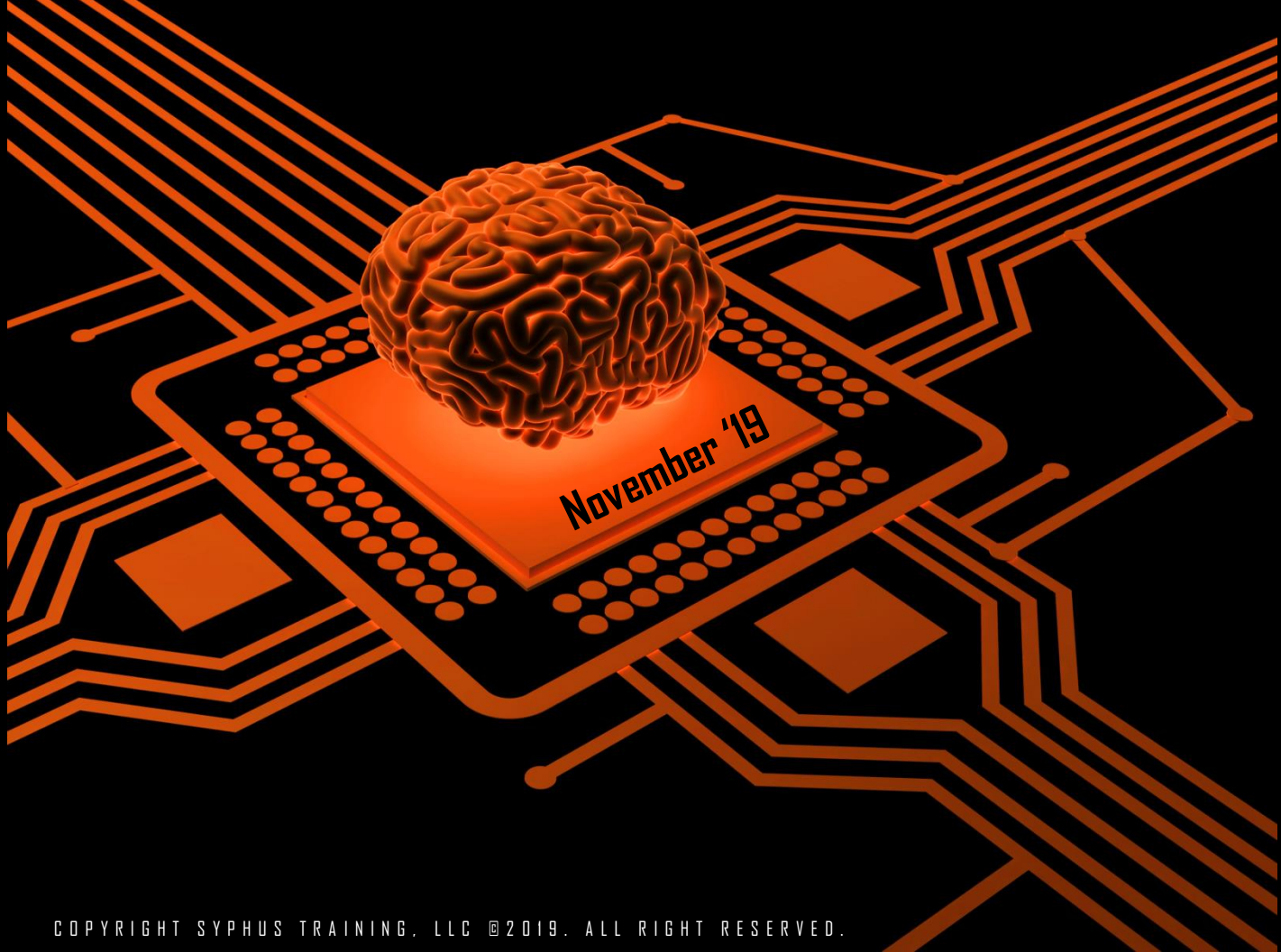


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November '19

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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.

