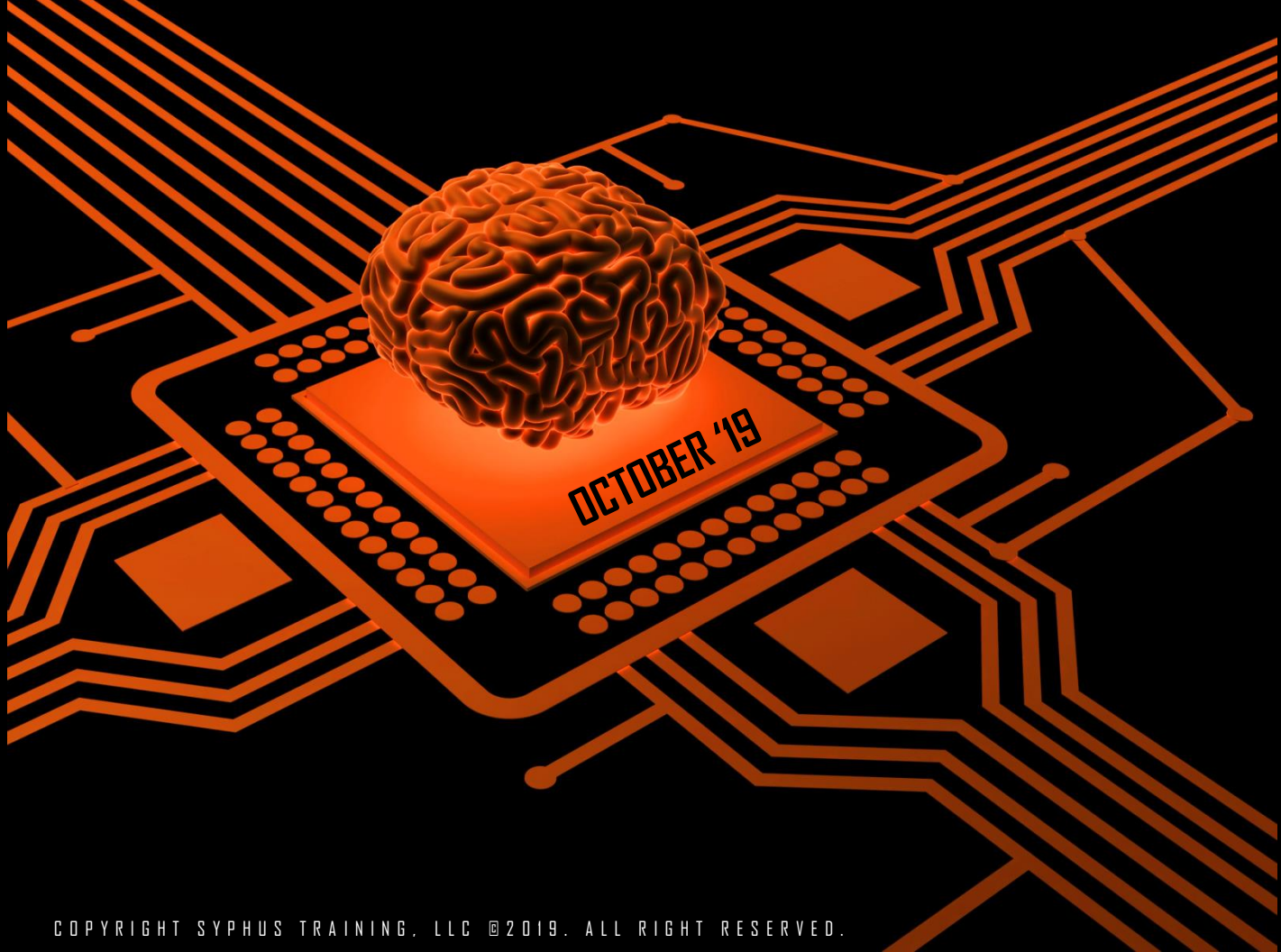


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October 2019 SCHEDULE



DATE	WORKOUT	SLOPE	ROQ CAP	DATE	WORKOUT	SLOPE	ROQ CAP
10/1/2019	Barnstormer	25	1035	10/17/2019	Father Time 2018	17	963
10/2/2019	Zen-Lists N MTN3	30	1080	10/18/2019	Hybrid2 Red Rum Rippled	17	904
10/3/2019	Xion2 Alt Push Gauntlet C2 Reptilian	25	981	10/19/2019	Taper Circuits	25	908
10/4/2019	Inverse Labyrinth	18	910	10/20/2019	Taper Circuits '19	24	944
10/5/2019	Matterhorn Vertex U Uplift	22	901	10/21/2019	Cul-De-Sacs (Turf Wars #1)	15	902
10/6/2019	MTN2 = EL CYCLE Checklist (3)	32	1014	10/22/2019	Picktilians (Turf Wars #2)	26	990
10/7/2019	Mongrel	21	926	10/23/2019	SPEED BUMPS 2X (Turf Wars #3)	24	921
10/8/2019	HANDS UP! Checklist(5)	20	1024	10/24/2019	PYP C2 ("Off Day")	36	901
10/9/2019	Checklist to C2 Matterhorn Hybrid Flipped	31	999	10/25/2019	Cross Lists (Turf Wars #4)	34	1003
10/10/2019	10/10	42	1170	10/26/2019	Checklist(3) (Turf Wars #5)	37	1020
10/11/2019	Uplift Cross-Fire C2 Rev Mtn	30	917	10/27/2019	Interrupted MTN3 (Turf Wars #6, Final Day)	18	901
10/12/2019	SHORT--CIRCUIT	19	936	10/28/2019	PYP C2	36	901
10/13/2019	Gone Fishing by Body Group	49	1169	10/29/2019	Cavity Circuits	10	1266
10/14/2019	Expanding =(2) Mid-Point MTN2	18	910	10/30/2019	Wager Workout	NA	1225
10/15/2019	Mesa C2 to Checklist And EL Cycle	29	933	10/31/2019	Trick or Treat	43	1155
10/16/2019	Cross-Fire Faded2 Chameleon Checklist(2)	7	905				



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.



SLOPE

WARM UP

CHECKLIST(2)

1. HIGH Xs
2. QUICK FT. (20) + RUN
3. SWAGGIN 1:1
4. EN GARDE

Start with Checklist(2) warm up.

Where the Barn Burner creates Centaurs, the BarnSTORMER creates MTNs.

Pick ONE task from each category; do it once. The second time through, do the exercise you chose first and add a second task from that same category. Repeat this for your third and fourth time through.

Never repeat a task in a MTN. Always maintain the same order.

BARNSTORMER

A.

1. ALI 22+
2. W. CROOK
3. JIGGY (20) + RUN
4. PARATROOP (10) + RUN

B.

1. 3 PT.
2. F. LUNGE
3. BEAR
4. BUZZARD

C.

1. PUSH UP (10) + RUN
2. CYCLONE (12) + TZN
3. JACKALOPE
4. O-BOR (10) + TZN

D.

1. AMAROK
2. PLATE PUSH
3. SLAP JACK
4. PRIMATES 4-1-3-1-2-1

E.

1. KOBOLD
2. APE SHOOT!
3. BANDIT (20) + RUN
4. TROG

F.

1. RDL (8) + TZN
2. DELAURA
3. CRAY-CRAY
4. REV BOVINE

G.

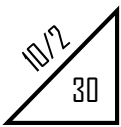
1. VIPER
2. B. LUNGE
3. MONTAUK
4. ABD. FLAMINGO (6) + TZN

H.

1. COALITION (10) + TZN
2. HOPSCOTCH
3. HIKES
4. RAMBO (10) + RUN

I.

