	Anteater	Typhon	Keg Toss (8) + Run	
Pipsqueak	Toes (2D) + Run	Mugger (1D) + Run	BullDozer	U. Potty Shots	Mogul Madness1D	
Rev Gremlin	Trog	Offering	Crap Shoot	V-Step Madness	Mogul Push	
Shuttle Run 3-2-4-2-3-1	Two-Step (2D) + Run	Paratroopers (1D) + Run	Cross-Bear	X Plate Push (XPP)	D-B.O.R. (1D) + TZN	
Skiddish	V-Step (1D) + Run	Potty Squat	Enforcer	<b>TIER 3 - C</b>	Ogre's Bridge (1D) + Tzan	
Sky High 4-1	<b>TIER 2 - B</b>	Rambo (1D) + Run	F. Lunge	B. Lunge	Pinned	
Squonq	Coalition (1D) + TZN	Ribbits (1D) + Run	Gargoyle	Corrective Push Up Madness	Ramp Up (8) + Run	
Suicide 2-1-3-1-4-1	Curl Walk	Squat Jumps (1D) + Run	Mantis (8) + Run	Croakin	Razor Push	
Swaggin 1!	Hikes	Stat Trifecta (6) + TZN	Miel's Wheels	Cyclone (12) + Tzan	Rev Bear Crawl	
Tippy-Tap	K-Step (2D) + Run	Tall Order 5+	No Gimmies	Jackalope	Rev Mongoose	
	Rampant (1D) + Run	Trifecta! 6+	Piston (1D) + TZN	Jen-erator (1D) + TZN	Rev Yak	



Maxum	Gorgon (8) + Run	Chimp (8) + Run	Cobra (10) + Push	Asphyxiation	Thrasher
Rampant Madness	Grifter (10) + Push	Crucifixion	Crockpot (6) + TZN	Boulder Push	Tiger Roll
Rev Bulldog	HAG	Curious George	Crook Shake	BullFrog	Top Shelf (8) + TZN
Rev Growler	Halo 2-1-3-1-4-1	Flying Monkey	Crooked Chickin 1-1	Cerb (5) + Sapp	Toro
REV Hydra	Jackal	Frozen Crook	Debacle (6) + TZN	C.H.B.	Trippin
Shwaggin 1-1	Lycan Up (10) + Run	Hang Madness6	Frozen Push Up	Diablo	Upheaval
SL Mantis (8) + Run	Mukwonago	Kitchen Sink (10) + TZN	Frozen Sawed Off	Greco	W. Lunge
Slalom	0-Pinned 2-1-3-1-4-1	Peg Leg (8) + Run	Grapple (6) + Push	Gryphon (8) + Push	Warlock
Slap Jack	Pouncer (10) + Run	Rev Gargoyle	Hurl and Twist	King Kong	Zookeeper
Sliger	RDL (8) + TZN	SL Ogre's (10) + TZN	Inch Worm	Night Crawler	<b>TIER 5 - B</b>
Stat Swag (20) + TZN	Rev Bovine	Sling Shot 3-2-4-2-3-1	Jiggy Madness6	Pirate	Anaconda
Throwbacks	Rev Pouncer (10) + Run	Stack Shot	JigSaw	Potty Shot Hops	BOA
Thumper	Rooster (10) + TZN	Stat Halo (18) + TZN	Mastodon	Rampage Mayhem	Bullsh!t
Twisted	SL Push Up (10) + Run	Swashbuckler	Mogul Mayhem	Rampant Mayhem	Curl Madness
Venom	Slugnutter	<b>TIER 4 - C</b>	MTN Man	Rev Ball N Chain (REV BNC)	DeViL
Vexum	Squat Thrust (10) + Run	Arachnid	Petra	Rev Buzzard	Double Rev P Push
Vixen	Stat W. Squat (10) + TZN	B. Bunyan	Pogoto (6) + TZN	Rev Mastodon	Flying Jackal
W. Squat Jump (10) + Tzan	Twine	Bandit Mayhem	Potty to Bulldog	Rev Mukwonago	Frozen W. Crook
Wide Piston (10) + Tzan	Untamed 4-1-3-1-2-1	Benched (30) + TZN	Rigamortis	SA Diablo	Iron Will
<b>TIER 4 - A</b>	Viper	Brazen (6) + Run	Samurai	SA Diablo	Jigsaw6 Mayhem
90 Degree Piston (10) + TZN	Warrior Lunge	Bridged Benched (30) + TZN	Sluski	SA Greco	Jounce 2-1-3-1-4-1
Abduct. Mantis (8) + Run	Window Washer	Bunyan	Squatch (6) + TZN	Shot Put	MIM 3-2-4-2-3-1
Bayok (6) + Run	<b>TIER 4 - B</b>	Captain Hook	Stat W. Lunge (8) + TZN	Silent K	Python
BTown Bump (6) + TZN	Abduct. Push Up (8) + Run	Crooked Bully	Stat. Chickin (18) + TZN	SL Big Bucks	Quicksand
Cray-Cray	Ball N Chain (BNC)	DeCalf	SUPP 10	SL Bridge Benched (15) + TZN	Rev Night Crawler
Crooked Pin	Big Bucks	Frozen Gremlin	Triptych	SL Gorgon (8) + Run	Rev Plate Push
Death Row 2-1-3-1-4-1	Buck Up	Frozen Lunge	Wide Benched (30) + TZN	SL Gorgon Push Up (8) + Run	Rev. Arachnid
Demonic (8) + TZN	Calf-in-ator	Gator to 3	Wizard	SLOMO-Push	Rev. Zookeeper
Gargantuan	Chickin 2-1-3-1-4-1	Gimpy Mayhem	<b>TIER 5 - A</b>	Stranglehold	Row Madness3
Gimpy Dog	Chimera	Gorgon Push Up (8) + Run	313	Talon (6) + Push	SCURL 1-1