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NOVEMBER 2019 SCHEDULE



HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

DATE	WORKOUT	SLOPE	ROQ CAP	DATE	WORKOUT	SLOPE	ROQ CAP
11/1	Mesa Reptilian3 U	42	933	11/16	C2 to MTN8	28	1030
11/2	Xion2 =ateral Mole Hills	13	903	11/17	Uplift U Expanding Rippled	6	908
11/3	Zen-Lists EL Cycle C3 Rev Hybrid2	42	1005	11/18	SPLICER	25	1014
11/4	Mtn3 Alt Gauntlet Cavity	27	982	11/19	U Faded2 El Cycle Neverest	29	930
11/5	Matterhorn.	18	910	11/20	Verti-Check	28	1041
11/6	Relapse Bommerang FlippLed	30	905	11/21	Mesa by 2s Checklist (3) Filling	42	1028
11/7	Rippled MTN4 Centaur 2	24	904	11/22	Playing The Field (Bonsai, Gallow, Shuttle)	5	948
11/8	Mt. Neverlist Chasm Twisted Gauntlet	28	947	11/23	Downshift Cavity3 U	33	941
11/9	=IBRIDIOUS Voyage Filling	16	940	11/24	Chameleon Road Runner2 Find Muck	32	936
11/10	Uplift Zenith Reptilian 2	29	1007	11/25	Mach-V	NA	1190
11/11	Split-Cycle Chasm2 Checklist(2)	47	1096	11/26	Xion2 Gauntlet Checklist(3)	23	909
11/12	Four Square	45	1145	11/27	EQUALIBRIDIOSITY	23	1043
11/13	Pick Your Rapture	38	1111	11/28	THE FEAST 6.0	44	1204
11/14	Cross.Lists.	23	1001	11/29	LEFTOVERS	17	1023
11/15	MTN2 Vertex Chameleon2	37	906	11/30	MTN2 Mid-Reptilian Matterhorn	10	906

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.



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

MESA

1. SHUFFLE
2. SUE-STEP (20) + RUN
3. ALT SQUONQ
4. MOGUL (20) + RUN
5. KOBOLD
6. XPP
7. BULLY
8. TIPPY-TAP
9. DEVIL
10. TYPHON

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

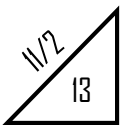
REPTILIAN3

1. HALD 2-1-3-1-4-1
 2. OGRE (10) + TZN
 3. SQ. JUMP (10) + RUN
 4. VIP (10) + RUN
 5. SLULLS (10) + TZN
-
- 6A. SA PP
6B. TWISTED
6C. REV GARGOYLE
6D. MIEL'S WHEELS

1-12
12-1

U

1. K.O.D. (20) + TZN
2. VEXUM
3. PINNED 2-1-3-1-4-1
4. FLYING JACKAL
5. V-STEP (10) + RUN
6. ALI 22+
7. SHWAGGIN 1:1
8. YETI
9. BANDIT (20) + RUN
10. BONSAI 3-1-4-2-4-1
11. JOHNNY APPLESEED
12. 313



SLOPE

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

XION2

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

2. MT. CLIMB (20) + RUN

3. HIKES

4. CURL WALK 6+

5. F. LUNGE

6. SCALAWAG

A. STAMPEDE

B. TOES (20) + RUN

C. MONGOOSE

D. RIBBITS (10) + RUN

E. MUGGER (12) + RUN

F. RAMP UP (8) + RUN

- 1.2.1.3.1.4
- 4.3.4.2.4.1
- 2.3
- 3.2

=ATERAL

1. TIP-TOES (20) + RUN

2. TALL ORDER 6+

3. BOVINE

4. VENOM

MOLE-HILLS

- 1
- 12
- 123
- 1
- 12
- 123
- 1234...

1. ALI 22+

2. DIABLO

3. SKUFFLE

1. STAT SWAG (20) + TZN

2. SLAP JACK

3. HANG (10) + RUN

4. STROW 1:1

1. MOWGLI (12) + RUN

2. G.B.D. (15) + RUN

3. GIMPY DOG

1. RAMPANT (10) + RUN

2. GALLOWS 2-1-4-3-4-1

3. C.H.B.

1. SQUONK

2. INCH WORM

3. BULLDOG

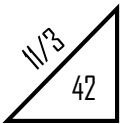
1. MANTIS (8) + RUN

2. OFFERING

3. AMAROK

1. GRECO

2. TAKE OFF!



SLOPE

ZEN-LISTS

- 1. QUICK FT. (20) + RUN
- 2. SKATES
- 3. KAMIKAZE 4-3-4-2-4-1-4-1

- 4. RAMBO (10) + RUN
- 5. MIEL'S WHEELS
- 6. YIKES!

- 7. BENCHED (30) + TZN
- 8. JUNKIE JUMP (8) + RUN
- 9. PRIMATES 4-1-3-1-2-1

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

1X

2X

3X



EL CYCLE

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

- 1. CRAISE (20) + TZN
- 2. ROW STROLL 6+
- 3. SKY-HIGH 4-1
- 4. VITRIOL (L)

III
222
333...