1. BULLDOG
2. JUNKIE JUMP (8) + RUN
3. BULLDOZER
4. GBD (15) + RUN



SLOPE

1-3
1-3, 4-6, 4-6
1-3, 4-6, 4-6, 7-9, 7-9, 7-9

ZEN-LISTS

- 1. SUICIDE 2-1-3-1-4-1
- 2. TOES (20) + RUN **1X**
- 3. TURKEYS

- 4. MT. CLIMB (20) + RUN
- 5. CURL WALK 6+ **2X**
- 6. YIKES!

- 7. SQ. JUMP (10) + RUN
- 8. MONKEY **3X**
- 9. VEXUM

1-8
8-1
1-8



- 1. MIEL'S WHEELS
- 2. BUCKS
- 3. GRECO
- 4. BONSAI 3-1-4-2-4-1
- 5. SLIGER
- 6. VIP (10) + RUN
- 7. W. LUNGE
- 8. GARGOYLE

1-3
1-6
1-9
1-12
1-15

MTN3

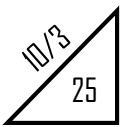
- 1. TWO-STEP (20) + RUN
- 2. JAGGER (12) + RUN
- 3. YETI

- 4. TIPPY-TAP
- 5. SLUSKI
- 6. PEG LEG (8) + RUN

- 7. SKY-HIGH 4-1
- 8. TYPHON
- 9. SAWED OFF (10) + TZN

- 10. TYSON
- 11. REVIVAL
- 12. TRUMPET 9+

- 13. MOGUL (20) + RUN
- 14. NEAPOLITAN
- 15. PABLO



SLOPE

- 1,AA
- 12,BB
- 123,CC
- 1234,DD
- 12345,EE

XION2

- | | |
|------------------------|----------------------------|
| 1. SUE-STEP (20) + RUN | A. EN GARDE |
| 2. SWAGGIN 1:1 | B. GALLOW 2-1-4-3-4-1 |
| 3. PLATE SHAKE 9+ | C. SPEED SKATES (20) + RUN |
| 4. B. LUNGE | D. RAMBO (10) + RUN |
| 5. GORGON (8) + RUN | E. KNEELING CURL (6) + TZN |



ALTERNATING PUSH GAUNTLET

- | | |
|-------------------------|------------------------|
| 1. SKULLS (10) + TZN | 7. BUNYAN |
| 2. STORK (20) + TZN | 8. OGRE (10) + TZN |
| 3. MONGOOSE | 9. PISTON (10) + TZN |
| 4. TROG | 10. MANTIS (8) + RUN |
| 5. SQUANTOES (20) + RUN | 11. TURKEYS |
| 6. D-PINNED 2-1-3-1-4-1 | 12. DENSER 2-1-3-1-4-1 |

- 11
- 22
- 33
- 44...

CENTAUR2

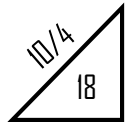
1. SUICIDE 2-1-3-1-4-1
2. THRASHER
3. KOBOLD
4. ROW STROLL 6+
5. REV HYDRA
6. SKUFFLE
7. CROAKIN
8. DIABLO
9. OFFERING
10. TWINKLE TOES (30) + TZN

REPTILIAN

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

1. STACK SHOT
 2. MT. CLIMB (20) + RUN
 3. VEXED (10) + RUN
 4. TWISTED
 5. CRAISE (20) + TZN
-
- 6A. SUPP (10)
 - 6B. JACKAL
 - 6C. WIZARD
 - 6D. MASTODON

MOGUL PUSH, TASK
XPP, TASK
MOGUL PUSH, TASK
XPP, TASK



MTN

- A. RUN**
- B. QUICK FT. (20) + RUN**
- C. SKIPS** A
AB
ABC
ABCD
- D. BULLY**

- 11. CURL PRESS 5+**
- 12. SLAP JACK**
- 13. VENOM**
- 14. MONTAUK**
- 15. CYCLONE (12) + TZN**
- 16. B.N.C.**
- 17. AMAROK**
- 18. REV BULLDOG**

MESA

- A. GREMLIN**
- B. STAT. SWAG (20) + TZN**
- C. SUICIDE 2-1-3-1-4-1**
- D. SKY HIGH 4-1**

- 25. TORO**
- 26. TROG**
- 27. GATOR to 3**
- 28. APE SHOOT!**
- 29. SWASHBUCKLER**
- 30. SL INCH**
- 31. BONSAI 3-1-4-2-4-1**
- 32. C.H.B.**

U

- A. STAMPEDE**
- B. COALITION (10) + TZN**
- C. GALLOW 2-1-4-3-4-1**
- D. TWINKLE (30) + TZN**

- 41. YETI**
- 42. BENCHED (30) + TZN**
- 43. VIPER**
- 44. GBD (15) + RUN**
- 45. KOBOLD**
- 46. PETRA**
- 47. RDL (8) + TZN**
- 48. OZARK**

A-C
C-A
B,B

EL CYCLE

- A. MT. CLIMB (20) + RUN**
- B. SPIKES**
- C. SCALAWAG** AAA
BBB
CCC
DDD
- 57. WICCA**
- 58. CRAZY LEGS**
- 59. RIBBITS (10) + RUN**
- 60. 45°**

- 61. RAMP UP (8) + RUN**
- 62. CRAISE (20) + TZN**
- 63. M.F.T.**
- 64. MIEL'S WHEELS**

MTN2

- A. TYSONS**
- B. KAMIKAZE 4-3-4-2-4-1-4-1**
- C. SKUFFLE**
- D. HOT COALS (10) + RUN**

- 71. DENSER 2-1-3-1-4-1**
- 72. TYPHON**
- 73. ANACONDA**
- 74. JIGGY (20) + RUN**
- 75. TUCKS (10) + RUN**

76. CUJO

- 77. YIKES**
- 78. SL MANTIS (8) + RUN**

CENTAUR3

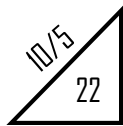
- A. SPEED SKATE (20) + RUN**
- B. ENFORCER**
- C. BANDIT (20) + RUN**
- D. SA PP**

INVERSE LABYRINTH

UNLIKE A TRADITIONAL LABYRINTH AN INVERSE HAS CIRCUITS THAT ARE EASIER AND A CHECKLIST THAT IS HARDER.

PERFORM RED IN PROGRESSION NOTED, PERFORM BLACK AS A CHECKLIST.

ABC
BCD



SLOPE

MATTERHORN

3 SHUFFLE

1 SUE-STEP (20) + RUN

1 PLATE SHAKE 9+

3 HIKES

1 ALT SQUONQ

1 TOES (20) + RUN

3 TIPPY-TAP

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

1 LYCAN (10) + RUN

3 ROW STROLL 6+

1 VENOM

1 HALO 2-1-3-1-4-1

3 GROWLER

1 TROG

1 SAPP

3 POTTY SHOT

1 BRIDGED BENCH (30) + TZN

1 BOULDER

1
122
12333
1234444

VERTEX

1. COBRA (10) + PUSH

2. VEXED (10) + RUN

3. CROOK

4. DELAURA

1-8

8-1

U

1. SCURL 1:1

2. YETI

3. BANDIT (20) + RUN

4. APE SHOOT!

5. GIMPY DOG

6. V-STEP (10) + RUN

7. SPIKES

8. YAK

1
121
12321
1234321
123454321

UPLIFT

1. MONTAUK

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

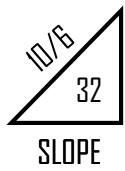
3. TWISTED

4. TRIFECTA! 6+

5. TWEAKER (L)

PERFORM EACH
TASK THE
NUMBER OF
TIMES LISTED
AND IN A
CHECKLIST
MANNER.