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SHALO I:

SL Boulder

STROW I:

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Double Push

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HamStrung

Hellion

Jabberwocky

Jack Box

Jack-Ass

Jester

KAA (ID) + Push

Macker

Mother Buzzard

Obliterator

Ozark

Resurrection

Rev 313

Rev Gator to 3

Rev Inch Worm

S.A. Boulder

Scorpion to 3/BACK

Sinister (6) + Push

SL Bayok (6) + Run

Suck Ups

SUPPS Madness

Triad

The Exorcise

Troika

W. Gorgon (8) + TZN

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Conan 3/back

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Lieutenant Dan

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MaTador

Mogul to Frog

Mr. Atlas to 3/back

Oblivion

Primitive

Prowler

Ravage

Revival (Rev. Resurrect)

Rump Roast

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W. Warrior Lunge

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SL Resurrection

SL Revival

SLamstrung

SLOzark

W. Resurrection

W. Revival

W. SL Gorgon (8) + Tzan

## TIER 6 - C

Aurox

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Grootslang

Orca

SL Rooted Groot (6) + Push

Snuff Box

VooDoo

Wendigo

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

The Circuit Glossary contains the majority of Syphus Training's base circuits including a numerical example. From time-to-time Syphus Training will create new circuits, progressions and themes that are not included in this Circuit Glossary. These new circuits should be explained in more detail on the Motherboard featuring that circuit. The following is a reference for the most frequently used progressions.

CIRCUIT	EXPLANATION
Barn Burner	Pick one task from each grouping of tasks, perform it once, then the "Barn Burning" task once. Second time around, pick a NEW task from each grouping, perform it twice, then the "Barn Burning" task twice. Continue 3X, 4X. Never repeat a task. Choose wisely!
Cavity	Extract the middle portion of a checklist, usually two at a time. Very similar to a Shrinking MTN, 1-10, 1-4, 7-10, 1-3, 8-10, 1-2, 9-10, 1, 10
Centaur #	Centaur 2 = II, 22, 33... Centaur 3 = III, 222, 333... Centaur 4 = ...
Ceptilian #	Centaur and Reptilian combined. II223344 5A, II223344 5B...
Chaos	Do every task the number of times that is written next to it
Chasm	Chaos & MTN combined. Do every task the amount that is written next to it in MTN format
Checklist	One of each task. 1-10
Checklist #	One of each task and repeat the number of times asked. Check-list (2) = 1-10, 1-10
Cross-Fire	IA IB IC, 2A 2B 3C, 3A 3B 3C...