CENTAUR3

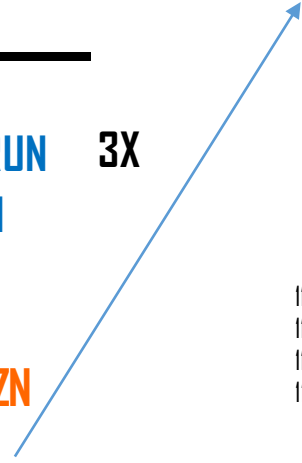
- 1. TYSON
- 2. BOULDER
- 3. KOBOLD
- 4. BULLY
- 5. JACKAL
- 6. JIGGY (20) + RUN
- 7. LUMBERJACK (8) + RUN
- 8. TORO



REV HYBRID2

11223344
112233
1122
11

- 1. SWASHBUCKLER
- 2. YETI
- 3. 90° (10) + TZN
- 4. SLING SHOT 3-2-4-2-3-1





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

MTN3

1. TWO-STEP (20) + RUN
2. EN GARDE
3. SWAGGIN 1:1

4. BANDIT (20) + RUN
5. TROMBONE 6+
6. POTTY SHOT

7. VEXED (10) + RUN
8. NEAPOLITAN
9. HALO 2-1-3-1-4-1

10. APE SHOOT!
11. CURL PRESS 5+
12. FLYING MONKEY

XPP, TASK (ODDS)
MONTAUK, TASK (EVENS)
XPP, TASK
MONTAUK, TASK....

ALTERNATING GAUNTLET

1. CYCLONE (12) + TZN
2. BUCKS
3. FROZEN CROOK8
4. BONSAI 3-1-4-2-4-1
5. PUSH UP (10) + RUN
6. GBD (15) + RUN
7. REV PLATE PUSH
8. O-PINNED 2-1-3-1-4-1
9. RDL (8) + TZN
10. SKULLS (10) + TZN

1-12
1-5, 8-12
1-4, 9-12
1-3, 10-12
1,2,11,12
1,12

CAVITY

1. SUICIDE 2-1-3-1-4-1
2. FLAMINGO (6) + TZN
3. REV BULLDOG
4. TARASQ
5. DEATH ROW 2-1-3-1-4-1
6. PEG LEG (8) + RUN
7. WARLOCK
8. 3 PT. STANCE
9. SAWED OFF (10) + TZN
10. DENSER 2-1-3-1-4-1
11. V-STEP (10) + RUN
12. B.N.C



MATTER HORN

2 QUICK FT. (20) + RUN

1 SHUTTLE RUN 3-2-4-2-3-1

2 LYCAN (10) + RUN

3 SWAGGIN 1:1

1 HIKES

2 SUE-STEP (20) + RUN

1 SKIPS

2 GORGON (8) + RUN

3 PLATE SHAKE 9+

1 POTTY SHOT

2 TWO-STEP (20) + RUN

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

2 VIPER

3 TRIFECTA! 6+

1 APE SHOOT!

2 TOES (20) + RUN

1 SUICIDE 2-1-3-1-4-1

2 MASTODON

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

1 THRASHER

2 HOT COALS (10) + RUN

1 STAMPEDE

2 MONGOOSE

3 PISTON (10) + TZN

1 ANACONDA

2 TWINKLE TOES (30) + TZN

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

2 JABBERWOCKY

3 ROOSTER (10) + TZN

1 STACK SHOT

2 CRAISE (20) + TZN

1 TURKEY

2 GARGOYLE

3 CYCLONE (12) + TZN

1 SHOT PUT

2 COALITION (10) + TZN

1 TURKEY

2 DECALF

3 SKY-HIGH 4-1

1 SL BUCKS

2 STAT TYSON (20) + RUN

1 EN GARDE

2 YAK

3 BULLY

1 SPIKES

2 SQUANTOES (20) + RUN

1 SHUFFLE

2 PETRA

3 CURL WALK 6+

1 SLAP JACK

PERFORM EACH TASK THE NUMBER OF TIMES INDICATED AND IN A CHECKLIST FORMAT. PATTERN REMAINS CONSISTENT THROUGHOUT.



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

- A. RELAPSE**
1. TOES (20) + RUN
 2. MOGUL (20) + RUN
 3. SA PP
 4. 45°

B. MINI BOOMMERANG

1 2 3 4

D	STACK SHOT	NO GIMMIES	JACKAL	RIBBITS (10) + RUN
C	VENDM	MONGOOSE	KOD (20) + TZN	LYCAN UP (10) + RUN
B	BEAR	ALI 22+	BUCKS	SNUFF BOX
A	SQUONG	STORK (20) + TZN	BULLY	BONSAI 3-1-4-2-4-1



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

C. FLIPPED

1. BAYOK (6) + RUN
2. DENSER 2-1-3-1-4-1
3. GALLOWS 2-1-4-3-4-1
4. RAZOR
5. SKULLS (10) + TZN
6. TIP-TOES (20) + RUN
7. TARASQ
8. SLING SHOT 3-2-4-2-3-1
9. TURKEY
10. WICCA

Perform each task once and in the following order: Start with Squong in box A1, move upwards and over completing all the tasks in red until you reach D4. Then, do the same thing for the tasks in green, starting at A2 and ending at C4. Then do the same for blue from A3 to B4. Then, perform Bonsai twice, and "BooMmerang" your way back to the beginning by reversing the order: B4 - A3, C4 - A2, D4 - A1.