PATTERN
REMAINS
CONSISTENT
THROUGHOUT.



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

MTN2

1. GALLOW 2-1-4-3-4-1
2. TWO-STEP (20) + RUN

3. MT. CLIMB (20) + RUN
4. 3 PT. STANCE

5. KNEELING SWAG (15) + TZN
6. JIGGY (20) + RUN

7. SL GORGON (8) + RUN
8. RAMPANT (10) + RUN

9. STAMPEDE
10. QUICKSAND Ⓛ

- 12131415
- 232425
- 3435
- 45

=

1. TOES (20) + RUN
2. SAWED OFF (10) + TZN
3. RIBBITS (10) + RUN
4. BUCKS
5. MONGOOSE

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

EL CYCLE

1. GRIFTER (8) + SA PP
2. RDL (8) + TZN
3. TAKE OFF!
4. OGRE (10) + TZN

- 1-10
- 1-10
- 1-10

CHECKLIST (3)

1. SKUFFLE
2. COALITION (10) + TZN
3. TYPHON
4. CRAZY LEGS
5. FLAMINGO (6) + TZN
6. INCH WORM
7. ALI 22+
8. VIPER
9. OFFERING
10. AMAROK



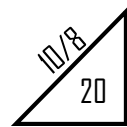
MONGREL

		A	B	C	D
1 ACROSS	1	SHUFFLE	TWO-STEP (20) + RUN	SWAGGIN 1:1	V-STEP (10) + RUN
1 ACROSS 2 ACROSS	2	MIEL'S WHEELS	HANG (10) + RUN	CURL WALK 6+	VEXED (10) + RUN
1 ACROSS 2 ACROSS 3 ACROSS	3	SQUONQ	LYCAN UP (10) + RUN	TROMBONE 6+	VIPER
1 ACROSS 2 ACROSS 3 ACROSS 4 ACROSS	4	JACKAL	LEPRECHAUN	STORK (20) + TZN	VENOM
A DOWN B DOWN C DOWN D DOWN	5	TWEAKER (L)	AMAROK	OFFERING	VEXUM

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

MTN

1. PONCER (10) + RUN
2. CHICKIN 2-1-3-1-4-1
3. STATARASQ (16) + RUN
4. MINOTAUR (L)



SLOPE

TASKS THAT REQUIRE YOU TO LIFT YOUR HANDS ARE DESIGNED TO SEE IF YOUR LOWER EXTREMITIES ARE MOVING THROUGH A FULL RANGE OF MOTION. IF YOU ARE NOT GETTING YOUR FEET SET UNDERNEATH YOUR BODY PROPERLY AND WITH A SOLID BASE OF STABILITY, LIFTING YOUR HANDS UP WILL BE DIFFICULT IF NOT IMPOSSIBLE. AIM TO GET YOUR BODY IN A POSITION TO WHERE YOU CAN LIFT YOUR HANDS AT LEAST 6" OFF THE TURF AND DO SO WITHOUT FEELING AS IF YOUR HANDS ARE THERE JUST TO CATCH YOU FROM FALLING!

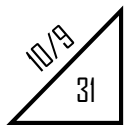
1-20, 1-20, 1-20, 1-20, 1-20

1. TOES (20) + RUN
2. STAMPEDE
3. EN GARDE
4. RAMBO (10) + RUN
5. LYCAN (10) + RUN
6. PLATE SHAKE 9+
7. JAGGER (12) + RUN
8. BULLDOZER
9. MANTIS (8) + RUN
10. MOWGLI (12) + RUN

"HANDS UP!"

CHECKLIST (5)

11. SPIKES
12. MUGGER (12) + RUN
13. SKULLS (10) + TZN
14. VIP (10) + RUN
15. MONTAUK
16. SUPER TROOPER (10) + RUN
17. CYCLONE (12) + TZN
18. FLYING MONKEY
19. SL OGRE (10) + TZN
20. JIGSAW



SLOPE

DISREGARD ERROR IN WORKOUT

TITLE ON WEBSITE.

CIRCUIT IS A CENTAUR FIRST.

1,1
2,2
3,3...
1-10

CENTAUR2 TO CHECKLIST

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. SUE-STEP (20) + RUN
5. SKUFFLE
6. RAMPANT (10) + RUN
7. ROW STROLL 6+
8. POTTY TO BULLDOG
9. SAWED OFF (10) + TZN
10. LYCAN UP (10) + RUN

A
A,B,B
A,B,B,C
A,B,B,C,D,D
A,B,B,C,D,D,E

MATTER HORN HYBRID

- A 1 QUICK FT. (20) + RUN
B 2 MONGOOSE
C 1 HAG 1:1
D 2 ARACHNID
E 1 GRECO

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

FLIPPED

1. C.H.B.
2. CURL WALK 6+
3. JESTER
4. CRAISE (20) + TZN
5. RDL (8) + TZN
6. GARGANTUAN
7. VIP (10) + RUN
8. SUICIDE 2-1-3-1-4-1
9. TURKEYS
10. PINNED 2-1-3-1-4-1
11. APE SHOOT!
12. VOODOO (L)

10/10

42

SLOPE

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

FILLING

1. **HOT COALS (10) + RUN**
2. **LYCAN (10) + RUN**
3. **SQ. JUMP (10) + RUN**
4. **RAMBO (10) + RUN**
5. **SKULLS (10) + TZN**
6. **OGRE (10) + TZN**
7. **SUPP (10)**
8. **SAWED OFF (10) + TZN**
9. **QUICK FT. MADNES 10**
10. **V-STEP (10) + RUN**

10/10

This workout features 10 tasks in each circuit, each task utilizes 10 reps and the workout hosts 100 tasks total to round out the 10x10 motif.

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

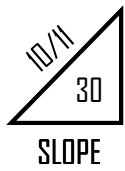
CREST

1. **PARATROOP (10) + RUN**
2. **ROOSTER (10) + TZN**
3. **VEXED (10) + RUN**
4. **RIBBITS (10) + RUN**
5. **RAMPANT (10) + RUN**
6. **O-B.O.R. (10) + TZN**
7. **KITCHEN SINK (10) + TZN**
8. **PUSH UP (10) + RUN**
9. **POUNCER (10) + RUN**
10. **90° (10) + TZN**

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

FADED2

1. **SQ. THRUST (10) + RUN**
2. **COBRA (10) + PUSH**
3. **SL BRID SKULLS (10) + TZN**
4. **LOWLY (10) + RUN**
5. **COALITION (10) + TZN**
6. **PISTON (10) + TZN**
7. **HANG (10) + RUN**
8. **VIP (10) + RUN**
9. **SL OGRE (10) + TZN**
10. **MOGUL MADNESS 10**



I
121
12321
1234321
123454321

UPLIFT

1. EN GARDE
2. SUE-STEP (20) + RUN
3. STAT SWAG (20) + TZN
4. SHOT PUT
5. SWASHBUCKLER

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

CROSS-FIRE

1. INFINITY (20) + RUN
 2. PRIMATES 4-1-3-1-2-1
 3. ABD. MANTIS (8) + RUN
 4. JAGGER (12) + RUN
- A. ROW STROLL 6+
B. CYCLONE (12) + RUN
C. B.N.C.

II
22
33...

