

INKBLOT #4

This workout should hypothetically yield similar scores from both the form-firsters and score-oriented alike. That is, you may discover those with "poor" form intermixed with the higher scorers and you may see those with great form scoring lower surrounded by those who scored lower nearest need to improve form. The form-first Junkie will likely excel in the throwing task like hikes, spikes, shot puts, anacondas; as well as the more advanced/complex tasks such as MFT, Attack It and Walrus. On the flipside, the score-oriented will likely ground on tasks like Offering, Pinned, RDL, Ogre, Trombone and Gremlins. What's more is that it's also possible that you're skilled enough to be able to get through the tasks that are more complex and and also have the tendency to skirt form which could inflate your score exponentially. Despite this workout being a Platonic, the layout of this workout was built like most "everyday" workouts with a fair blend of cardio vs. strength tasks as well as some tasks that require more attention to form than others. With this in mind, the scores from this workout should yield stats that are within the "norm" and anything extra higher or lower than average doesn't necessarily coincide with a form-first or score-oriented mentality. Instead of listing the bullets into one-or-the-other, we've listed possible strength and or weaknesses as one set list; see if any speak to you and your workout experience.

If you scored lower than expected, or lower than other you're used to competing with, you may have improvements to make on your throwing game. There are many techniques to learn for each.

If Stackshot didn't slow you down this workout should have been realtively "easy" to score higher. If you have the experience, techniques and form down, you may benefit from tapping into your competitive side. There's nothing wrong with scoring high provided you maintain your form. Tap in.

If the 5 Plate Pushes and or the Venom Gauntlet gave you trouble, look to boost your aerobic capacity and muscular endurance.

The workout could have created a "double positive" scoring effect. That is, if you're one to have all the experience to know all the techniques but your form isn't crisp, you could have scored greatly in the positive. You could have plowed through the tasks that were harder for most but also had an easier time with the tasks that also slow down a form-firster.

The harders tasks harder tasks, like the 6s in the reptilian, or some of the tasks in the Venom Gauntlet, greatly come down to technique. If you do them with perfect form - and you're used to having good form - these tasks are not as taxing as they appear. If your form on these tasks and your form is sloppy, it may allow you to get through the task but you're missing some vital parts of the workout that will ultimately make these tasks easier later in your career. Stay with the difficulty of the task. Make each movement precise and efficient.

Finishing this workout would be very impressive, especially with the U turn immediately at the end of the Gauntlet. If you got that far, it's hard to say anything too critical about your performance. Your form has to decent form to get that far, your fitness level is high and your competitive nature might be even higher.

PARTICIPANTS WITH A LONG CAREER MAY HAVE MORE ACCURATE FEEDBACK BY FINDING THE +/- IN COMPARISON TO THEIR CAREER BOULDER.

THE FEEDBACK PROVIDE 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.