- 1,2,33
- 2,3,44
- 3,4,55
- 4,5,66
- 5,6,77
- 6,7,88
- 7,8,99
- 8,9,10 10

RIPPLED

1. SUICIDE 2-1-3-1-4-1
2. EN GARDE
3. SWAGGIN 1:1
4. RAMBO (10) + RUN
5. ENFORCER
6. YIKES!
7. CURL PRESS 5+
8. TWO-STEP (20) + RUN
9. OGRE (10) + TZN
10. SLING SHOT 3-2-4-2-3-1

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

MTN4

1. STAMPEDE
2. PINNED 2-1-3-1-4-1
3. PRIMATES 4-1-3-1-2-1
4. APE SHOOT

5. FUZZARD
6. SHUTTLE RUN 3-2-4-2-3-1
7. SUPP (10)
8. ALT. SQUONQ

9. GIMPY DOG
10. HALO 2-1-3-1-4-1
11. BANDIT (20) + RUN
12. SCORPION to 3/BACK

- 11
- 22
- 33...

CENTAUR2

1. SUE-STEP (20) + RUN
2. POTTY SHOT
3. JACKALOPE
4. BULLY
5. VENOM
6. SLUSKI
7. SKATES
8. BENCHED (30) + TZN
9. GALLOW 2-1-4-3-4-1
10. GRECO
11. RAMPANT (10) + RUN
12. JUNKIE JUMP (8) + RUN
13. RDL (8) + TZN
14. BUCKS
15. AMAROK



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

MT. NEVERLIST

- 1. QUICK FT. (20) + RUN
- 2. SKATES 1X
- 3. W. GREMLIN
- 4. COALITION (10) + TZN
- 5. MIEL'S WHEELS 2X
- 6. HIKES
- 7. SKULLS (10) + TZN
- 8. OGRE (10) + TZN 3X
- 9. STATARDG (10) + RUN

PERFORM AS A MTN DOING EACH TASK NUMBER OF TIMES INDICATED.

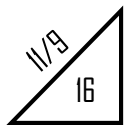
CHASM

- 1 JAGGER (12) + RUN
- 2 V-STEP (10) + RUN
- 1 MONGOOSE
- 2 CYCLONE (12) + TZN
- 1 REV INCH
- 2 STAMPEDE

TWISTED,
TASK,
TWISTED,
TASK...

TWISTED GAUNTLET

- 1. YETI
- 2. CRAISE (20) + TZN
- 3. INFINITY (20) + RUN
- 4. SHALO 1:1
- 5. SKUFFLE
- 6. WICCA
- 7. RIBBITS (10) + RUN
- 8. ABD. MANTIS (8) + RUN
- 9. YAK
- 10. SQUANTOES (20) + RUN
- 11. RDL (8) + TZN
- 12. STROW 1:1
- 13. TURKEY
- 14. MONTAUK



SLOPE

1-3, 4A

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

1-3, 4A, 4B, 4C, 5A, 5B, 6A

1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A

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

2,3,2,4,2,5

3,4,3,5

4,5

=IBRIOUS

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. SKUFFLE
4. YIKES!
5. TALL ORDER 6+

VOYAGE

1. JIGGY (20) + RUN
2. REV MASTODON
3. TARASQ

-
- 4A. TURKEY
 - 4B. CHICKIN 2-1-3-1-4-1
 - 4C. VENOM
 - 4D. FLAMINGO (6) + TZN

-
- 5A. SWAGGIN 1:1
 - 5B. RDL (8) + TZN
 - 5C. MOGUL TO FROG 6

-
- 6A. COBRA (10) + PUSH
 - 6B. BONSAI 3-1-4-2-4-1

-
- 7A. ORCA to 3/BACK

1, 12

1,2,11,12

1,2,3,10,11,12

1,2,3,4,9,10,11,12

1,2,3,4,5,8,9,10,11,12

1-12

FILLING

1. POTTY SHOT
2. GIMPY DOG
3. BANDIT (20) + RUN
4. STACK SHOT
5. SLAP JACK
6. M.F.T. → IN SITE AS "DOOZIE" BUT PERFORM M.F.T.
7. JANGLE LEG3
8. MANTIS (8) + RUN
9. W. CROOK
10. WARRIOR
11. SPEED SKATES (20) + RUN
12. SKATES



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

UPLIFT

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. ALI 22+
4. W. GREMLIN
5. CUJO Ⓛ