CENTAUR2

1. W. CROOK
2. MT. CLIMB (20) + RUN
3. D-PINNED 2-1-3-1-4-1
4. SHALO 1:1
5. YIKES!
6. YETI
7. TARASQ
8. FLAMINGO (6) + TZN
9. SQUIBBLE
10. DIABLO

REV MTN

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

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. BENCHED (30) + TZN
3. STAMPEDE
4. MONTAUK
5. SPARROW (L)



SLOPE

PERFORM
CIRCUITS IN
ORDER A-K.

REFER TO CIRCUIT
GLOSSARY OR
CONTACT YOUR
PRO FOR
PROGRESSION
KEYS

A. MTN

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. PLATE SHAKE 9+

B. VERTEX

1. QUICK FT. (20) + RUN
2. POTTY SHOT
3. X PP

C. EL CYCLE

1. MONKEY
2. SQUONQ
3. SPIDOTO

D. CHECKLIST (2)

1. ALI 22+
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. REV PLATE PUSH
4. W. GREMLIN

E. CROSS-FIRE

1. STAMPEDE
2. BOVINE
3. CURL PRESS 5+

F. MT. NEVEREST

- 1X GRECO
- 2X TROG
- 3X MIEL'S WHEELS

G. FADED

1. THRASHER
2. SAPP
3. TURKEYS

H. U-TURN

1. QUICKSAND Ⓞ
2. MASTODON
3. APE SHOOT

- A. HALO 2-1-3-1-4-1
- B. FROGS
- C. YETI

SHORT CIRCUIT

I. CENTAUR3

1. SKY HIGH 4-1
2. JACKALOPE
3. O-PINNED 2-1-3-1-4-1

J. MTN2

1. TRUMPET 9+
2. TRIFECTA! 6+
3. OZARK
4. INCH WORM

K. CAVITY

1. TALL ORDER 6+
2. SL REVIVAL
3. DEVIL
4. GALLOW 2-1-4-3-4-1

GONE FISHIN'

PERFORM EACH SECTION AS A MTN [1,1,2,1,2,3...]

AT THE END OF EACH SECTION "GO FISHING" FOR A TASK FROM THE NOTED LIST.

YOU CANNOT REPEAT A "GONE FISHING" TASK.

1. QUICK FT. (20) + RUN

2. STAMPEDE

3. SQUONQ

4. OFF THE DOCK

1. BULLY

2. ROW STROLL 6+

3. OFF THE DOCK

1. JIGGY (20) + RUN

2. MANTIS (8) + RUN

3. SUPP (10)

4. OFF THE DOCK

1. RIBBITS (10) + RUN

2. TROG

3. OFF THE DOCK

1. BOVINE

2. LYCAN (10) + RUN

3. REV MASTODON

4. SHALLOW

1. SPIKES

2. APE SHOOT!

3. SHALLOW

1. OGRE (10) + TZN

2. B. LUNGE

3. KITCHEN SINK (10) + TZN

4. SHALLOW

1. DIABLO

2. INCH WORM

3. SHALLOW

1. FLAMINGO (6) + TZN

2. BENCHED (30) + TZN

3. TRIFECTA! 6+

4. DEEP SEA

1. POGOTO (6) + TZN

2. SWAGGIN 1:1

3. DEEP SEA

1. X PP

2. DEEP SEA

3. ENFORCER

4. DEEP SEA

1. REV BULLDOG

2. JABBERWOCKY

3. DEEP SEA

OFF THE DOCK

A. MUGGER (12) + RUN

B. TIP-TOES (20) + RUN

C. MOWGLI (12) + RUN

D. SQUANTOES (20) + RUN

E. POTTY SHOTS

SHALLOW

A. MONKEY

B. FROGS

C. BULLDOZER

D. ANTEATER

E. NO GIMMIES

DEEP SEA

A. DELAURA

B. WARRIOR

C. JACKAL

D. SL PUSH UP (10) + RUN

E. B-TOWN BUMP (6) + RUN

F. SWASHBUCKLER



SLOPE

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

EXPANDING

1. ARACHNID
2. XPP
3. TROMBONE 6+
4. HOT COALS (20) + RUN
5. SUICIDE 2-1-3-1-4-1
6. SUE-STEP (20) + RUN
7. HIKES
8. BOVINE
9. AMAROK
10. W. LUNGE

- 12, 34, 12, 56, 12, 78
- 34, 56, 34, 78
- 56, 78

=(2)

1. SAPP
2. MT. CLIMB (20) + RUN
3. GBD (15) + RUN
4. MIEL'S WHEELS
5. VIPER
6. RDL (8) + TZN
7. PABLO
8. STORK (20) + TZN

ALTERNATE KEY:

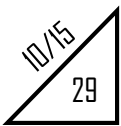
- A,B,A,C,A,D
- B,C,B,D
- C,D

- 1-6
- 1-8
- 1-10
- 1-12

MID-POINT MTN2

1. INFINITY (20) + RUN
2. SKULLS (10) + TZN
3. SQ. JUMP (10) + RUN
4. VIP (10) + RUN
5. APE SHOOT
6. JAGGER (12) + RUN
7. KITCHEN SINK (10) + TZN
8. BONSAI 3-1-4-2-4-1
9. MASTODON
10. TROG
11. SWASHBUCKLER
12. JACK-ASS

A.
B.
C.
D.



SLOPE

MESA

- 1-3 1. SUICIDE 2-1-3-1-4-1
- 2-4 2. QUICK FT. (20) + RUN
- 3-5 3. MOGUL (20) + RUN
- 4-6 4. ALI 22+
- 5-7 5. TIP-TOES (20) + RUN
- 6-8 6. RAMPAGE (12) + RUN
- 7-9 7. YIKES!
- 8-10 8. TRUMPET 9+
- 9. REV BEAR
- 10. SUPP (10)

11,22,33...
1-10

C2 TO CHECKLIST

- 1. SL BUCKS
- 2. PUSH UP (10) + RUN
- 3. SQUIBBLE
- 4. DENSER 2-1-3-1-4-1
- 5. BULLDOG
- 6. MUGGER (12) + RUN
- 7. TAUNTAUN
- 8. GRYPHON (8) + PUSH
- 9. RAMPANT (10) + RUN
- 10. STAT CURL (6) + TZN

1
112
111223
111222334

AND1

- 1. MONGOOSE
- 2. HANG (10) + RUN
- 3. SHWAGGIN 1:1
- 4. REVIVAL

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

EL CYCLE

- 1. WICCA
- 2. ENFORCER
- 3. SQUONQ
- 4. TORO



SLOPE

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

CROSS-FIRE

1. SHUFFLE
2. LYCAN UP (10) + RUN
3. ROW STROLL 6+
4. MIEL'S WHEELS
5. SQUANTOES (20) + RUN

CHAMELEON

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

- 1A. BOULDER
- 1B. BUZZARD
- 1C. YETI
- 1D. BULLDOZER

-
- 2. BANDIT (20) + RUN
 - 3. KAMIKAZE 4-3-4-2-4-1-4-1
 - 4. SKY HIGH 4-1
-

- 5A. TARASQ
- 5B. SL OGRE (10) + TZN
- 5C. JACK-ASS
- 5D. JABBERWOCKY

- A. MT. CLIMB (20) + RUN
- B. BULLY
- C. SPIKES

- 1-10
- 3-10
- 5-10
- 7-10
- 9.10

FADED2

1. VEXUM
2. SL INCH WORM

3. RAMBO (10) + RUN
4. TAUNTAUN

5. PEG LEG (8) + RUN
6. CURL PRESS 5+

7. RAMPAGE (12) + RUN
8. GIMPY DOG

9. BONSAI 3-1-4-2-4-1
10. HOT COALS (10) + RUN

- 1-8
- 1-8

CHECKLIST(2)