CIRCUIT	EXPLANATION
Cross-Fusion	IA 2A 3A, IB 2B 3B, IC 2C 3C...
Dark Side	1-5 (Left), 1-4 (Left) 5 (Right), 1-3 (left) 4-5 (Right), 1-2 (left) 3-5 (right)...
Darwin	Evolution of Syphus tasks in Check-list form
Denali	1↓ 1→, 2↓ 2→, 3↓ 3→...
Ecycle	1-5, 5-1, 2-4, 4-2, 3, 3
Encephalon Nebulous	Often a new circuit(s) in testing. Some of them September have intentionally difficult progressions to engage the mind and body.
Equalateral	121314, 4, 3, 4, 2, 4, 1, 2, 3, 3, 2
Equalibrious	12, 13, 14, 15, 23, 24, 25, 34, 35, 45

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Expanding MTN	5-6, 4-7, 3-8, 2-9, 1-10
Faded	1-6, 2-6, 3-6, 4-6, 5-6, 6
Faded #	Faded (2) = 1-10, 3-10, 5-10, 7-10, 9-10
Filling	The opposite of a Cavity circuit, this progression fills in tasks, very similar to an Expanding MTN. 1,8,1,2,7,8,1,2,3,6,7,8,1,2,3,4,5,6,7,8
Find Muck	4 bears, 3 toes, 2 Toro, 1 M.F.T. → (take 1 off of each) 3 bears, 2 toes, 1 Toro → 2 bears, 1 toes → 1 bear
Full MTN	1, 12, 123, 1234, 12345, 1234, 123, 12, 1
Gauntlet	A Checklist with a specific task performed between each. Default Gauntlet is a Plate Push, if it is a different task it will be noted. Perform the "Gauntleted" task first, do not finish with the "Gauntleted" task.
Gone Finshin'	Mole Hills (baby mtns) with Pick Your Poison tasks following each Mole Hill. Chose wisely as the sections generally get harder and are paired intentionally.
Hell Cycle	Large Elcycle performed in chunks. 1-30, 30-1, 11-20, 20-11

CIRCUIT	EXPLANATION
Hybrid #	MTN & Centaur combined. Hybrid 2 = 11, 1122, 112233, 11223344 Hybrid 3 = 111, 111222, 111222333...
If/Then	A Pick Your Poison type circuit where you'll have the choice in which presented task to do once. Depending on what you choose determines which succeeding task you do twice.
Jacob's Ladder	MTN starting at the bottom. 1121231234(4 turns into new 1)12123123(4,1)12123123(4,1)...The task in the rungs is always done twice, not three times.
Judgement Day	A timed workout. Get through the "Earth" circuit before the time cut off which will determine your fate of Heaven or Hell once you finish the entire Earth circuit. Generally the Hell portion will be tedious an lower scoring while the Heaven portion will yield higher scores with an easier flow.
K2	A true test of one's pain threshold! Perform the first section of tasks until you arrive at the first Equalizer. Perform the Equalizer tasks as many times as possible without stopping. Return to task number 1, perform all tasks to Equalizer 2. Perform Equalizer 2 as many times as possible. Repeat the same steps through a third, or even fourth Equalizer. Bonus points for each Equalizer are given and are TBD.
Karma	Perform each task in the first section once. Then choose to do the KARMA Task defer it. In the next section of tasks perform each 2X. Choose to do the KARMA Task or defer. Perform the third section tasks 3X each. KARMA Task or defer. At the 50:00 mark all tasks that were deferred. Do not stop a task that you're in the middle of at the 50:00 mark - finish it - THEN go to deferred tasks. Then, after deferred tasks, pick up where you left off.
Labyrinth	A giant checklist with intermittent circuits called "walls" designed to stall your progress.
Light Side	Same as the Dark Side above. Checklists from left to right, however you work your way from harder to easier tasks.
Mad Hatter	4 large circuits with a "draw" after each circuit. Junkies pull a ticket, roll a die, flip a coin or even pick their fated task. Usually the tasks are more difficult and performed 3X however this can change Mad Hatter to Mad Hatter.
Math Lab	10 Circuits. Each circuit is worth 100 Points. Finish as many circuits as you can, in any order but never repeat a circuit. Scores are only rounded DOWN to the nearest 50. Must finish the 6/2 way part of the final circuit to receive 50 points.

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Matterhorn	A fixed pattern consisting of 4 separate sections. A. 2 32   B. 2 32   C. 2 32   D. 2 32
Mesa	123, 234, 345, 456, 567, 678, 789, 8910.
Mole Hills	Series of mini MTNs where once you finish one you move on to the next one.
Mongrel	1→, 1→2→, 1→2→3→, 1→2→3→4→, 1→2→3→4→5→, then checklist A↓, B↓, C↓, D↓
Mt. Neverest	1,122, 122333, 1223334444, 122333444455555
MT. Olympus	Really Large MTN performed in chunks. Chunking September be random rather than fixed. 1-12, 1-24, 1-36 (fixed) - 1-10, 1-18, 1-24, 1-40 (random)
MTN	1, 12, 123, 1234, 12345
MTN #	MTN 4 = 1-4, 1-8, 1-12, 1-16
P.Y.P.	PYP stands for Pick Your Poison and is often in reference to a Centaur2. In this format the workout presents you with 2 tasks, choose one OR the other and perform it twice. This is the base workout for our September Septemberhem competition. Note: There are other instances where we PYP, it September be choosing between circuits or tasks.
Peaks	Series of 4 or 5 separate MTNs moving left to right. 1→, 12→, 123→, 1234→ take off the last MTN...