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. REV PLATE PUSH **1X**
2. FROGS **1X**
3. 45° **2X**
4. K.O.D. (20) + TZN **2X**
5. RAMBO (10) + RUN **3X**
6. SKY HIGH 4-1 **3X**
7. SA PP **4X**
8. HIKES **4X**

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

REPTILIAN

2

1. PUSH UPS (10) + RUN
 2. SCALWAG
 3. RESURRECTION
 4. COALITION (10) + TZN
 5. GALLOW 2-1-4-3-4-1
-
- 6A. INCH WORM
 - 6B. REV INCH WORM
 - 6C. 313
 - 6D. REV 313



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

SPLIT-CYCLE

1. SUICIDE 2-1-3-1-4-3
2. TYSON
3. HOT COALS (10) + RUN
4. SWAGGIN 1:1
5. RAMPAGE (12) + RUN

6. POTTY TO BULLDOG
7. SL GORGON (8) + RUN
8. NEAPOLITAN
9. CHICKIN 2-1-3-1-4-1
10. SA DIABLO

AAA B
AAA B, C DD
AAA B, C DD, EEEE F
AAA B, C DD, EEEE F, GG HH

CHASM2

- A 3 MIEL'S WHEELS
- B 1 BONSAI 3-1-4-2-4-1

- C 1 RAMP UP (8) + RUN
- D 2 B.O.R. (15) + TZN

- E 4 CRAZY LEGS

- F 1 BOULDER

- G 2 QUICK FT. (20) + RUN
- H 2 OGRE (10) + TZN

1-8
1-8

CHECKLIST(2)

1. SLUSKI
2. BUZZARD
3. REV VIPER
4. TIP-TOES (20) + RUN
5. SPEED SKATES (20) + RUN
6. TROMBONE 6+
7. FROGS
8. BULLDOZER



SLOPE

4 SQUARE

PERFORM EACH SECTION AS A CHECKLIST OR AS A CENTAUR 2 (NOTED BY *2) AND IN THE FOLLOWING ORDER:

- A
- C
- C
- A
- B
- D*2
- C
- B*2
- A
- D

A

- SHUFFLE
- TOES (20) + RUN
- MOGUL (20) + RUN
- PLATE SHAKE 9+
- JAGGER (12) + RUN
- HANG (10) + RUN
- BEAR
- HIKES

C

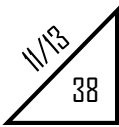
- KOBOLD
- SKULLS (10) + TZN
- VEXED (10) + RUN
- B. LUNGE
- ABD. MANTIS (8) + RUN
- AMAROK
- APE SHOOT!
- CURL MADNESS 3 + PIN

B

- BULLDOG
- ROW STROLL 6+
- KITCHEN SINK (10) + TZN
- SCALAWAG
- INCH WORM
- VIP (10) + RUN
- TUCKS (10) + RUN
- JACKALOPE

D

- SUPP(10)
- TROG
- SWASHBUCKLER
- REVIVAL
- PARATROOP (10) + RUN
- CYCLONE (12) + TZN
- ALI 22+
- REV ARACHNID



PICK YOUR RAPTURE

REV MTN2

MTN

SLOPE

1. EN GARDE
2. HOT COALS (10) + RUN
3. MT. CLIMB (20) + RUN
4. PLATE SHAKE 9+
5. XPP
6. GORGON (8) + RUN

ORDER
 MTN
 PYR
 REPTILIAN
 PYR
 REV MTN2
 PYR
 CAVITY
 PYR

WHENEVER YOU ARRIVE AT A PICK YOUR RAPTURE SECTION CHOOSE ANY 2 TASKS AND PERFORM EACH AS A CENTAUR3.

ONCE TO YOU RETURN TO THE P.Y.RAPTURE LATER IN THE ROUTINE, YOU MAY NOT CHOOSE A RAPTURE TASK THAT YOU'VE ALREADY DONE.

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

1. SPIKES
2. 45°
3. STORK (20) + TZN
4. SQUANTOES (20) + RUN
5. YETI
6. BUCKS
7. STAMPEDE
8. C.H.B.

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

REPTILIAN

1. BANDIT (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. TARASQ
4. BEAR

-
- 5A. GRIFTER (8) + SA PP
 - 5B. COBRA (10) + PUSH
 - 5C. JUNKIE JUMP (8) + RUN
 - 5D. PABLO

REV BOVINE	90° (10) + TZN	GARGANTUAN
SL PUSH UP (10) + RUN	D-PINNED 2-1-3-1-4-1	HAG 1:1
JACKAL	WARRIOR	SWASHBUCKLER

1-6
 1,2,5,6
 1,6

CAVITY

1. CYCLONE (12) + TZN
2. ALI 22+
3. SL INCH
4. SHOT PUT
5. VENOM
6. KAMIKAZE 4-3-4-2-4-1-4-1



CROSS-LISTS

PERFORM EACH SECTION AS
A CHECKLIST AND IN THE
FOLLOWING ORDER:

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

**1. SUICIDE 2-1-3-1-4-1
SHUFFLE
MOGUL (20) + RUN
SWAGGIN 1:1**

**2. SAWED OFF (10) + TZN
V-STEP (10) + RUN
B.N.C.
G.B.D. (15) + RUN**

**3. TROG
HIKES
GRECO
KOBOLD**

**4. GROWLER
TRIFECTA 6+
JAGGER (12) + RUN
MIEL'S WHEELS**

**A. SPEED SKATES (20) + RUN
SUE-STEP (20) + RUN**

**B. NEAPOLITAN
RAZOR**

**C. W. LUNGE
RDL (8) + TZN**

**D. MONKEY
MONTAUK**



SLOPE

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

MTN2

1. TWO-STEP (20) + RUN
2. SKATES

3. STAMPEDE
4. BULLY

5. SQ. JUMP (10) + RUN
6. TWISTED

7. GARGOYLE
8. DEATH ROW 2-1-3-1-4-1

9. POGOTO (6) + TZN
10. QUICKSAND (L)

- 1
- 122
- 12333
- 1234444
- 123455555

VERTEX

1. REV VIPER
2. W. CROOK
3. F. LUNGE
4. HIKES
5. REV BEAR

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

CHAMELEON

- 1A. SHUTTLE RUN 3-2-4-2-3-1
- 1B. O-PINNED 2-1-3-1-4-1
- 1C. TIPPY-TAP
- 1D. PETRA
- 1E. ALI 22+

2. VEXUM
3. HAG 1:1
4. JACKALOPE

- 5A. LYCAN UP (10) + RUN
- 5B. BUZZARD
- 5C. SHWAGGIN 1:1
- 5D. CRAISE (20) + TZN
- 5E. JACK BOX



SLOPE

11
22
33...24, 24
1-8
1-16
1-24

CENTAUR2 to MTN8

- | | |
|-------------------------|-------------------------|
| 1. BONSAI 3-1-4-2-4-1 | 13. CHICKIN 2-1-3-1-4-1 |
| 2. MT. CLIMB (20) + RUN | 14. RDL (8) + TZN |
| 3. TURKEY | 15. MONGOOSE |
| 4. TIP-TOES (20) + RUN | 16. HALO 2-1-3-1-4-1 |
| 5. V-STEP (10) + RUN | 17. INCH WORM |
| 6. MUGGER (12) + RUN | 18. ENFORCER |
| 7. CURL PRESS 5+ | 19. JOUNCE 2-1-3-1-4-1 |
| 8. MASTODON | 20. TALL ORDER 6+ |
| 9. INFINITY (20) + RUN | 21. GALLOWS 2-1-4-3-4-1 |
| 10. TYSON | 22. SL OGRE (10) + TZN |
| 11. PISTON (10) + TZN | 23. YIKES! |
| 12. SQUIBBLE | 24. WICCA |



1
121
12321
1234321
123454321

UPLIFT

1. SUE-STEP (20) + RUN
2. MT. CLIMB (20) + RUN
3. SWAGGIN 1:1
4. SKULLS (10) + TZN
5. REV YAK

1-5
5-1

U

1. SAWED OFF (10) + TZN
2. GARGOYLE
3. STAT ROW (6) + TZN
4. INFINITY (20) + RUN
5. CALF-IN-ATOR

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

EXPANDING

1. REV HYDRA
2. PARATROOP (10) + RUN
3. XPP
4. KAMIKAZE 4-3-4-2-4-1-4-1
5. POTTY SHOT
6. MONTAUK
7. KOBOLD
8. KNEELING CURL (6) + TZN
9. JAGGER (12) + RUN
10. TWISTED

1233
2344
3455
4566
5677
6788
7899
8910,10

RIPPLED

1. SL BOULDER
2. BUCKS
3. HOT COALS (10) + RUN
4. BANDIT (20) + RUN
5. TORO
6. SHUFFLE
7. PINNED 2-1-3-1-4-1
8. RIBBITS (10) + RUN
9. YETI
10. TAKE OFF!



SLOPE

A CHECKLIST (1-16) WHERE EACH PASS THROUGH SUBSTITUTES DIFFERENT SECTIONS FROM THE ALPHABETICAL LIST.