- | | |
|-------------------------|----------------|
| 1. SLALOM | 5. MONGOOSE |
| 2. STACK SHOT | 6. SLAPJACK |
| 3. TYSON | 7. TROMBONE 6+ |
| 4. D-PINNED 2-1-3-1-4-1 | 8. TAKE OFF! |



SLOPE

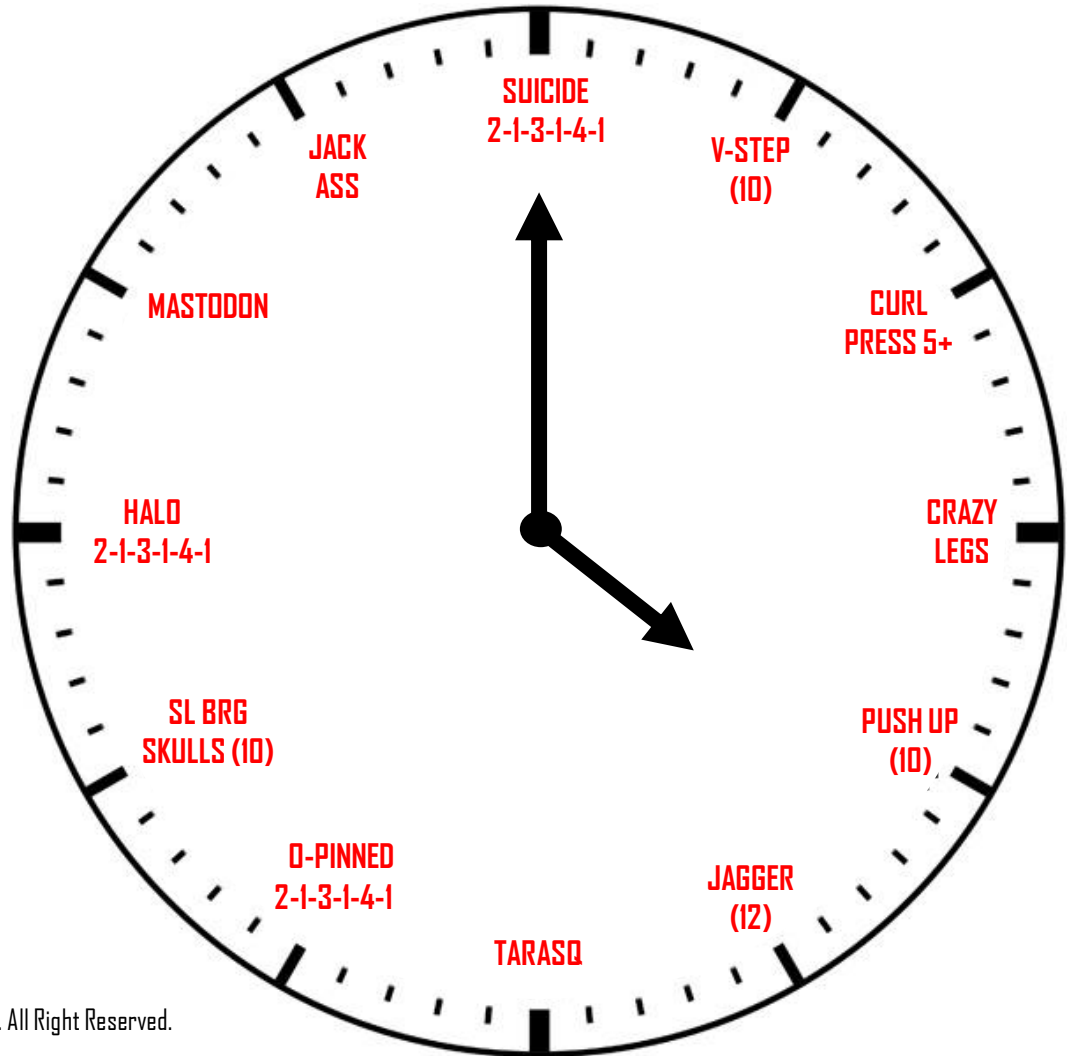
FATHER TIME

STARTING AT 12 O'CLOCK MOVE CLOCKWISE AROUND THE CLOCK STOPPING AT EVERY :15 TO COMPLETE THE TASK LISTED BELOW. ESSENTIALLY THIS IS ONE GIANT CROSS-FIRE.

SUICIDE, SHUFFLE
SUICIDE, HOT COALS
SUICIDE, HANG
SUICIDE, YIKES
V-STEP, SHUFFLE...

:00 = SHUFFLE
:15 = HOT COALS (20)
:30 = HANG (10)
:45 = YIKES

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SLOPE

- 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

HYBRIDZ

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. RAMBO (10) + RUN
4. BULLDOZER
5. PARATROOP (10) + RUN

PERFORM THE FORWARD AND REVERSE VERSION OF EACH TASK IN A CENTAURZ PATTERN IN ORDER TO GET A FULL TASK OF EACH. EXAMPLE: BEAR TO 4, REV BEAR TO 1, BEAR TO 4, REV BEAR TO 1.

RED RUM

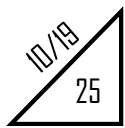
1. BEAR
2. POTTY SHOT
3. DELAURA
4. GREMLIN
5. VIPER
6. F. LUNGE
7. ANACONDA
8. BOVINE
9. THRASHER
10. INCH WORM

- REV BEAR
- HIKES
- SA DIABLO
- REV GREMLIN
- REV VIPER
- B. LUNGE
- BUCKS
- REV BOVINE
- TORD
- REV INCH

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

RIPPLED

1. BONSAI 3-1-4-2-4-1
2. 3 PT. STANCE
3. BULLY
4. TIPPY-TAP
5. X PP
6. FLAMINGO (6) + TZN
7. MIEL'S WHEELS
8. INFINITY (20) + RUN
9. RDL (8) + TZN
10. MONKEY
11. GALLOW 2-1-4-3-4-1
12. HACK-IT



SLOPE

1-2
1-4
1-6

TURF WARS TAPER 2018

MTN2

1. BONSAI 3-1-4-2-4-1
2. QUICK FT. (20) + RUN
3. TYSONS
4. MT. CLIMB (20) + RUN
5. XPP
6. HIKES

11, 22, 33 CENTAUR2

1. SAWED OFF (10) + TZN
2. REV BEAR
3. MANTIS (8) + RUN
4. SQ. JUMP (10) + RUN
5. ALI 22+
6. O-PINNED 2-1-3-1-4-1

1-6 1-6 CHECKLIST(2)

1. CYCLONE (12) + TZN
2. W. GREMLIN
3. TROG
4. ROW STROLL 6+
5. TURKEYS
6. BENCHED (30) + TZN

1-6
3-6
5,6

FADED2

1. QUICKSAND Ⓛ
2. REV PLATE PUSH
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. PEG LEG (8) + RUN
5. SHWAGGIN 1:1
6. POTTY TO BULLDOG

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

EL CYCLE

1. F. LUNGE
2. OGRE (10) + TZN
3. SPD SKATES (20) + RUN
4. SKULLS (10) + TZN
5. VENOM

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

EQUALIBRIOUS

1. W. CROOK
2. TRUMPET 9+
3. NEAPOLITAN
4. VIP (10) + RUN
5. GARGOYLE



1-3
1-6
1-9

A.
MTN3

1. BONSAI 3-1-4-2-4-1
2. SHUTTLE RUN 3-2-4-2-3-1
3. V-STEP (10) + RUN

4. SWAGGIN 1:1
5. LYCAN (10) + RUN
6. SQUANTOES (20) + RUN

7. KOBOLD
8. B.N.C.
9. DELAURA

1233
2344
3455

B.
RIPPLED

1. BENCHED (30) + TZN
2. YIKES!
3. GARGOYLE
4. MIEL'S WHEELS
5. BUCK UP

**TURF WARS
TAPER 2019**

1,8
1,2,7,8
1-3,6-8
1-8

C.
FILLING

1. JIGGY (20) + RUN
2. TURKEY
3. OFFERING
4. RAMP UP (8) + RUN
5. HALF BLAKED (L)
6. SUICIDE 2-1-3-1-4-1
7. KNEEL CURL (6) + TZN
8. BUZZARD