CIRCUIT	EXPLANATION
PTI MTN	Perform the MTN, MTN2, MTN3, MTN4 as usual, however periodic check-points, called interruptions, take you away from the MTN to a fresh circuit that needs to be completed before going back to the MTN's first task.
Rapture	This workout looks similar to Mad Hatter. There is a center circuit that needs to be performed between each larger circuit. Sometimes the center circuit is FIRST which means it is an easier circuit and a break from the other circuits, while on the other hand, sometimes the center circuit is performed AFTER the first large circuit in which case the center is harder.
RedRum	Forward task to 4, reverse task to 1, repeat this step AGAIN to create two full tasks (one of each) then move on to #2.
Relapse	1, 12, 123 (Relapse), 1, 12, 123, 1234 (Relapse), 1, 12, 123, 1234, 12345
Reptilian	12345, 6A → 12345, 6B...
Reptilian #	Reptilian 3 = 12345, 6A6A6A → 12345, 6B6B6B...
Rev Elcycle	33, 2-4, 4-2, 1-5, 5-1
Rev Equalibrious	54, 53, 43, 52, 42, 32, 51, 41, 31, 21
Rev Hybrid	Rev Hybrid 3 = 111222333444, 1112223333, 111222, 111
Rev Mole Hills	Series of mini reverse MTNs where once you finish one you move on to the next one.

# CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Rev MTN	I-5, I-4, I-3, I-2, I
Rev MTN #	Rev MTN 4 = I-16, I-12, I-8, I-4
Rev Neverest	I223334444, I22333, I22, I
Rev Uplift	I2345432I, I23432I, I232I, I2I, I
Rev Vertex	I23455555, I234444, I2333, I22, I
Rev Zenith	I2334455566667778888, I23344555666, I23344, I2
Rippled (Mesa)	I233, 2344, 3455, 4566, 5677, 6788
Road Runner	Basically a Gauntlet with a ½ Plate Push, full sprint and another half Plate Push between each task. Again, plate push to 4, sprint/walk to 1 and back to 4, plate push back to 1, then Task. The idea is to break up that Plate Push a bit and the focus of the workout is on non + run/tzan tasks.
Serpent	Series of different mini circuits consisting of 4 or 5 tasks, once finished checklist ↑↓↑↓ snake like manner.
Shrinking MTN	I-10, 2-9, 3-8, 4-7, 5-6

CIRCUIT	EXPLANATION
Stripped MTN	do every task the number of times it would be done when doing a MTN. IIIII, 2222, 333, 44, 5
The Cube	Start by performing the first task and work your way outwards from the center by performing MTNs on each arm. Always start at the three o'clock arm and move clock-wise. Center task, first task to the right, center, first task lower right corner, center task, task immediately below. Continue this sequence until you arrive back to the beginning. Add the second task and perform in MTN format. Cubes often finish with 8 difficult tasks on the exterior.
The Hive	Exact same as the above with "honeycomb" shapes. This allows for 6 "arms" rather than the above 8 "arms". The Hive often features a "swarm" warm-up prior to entering The Hive and then 6 hard tasks upon exiting.
The Junket	Junkies pick their favorite tasks (usually 3 per Junkie) and create the circuit together. This workout often yields a 30-day score.
Uplift	I, I2I, I232I, I23432I, I2345432I
U-Turn	I-10, 10-1
Vertex	I, I22, I2333, I234444, I23455555
Xion	MTN 6 Cross-Fire combined. IA, I2B, I23C, I234D, I2345E..
Xion #	A Xion pattern with the tasks on the right side (with the letters) performed the number of times noted in the title of the Xion. Xion2 = I AA, I2BB, I23 CC
Zenith	I2, I23344, I23344555666, I233445556667778888

# THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

## FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

## COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

## NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

## AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

## FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

## THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

## STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

## LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

## EMBRACE THE HANGOVER