KEY:

1-16

1-8, ABCD, 13-6

EFGH, 5-16

1-4, IJKL, 9-16

1-12, MNOP

P-A

SPLICER

1. BONSAI 3-1-4-2-4-1
 2. MT. CLIMB (20) + RUN
 3. SWAGGIN 1:1
 4. SUE-STEP (20) + RUN
 5. MIEL'S WHEELS
 6. ROW STROLL 6+
 7. MONKEY
 8. POTTY SHOT
 9. TROG
 10. SAWED OFF (10) + TZN
 11. BULLDOZER
 12. BUZZARD
 13. TRIFECTA! 6+
 14. GARGOYLE
 15. STAMPEDE
 16. JIGSAW
- A. YETI
 - B. SKATES
 - C. QUICKSAND Ⓛ
 - D. BOULDER
 - E. KOBOLD
 - F. TIPPY-TAP
 - G. MILIPEDE Ⓛ
 - H. PETRA
 - I. ALT SQUONQ
 - J. TIP-TOES (20) + RUN
 - K. CUJO Ⓛ
 - L. GRECO
 - M. AMAROK
 - N. SPD SKATES (20) + RUN
 - O. SPARROW Ⓛ
 - P. GREGORIAN (8) + RUN



SLOPE

1-12
12-1

U

1. EN GARDE
2. TOES (20) + RUN
3. W. GREMLIN
4. VIP (10) + RUN
5. HIKES
6. INFINITY (20) + RUN
7. STAT TYPHON (10) + RUN
8. ROW STROLL 6+
9. VIPER
10. TWISTED
11. STORK (20) + TZN
12. SQ. THRUST (10) + RUN

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

FADED2

1. BULLSHIT
2. DEVASTATOR6

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

4. TWO-STEP (20) + RUN

5. GBD (15) + RUN

6. ARACHNID

7. CHIMP (8) + RUN

8. SKIPS

9. APE SHOOT!

10. REV GROWLER

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

EL CYCLE

1. JUNKIE JUMP (8) + RUN
2. BOVINE
3. XPP
4. BRIDGED BENCHED (30) + TZN

1
122
122333
1223334444

MT. NEVEREST

- 1X DIABLO
- 2X MANTIS (8) + RUN
- 3X STAMPEDE
- 4X PRIMATES 4-1-3-1-2-1



SLOPE

VERTI-CHECK

PERFORM THESE CIRCUITS IN THE ORDER OF A MTN:

- A
- AB
- ABC
- ABCD
- ABCDE
- ABCDEF

THE FIRST TIME YOU COME TO A CIRCUIT, DO THE CIRCUIT IN IT'S USUAL PATTERN, ONCE COMPLETED, IT BECOMES A CHECKLIST. SO, THE NEXT TIME YOU REVISIT A SECTION AS YOU'RE GOING THROUGH THE MTN PROGRESSION, YOU ONLY DO EACH TASK IN THAT SECTION ONE TIME, SIMILAR TO A VERTEX CIRCUIT.

- 1
12
123
1234
- A. MTN**
 1. GALLOW 2-1-4-3-4-1
 2. HOT COALS (10) + RUN
 3. ALT SQUONQ
 4. SWAGGIN 1:1

- 11
22
33
- B. CENTAUR2**
 1. STAT CURL (6) + TZN
 2. MONTAUK
 3. VEXUM

- 1-3
3-1
- C. U**
 1. DENSER 2-1-3-1-4-1
 2. JIGGY (20) + RUN
 3. COBRA (10) + PUSH

- 1-3
3-1
2,2
- D. EL CYCLE**
 1. ALI 22+
 2. SQUANTOES (20) + RUN
 3. STACK SHOT

- 1
122
12333
- E. VERTEX**
 1. GRECO
 2. PISTON (10) + TZN
 3. REV VIPER

- 1-3, 4A
1-3, 4B
- F. REPTILIAN**
 1. HANG (10) + RUN
 2. OFFERING
 3. SUPP(10)
 - 4A. HAMSTRUNG
 - 4B. JACKAL

SLOPE

1,2,3,4
3,4,5,6
5,6,7,8
7,8,9,10
9,10,11,12
11,12,13,14
13,14,15,16

MESA BY 2s

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. W. GREMLIN
4. VIP (10) + RUN
5. TRUMPET 9+
6. RIBBITS (10) + RUN
7. POTTY SHOTS
8. MIEL'S WHEELS
9. ROW STROLL 6+
10. PUSH UP (10) + RUN
11. CHIMP (8) + RUN
12. SHWAGGIN 1:1
13. SKULLS (10) + TZN
14. C.H.B.
15. X PP
16. TARASQ

1-10
1-10
1-10

CHECKLIST (3)

1. SAWED OFF (10) + TZN
2. PARATROOPER (10) + RUN
3. DIABLO
4. BANDIT (20) + RUN
5. GARGOYLE
6. BULLY
7. O-PINNED 2-1-3-1-4-1
8. VENOM
9. SQUIBBLE
10. STACK SHOT

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

FILLING

1. TIPPY-TAP
2. JIGGY (20) + RUN
3. SUICIDE 2-1-3-1-4-1
4. KOBOLD
5. SHUFFLE
6. M.F.T.
7. THRUST TO FROG
8. SHOT PUT
9. BUCKS
10. GROWLER

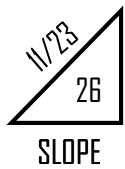
STARTING AT THE BOTTOM OF THE BOARD, IMAGINE YOU ARE FACING THE SYPHUS TRAINING FIELD. PERFORM EACH LIST OF TASKS IN THE PATTERN OF THE RUN THAT IS LISTED. THE PATTERN IS ULTIMATELY MULTIPLE U-TURNS BLENDED TOGETHER. ALWAYS DOUBLE UP ON THE TURNS.