1
122
12333
123444

D.
VERTEX

1. DEVIL
2. REV GREMLIN
3. QUICK FT. (20) + RUN
4. PRIMATES 4-1-3-1-2-1

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

E.
INVERTILIAN

- 1A. KAMIKAZE 4-3-4-2-4-1-4-1
- 1B. 313
- 1C. FLYING JACKAL

2. XPP
3. CURL PRESS 5+
4. JUNKIE JUMP (8) + RUN

112233
1122
11

F.
REV HYBRID2

1. REV GROWLER
2. TROG
3. ANACONDA



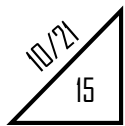
TURF WARS '19

ANNUAL TURF-WIDE COMPETITION

OCT. 21ST - 27TH

REPRESENT YOUR HOMETURF IN THIS TEAM-LIKE EVENT

DETAILS FOR THIS YEAR'S FORMAT AND HANDICAP REVEALED SOON...



SLOPE

TURF WARS 1

U

1. HIGH KNEES
2. EN GARDE
3. SWAGGIN 1:1
4. HOT COALS (10) + RUN
5. MOWGLI (12) + RUN
6. ROW STROLL 6+
7. POTTY SHOTS
8. HOPSCOTCH
9. MONTAUK
10. SKY HIGH 4-1

EL CYCLE

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

1. YETI
2. 3 PT STANCE
3. PLATE PUSH
4. F. LUNGE

CUL-DE-SACS

1-10
MTN
10-1

U

1. CUJO Ⓛ
2. ALT. SQUONK
3. SPD SKATE (20) + RUN
4. APE SHOOT!
5. NEAPOLITAN
6. SUICIDE 2-1-3-1-4-1
7. YAK
8. BUCKS
9. QUICK FT. (20) + RUN
10. STAMPEDE

MTN

1
12
123
1234

1. BONSAI 3-1-4-2-4-1
2. VENOM
3. B.N.C.
4. WICCA

1-10
CENTAUR3
10-1

U

1. SHUTTLE RUN 3-2-4-2-3-1
2. TYSONS
3. PLATE SHAKE 9+
4. SHOT PUT
5. TWINKLE TOES (30) + TZN
6. PETRA
7. TYPHON
8. TWO-STEP (20) + RUN
9. PINNED 2-1-3-1-4-1
10. SHUFFLE

CENTAUR3

111
222
333

1. BOVINE
2. MIEL'S WHEELS
3. REV PLATE PUSH



SLOPE

TURF WARS 2

PICKtilians

PERFORM EACH SECTION AS A REPTILIAN WHERE YOU CHOOSE WHICH TASK TO DO AS THE LAST/CHANGING TASK AND IN WHICH ORDER.

ALL CIRCUITS WILL HAVE ONE TASK REMAINING SO LISTS OF 5 YOU'LL GO THROUGH 4 TIMES AND LISTS OF 4 THROUGH 3 TIMES.

NO REPEATING PICKED TASKS.

A.

1. BONSAI 3-1-4-2-4-1
 2. TOES (20) + RUN
 3. TURKEY
 4. HIKES
-
5. TYPHON
 5. B. LUNGE
 5. VIPER
 5. MOGUL MADNESS 10

B.

1. POTTY SHOT
 2. JACKALOPE
 3. KAMIKAZE 4-3-4-2-4-1-4-1
-
4. REV B.N.C.
 4. GRECO
 4. TORO
 4. SHOT PUT
 4. DIABLO

C.

1. BUCKS
 2. F. LUNGE
 3. ROW STROLL 6+
 4. TROG
-
5. SUCK UPS
 5. HELLION
 5. W. ROT. SQUAT
 5. JABBERWOCKY

D.

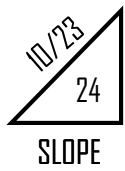
1. MONGOOSE
 2. SKY HIGH 4-1
 3. TWO-STEP (20) + RUN
-
4. MIM 3-2-4-2-3-1
 4. JACK BOX
 4. JESTER
 4. ATTACK-IT
 4. JACK-ASS

E.

1. NEAPOLITAN
 2. APE SHOOT
 3. REV HYDRA
 4. STAMPEDE
-
5. FLYING MONKEY
 5. SLING SHOT 3-2-4-2-3-1
 5. MASTODON
 5. PABLO

F.

1. REV GREMLIN
 2. GALLOW 2-1-4-3-4-1
 3. TAKE OFF!
-
4. OZARK
 4. JANGLE LEGS
 4. RESURRECTION
 4. CHUPACABRA
 4. REV INCH



1. GALLOW 2-1-4-3-4-1
2. TURKEYS
3. COALITION (10) + TZN
4. SHUFFLE
5. TRUMPET 9+
6. HIKES
7. LYCAN (10) + RUN
8. STAMPEDE
9. MIEL'S WHEELS
10. TROG
11. VIPER
12. CRAZY LEGS
13. QUICK FT. (20) + RUN
14. RAMBD (10) + RUN

15A. GRECO

16A. MINOTAUR Ⓛ

15B. ROOTED GROOT (8) + PUSH

16B. REVIVAL

17. ALT. SQUONQ
18. BONSAI 3-1-4-2-4-1
19. VIP (10) + RUN
20. CURIOUS GEORGE
21. TAUNTAUN
22. BULLDOG
23. KNEELING CURL (6) + TZN
24. KAMIKAZE 4-3-4-2-4-1-4-1

25A. COBRA (10) + PUSH

26A. SA DIABLO

25B. REV BOVINE

26B. SLUSKI

27. SWAGGIN 1:1

28. KOBOLD

29. PLATE PUSH

30. GARGOYLE

31. HOT COALS (10) + RUN

32. 3 PT. STANCE

33. XPP

34. TYSON

35A. THRUST TO FROG

36A. QUICKSAND Ⓛ

35B. PROWLER Ⓛ

36B. ANACONDA

37. PLATE SHAKE 9+

38. MOWGLI (12) + RUN

39. MOGUL PUSH

40. PRIMATES 4-1-3-1-2-1

41. SKY HIGH 4-1

42. YETI

43A. SL INCH

44A. PETRA

43B. C.H.B.

44B. MOGUL 6 TO FROG

TURF WARS 3

**SPEED
BUMPS 2X**

CHECKLIST (2) ALL
TASKS IN BLACK.

WHEN YOU GET TO A
SECTION IN RED THE
FIRST TIME DO THE
"A" TASKS. ON YOUR
SECOND TIME
THROUGH THE
CHECKLIST DO THE
RED "B" TASKS.

10/24

36

SLOPE

CHOOSE EITHER THE BLUE OR THE RED TASK FOR EACH NUMBER. FINISH TWO SET OF THAT TASK BEFORE MOVING ONTO THE NEXT NUMBER AND SELECTING WHICH TASK TO DO NEXT.

NOTE: THIS WORKOUT IS REPEATED AGAIN ON MONDAY 10/28. TURFS MAY WANT TO KEEP THE WORKOUT UP ON THEIR BOARD UNTIL THEN!

PYP CENTAUR2

- | | | | |
|--------------------------|-----------------------|-----------------------------|-------------------------|
| 1. BONSAI 3-1-4-2-4-1 | SUICIDE 2-1-3-1-4-1 | 21. GALLOW 2-1-4-3-4-1 | SHUTTLE RUN 3-2-4-2-3-1 |
| 2. SQUONQ | HIGH Xs | 22. SWAGGIN 1:1 | STAMPEDE |
| 3. TIPPY-TAP | REV GREMLIN | 23. SKY HIGH 4-1 | ALT. SQUONQ |
| 4. TOES (20) + RUN | QUICK FT. (20) + RUN | 24. TYSONS | W. GREMLIN |
| 5. BULLY | V-STEP (10) + RUN | 25. PLATE SHAKE 9+ | TROG |
| 6. AMAROK | JAGGER (12) + RUN | 26. YETI | XPP |
| 7. CRAISE (20) + TZN | FROGS | 27. KNEELING CURL (6) + TZN | RIBBITS (10) + RUN |
| 8. SLAP JACK | MONKEY | 28. W. CROOK | TRIFECTA 6+ |
| 9. SA PP | MIEL'S WHEELS | 29. MONGOOSE | LYCAN (10) + RUN |
| 10. PRIMATES 4-1-3-1-2-1 | SPIKES | 30. B.O.R. (15) + TZN | 3 PT. STANCE |
| 11. TWISTED | REV BULLDOG | 31. RAZOR | PISTON (10) + TZN |
| 12. SL MANTIS (8) + RUN | SHWAGGIN 1:1 | 32. OGRE (10) + TZN | DENSER 2-1-3-1-4-1 |
| 13. ROTATING SQUAT | CURL MADNESS 3 + PIN | 33. REV GROWLER | VEXUM |
| 14. REV BEAR | MOGUL PUSH | 34. PINNED 2-1-3-1-4-1 | RDL (8) + TZN |
| 15. 45° | SLIGER | 35. REV YAK | SLALOM |
| 16. NO GIMMIES | SAWED OFF (10) + TZN | 36. F. LUNGE | BULLDOZER |
| 17. STORK (20) + TZN | NEAPOLITAN | 37. FLAMINGO (6) + TZN | GBD (15) + RUN |
| 18. YIKES! | HYDRA | 38. JUNKIE JUMP (8) + RUN | LUMBERJACK (8) + RUN |
| 19. SKULLS (10) + TZN | STAT TYSON (20) + RUN | 39. CYCLONE (12) + TZN | O-B.O.R. (10) + TZN |
| 20. SL INCH | DEVASTATOR 6 | 40. MR. ATLAS TO 3/BACK | W. BUNYAN |



CROSS-LISTS

TURF WARS 4

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. SHUFFLE
SUICIDE 2-1-3-1-4-1
SUE-STEP (20) + RUN

2. STAMPEDE
DEATH ROW 2-1-3-1-4-1
SAPP

3. W. GREMLIN
AMAROK
SL REVIVAL

4. GRECO
BONSAI 3-1-4-2-4-1
SHOT PUT

5. NEAPOLITAN
SL BUCKS
JAGGER (12) + RUN

A. SWAGGIN 1:1
RAMBO (10) + RUN
ROW STROLL 6+

B. REV VIPER
HIKES
VENOM

C. GARGOYLE
TROG
INCH WORM



SLOPE

TURF WARS 5

1-30, 1-30, 1-30

CHECKLIST(3)

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. STAMPEDE
4. W. GREMLIN
5. MIEL'S WHEELS
6. PLATE SHAKE 9+
7. SQUONQ
8. VIP (10) + RUN
9. XPP
10. SKY HIGH 4-1
11. MONGOOSE
12. SPIKES
13. WARRIOR
14. MOWGLI (12) + RUN
15. MASTODON
16. DEVIL
17. TWO-STEP (20) + RUN
18. TAUNTAUN
19. QUICKSAND Ⓛ
20. SWAGGIN 1:1
21. JAGGER (12) + RUN
22. SLINGSHOT 3-2-4-2-3-1
23. REV B.N.C.
24. CURIOUS GEORGE
25. SHUTTLE RUN 3-2-4-2-3-1
26. JESTER
27. SLUSKI
28. PRIMATES 4-1-3-1-2-1
29. SAPP
30. OZARK



INTERRUPTED MTN3

- 1. GALLOW 2-1-4-3-4-1
- 2. ALT. SQUONQ
- 3. TURKEYS

1-3, 4A 4A
1-3, 4B 4B

REPTILIAN2

- 4. TROMBONE 6+
- 5. LYCAN (10) + RUN
- 6. APE SHOOT!
- 7. B. LUNGE
- 8. SWAGGIN 1:1
- 9. TWISTED

- 1. VIP (10) + RUN
- 2. JIGGY (20) + RUN
- 3. MOGUL PUSH
- 4A. STACK SHOT
- 4B. BUZZARD

TURF WARS 6

1-3
1-6
REPTILIAN2
1-9
1-12
FIND MUCK
1-15
FADED
1-18

- 10. KOBOLD
- 11. BOVINE
- 12. SAWED OFF (10) + TZN
- 13. WICCA
- 14. KAMIKAZE 4-3-4-2-4-1-4-1
- 15. M.F.T.
- 16. TUCKS (10) + RUN
- 17. 3 PT. STANCE
- 18. JACK-ASS

FIND MUCK

321 TROG
21 PIRATE
1 C.H.B.

1-3
2,3
3

FADED

- 1. VITRIOL (L)
- 2. SL BUCKS
- 3. SLAP JACK

10/28

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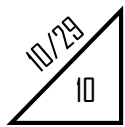
SLOPE

CHOOSE EITHER THE BLUE OR THE RED TASK FOR EACH NUMBER. FINISH TWO SET OF THAT TASK BEFORE MOVING ONTO THE NEXT NUMBER AND SELECTING WHICH TASK TO DO NEXT.

NOTE: SAME WORKOUT FROM LAST THURSDAY. IF YOU ALREADY DID THE WORKOUT, TRY A NEW ROUTE!

PYP CENTAUR2

- | | | | |
|--------------------------|-----------------------|-----------------------------|-------------------------|
| 1. BONSAI 3-1-4-2-4-1 | SUICIDE 2-1-3-1-4-1 | 21. GALLOW 2-1-4-3-4-1 | SHUTTLE RUN 3-2-4-2-3-1 |
| 2. SQUONK | HIGH Xs | 22. SWAGGIN 1:1 | STAMPEDE |
| 3. TIPPY-TAP | REV GREMLIN | 23. SKY HIGH 4-1 | ALT. SQUONK |
| 4. TOES (20) + RUN | QUICK FT. (20) + RUN | 24. TYSONS | W. GREMLIN |
| 5. BULLY | V-STEP (10) + RUN | 25. PLATE SHAKE 9+ | TROG |
| 6. AMAROK | JAGGER (12) + RUN | 26. YETI | XPP |
| 7. CRAISE (20) + TZN | FROGS | 27. KNEELING CURL (6) + TZN | RIBBITS (10) + RUN |
| 8. SLAP JACK | MONKEY | 28. W. CROOK | TRIFECTA 6+ |
| 9. SA PP | MIEL'S WHEELS | 29. MONGOOSE | LYCAN (10) + RUN |
| 10. PRIMATES 4-1-3-1-2-1 | SPIKES | 30. B.O.R. (15) + TZN | 3 PT. STANCE |
| 11. TWISTED | REV BULLDOG | 31. RAZOR | PISTON (10) + TZN |
| 12. SL MANTIS (8) + RUN | SHWAGGIN 1:1 | 32. OGRE (10) + TZN | DENSER 2-1-3-1-4-1 |
| 13. ROTATING SQUAT | CURL MADNESS 3 + PIN | 33. REV GROWLER | VEXUM |
| 14. REV BEAR | MOGUL PUSH | 34. PINNED 2-1-3-1-4-1 | ROL (8) + TZN |
| 15. 45° | SLIGER | 35. REV YAK | SLALOM |
| 16. NO GIMMIES | SAWED OFF (10) + TZN | 36. F. LUNGE | BULLDOZER |
| 17. STORK (20) + TZN | NEAPOLITAN | 37. FLAMINGO (6) + TZN | G8D (15) + RUN |
| 18. YIKES! | HYDRA | 38. JUNKIE JUMP (8) + RUN | LUMBERJACK (8) + RUN |
| 19. SKULLS (10) + TZN | STAT TYSON (20) + RUN | 39. CYCLONE (12) + TZN | O-B.O.R. (10) + TZN |
| 20. SL INCH | DEVASTATOR 6 | 40. MR. ATLAS TO 3/BACK | W. BUNYAN |



SLOPE

- 1.
- 1.2
- 1.2,3

A. MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. MOGUL (20) + RUN

B. EL CYCLE

1. STAMPEDE
2. RAMPAGE (12) + RUN
3. MONGOOSE

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

C. VERTEX

1. WARRIOR
2. CHICKIN 2-1-3-1-4-1
3. ALT. SQUONQ

- 1.
- 1,2,2
- 1,2,3,3,3

D. FADED

1. MINOTAUR ☹️
2. INCH WORM
3. AMAROK

- 1-3
- 2,3
- 3

E. =IBRIDUS

1. JOUNCE 2-1-3-1-4-1
2. SHWAGGIN 1:1
3. SCORPION to 3/BACK

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

F. CHECKLIST (2)

1. TRIFECTA 6+
2. SLAP JACK
3. VENOM

- 1-3
- 1-3

G. U-TURN

1. W. CROOK
2. CURL PRESS 5+
3. MIEL'S WHEELS

- 1-3
- 3-1

H. GAUNTLET

1. ROW STROLL 6+
2. SQUIBBLE
3. REV MASTODON

- PUSH
- TASK
- PUSH
- TASK
- PUSH
- TASK



CAVITY CIRCUITS

PERFORM CIRCUITS IN THE ORDER OF A,B,C,D,E,F,G,H / A,B,C,F,G,H / A,B,G,H / A,H



DEVIL'S NIGHT *WAGER WORKOUT*

A WORKOUT CREATED BY THE WINNING TURF OF TURF WARS.

ALL OTHER TURFS WILL DO THIS WORKOUT AS "PUNISHMENT" ALONG WITH THE SPECIAL PLAYLIST SUBMITTED BY THE WINNING TURF VIA SPOTIFY.

MORE DETAILS ON THE WAGER WORKOUTS TO BE ANNOUNCED CLOSER TO THE START OF THE TOURNAMENT.

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TRICK-OR-TREAT

SLOPE

PERFORM WARM UP
CHECKLIST (2).

MOVE BY COLUMNS
STARTING FROM TOP TO
BOTTOM, PICK ONE TASK
FROM EACH TREAT
CATEGORY.

PERFORM AS FOLLOWS:

1ST REVOLUTION - 1X EACH
2ND REVOLUTION - 2X EACH
3RD REVOLUTION - 3X EACH
4TH REVOLUTION - 4X EACH

NO TASKS CAN BE
REPEATED LATER IN THE
ROUTINE.

NO "BARN BURNING" TASK
IN THIS PARTICULAR
CIRCUIT.

WARM UP CHECKLIST (2)

A SNICKERS

1. TROMBONE 6+
2. ROW STROLL 6+
3. K-STEP (20) + RUN
4. STAT. CURL (6) + TZN

B SWEET TARTS

1. TYPHON
2. JUNKIE JUMP (8) + RUN
3. KOD (20) + TZN
4. NO GIMMIES

C MILKY WAY

1. BOVINE
2. STORK (20) + TZN
3. GARGOYLE
4. MIEL'S WHEELS

1. SHUFFLE 2. QUICK FT. (20) + RUN

D STARBURST

1. INCH WORM
2. BUNYAN
3. POTTY TO BULLDOG
4. MASTODON

E REESE'S

1. OFFERING
2. ALI
3. TRIFECTA
4. JIGGY (20) + RUN

F TWIX

1. TWIX
2. HOPSCOTCH
3. SQUIBBLE
4. SQUANTOES (20) + RUN

3. HIGH Xs 4. BULLY

G CRUNCH

1. SWAGGIN 1:1
2. BONSAI 3-1-4-2-4-1
3. STAMPEDE
4. GREMLIN

H TOOTSIE ROLL

1. REV PLATE PUSH
2. ATTACK-IT
3. JOUNCE 2-1-3-1-4-1
4. SA GRECO

I SKITTLES

1. MOGUL MADNESS 10
2. DENSER 2-1-3-1-4-1
3. OGRE (10) + TZN
4. SL MANTIS (8) + RUN

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 Madness10	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 Madness10	3.B	Tweaker	6.A	Walrus	5.C		
SLOzark	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		

	TIER 1 - A	TIER 1 - D	Row Strall 3D+	Twinkle Toes (3D) + TZN	TIER 3 - 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	TIER 2 - D	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	
TIER 1 - B	W. Gremlin	Stat. Curl (6) + TZN	Frogs	Hydra	Take Off	
En Garde	TIER 2 - A	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	TIER 3 - D	
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	TIER 2 - C	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	
TIER 1 - C	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	TIER 3 - A	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	TIER 3 - C	Ogre's Bridge (1D) + Tzan	
Sky High 4-1	TIER 2 - 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	TIER 5 - 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	Bullshlt
Twisted	SL Push Up (10) + Run	Swashbuckler	Mogul Mayhem	Rampant Mayhem	Curl Madness
Venom	Slugnutter	TIER 4 - C	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
TIER 4 - A	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	TIER 4 - 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	TIER 5 - A	Stranglehold	Row Madness3
Gimpy Dog	Chimera	Gorgon Push Up (8) + Run	313	Talon (6) + Push	SCURL 1-1

TIER - MOD INDEX

SHALO I:

SL Boulder

STROW I:

Thrust to Frog

TIER 5 - C

Attack It

Caduceus

Chupacabra

Double Push

Double Push

Gryphon Madness

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

W. Rotating Squat

Walrus

Window Wash + Push Up

TIER 6 - A

Conan 3/back

Conquistador

Diabolical

Double Rev Inch

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Hack-It

Half Blaked

Jangle Leg3

Johnny Appleseed

Lieutenant Dan

M.F.T.

MaTador

Mogul to Frog

Mr. Atlas to 3/back

Oblivion

Primitive

Prowler

Ravage

Revival (Rev. Resurrect)

Rump Roast

scarab to 3/back

SL Resurrections

SL Thrust to Frog

The Burgundy

Tweaker

W. Bunyan

W. Warrior Lunge

Wicca

TIER 6 - B

CUJD

Devastator

Double Boulder

Inch Worm + Push Up

Minotaur

Nemesis

QuadZilla

Rev Scorpion to 3/back

Rooted Groot (8) + Push

SL Inch Worm

SL Resurrection

SL Revival

SLamstrung

SLOzark

W. Resurrection

W. Revival

W. SL Gorgon (8) + Tzan

TIER 6 - C

Aurox

DRAGO to 3

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 October 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 October 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 October Octoberhem competition. Note: There are other instances where we PYP, it October 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