SLOPE

PLAYING THE FIELD

	4		4
I H G		BUCKS SHWAGGIN 1:1 SQUONQ	LUMBER JACK (8) + RUN SLAP JACK QUICK FT. (20) + RUN
			SKIPS VIPER GIMPY DOG
	3		3
F E D		TROMBONE 6+ LYCAN (10) + RUN HANG (10) + RUN	BULLY M.F.T. TOES (20) + RUN
			SKULLS (10) + TZN MIEL'S WHEELS SQUANTOES (20) + RUN
	2		2
C B A		TURKEY V-STEP (10) + RUN BONSAI 3-1-4-2-4-1	ROW STROLL 6+ BULLDOG GALLOW 2-1-4-3-4-1
			BENCHED (30) + TZN SHOT PUT SHUTTLE RUN 3-2-4-2-3-1
	1		1
		BONSAI 3-1-4-2-4-1	GALLOW 2-1-4-3-4-1
			SHUTTLE RUN 3-2-4-2-3-1



123454321
 1234321
 12321
 121
 1

DOWNSHIFT

1. SHUFFLE
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. TROMBONE 6+
4. PRIMATES 4-1-3-1-2-1
5. RIBBITS (10) + RUN

1-18 (A-F)
 1-6, 13-18 (A,B,E,F)
 1-3, 16-18 (A,F)

IN SITE AS "SAD GOOSE"
 BUT PERFORM SA DIABLO



CAVITY X 3

1. MONTAUK
2. SQUIBBLE
3. POTTY SHOT

4. BUCKS
5. SWASHBUCKLER
6. SUICIDE 2-1-3-1-4-1

7. SA DIABLO
8. SHALO 1:1
9. STATARASQ (16) + RUN

10. CUJO (L)
11. SL DGRE (10) + TZN
12. JACK ASS

13. TIP-TOES (20) + RUN
14. DEATH ROW 2-1-3-1-4-1
15. JACKALOPE

16. TYSONS
17. PUSH UP (10) + RUN
18. HIKES

1-12
 12-1

U

1. STORK (20) + TZN
2. MANTIS (8) + RUN
3. PIRATE
4. WIZARD
5. MONKEY
6. JIGGY (20) + RUN
7. APE SHOOT!
8. TOES (20) + RUN
9. 90° (10) + TZN
10. SQ. THRUST (10) + RUN
11. REV B.N.C.
12. X PP



SLOPE

CHAMELEON

1A. SUICIDE 2-1-3-1-4-1

1B. GORGON (8) + RUN

1C. HALO 2-1-3-1-4-1

1D. MONGOOSE

1E. ALI 22+

2. SHUFFLE

3. SWAGGIN 1:1

4. HIKES

5A. HIGH Xs

5B. VENOM

5C. MOGUL MADNESS 10

5D. POTTY SHOT HOPS

5E. DECALF

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

Push to 4, Leave plate there,
Full sprint to 1 and back to 4
Push back to 1,
Perform Full Task Listed
Repeat. 1-10, 1-10

*Note - Scores for Sprints
not counted. Round down to
nearest task.

ROAD RUNNER (2)

1. YETI

2. SHALO 1:1

3. LEPRECHAUN

4. SPIKES

5. ANACONDA

6. CHICKIN 2-1-3-1-4-1

7. BOVINE

8. KITCHEN SINK (10) + TZN

9. GROWLER

10. OFFERING

4 Primates
3 Trumpets
2 GBD
1 Tweaker
3 Primates
2 Trumpets
1 GBD
2 Primates
1 Trumpet
1 Primates

FIND MUCK

4321 PRIMATES 4-1-3-1-2-1

321 TRUMPET 9+

21 GBD (15) + RUN

1 TWEAKER ⌚

IN SITE AS "FANGS"
BUT PERFORM GBD.



SLOPE

FOR MACH-V YOU WILL WANT YOUR 30-DAY BOULDER IS PRIOR TO CLASS. YOU WILL THEN USE THIS NUMBER TO ADVANCE YOURSELF FURTHER IN THE ROUTINE AFTER THE WARM-UP PORTION (TASKS 1-17) ARE COMPLETED. TO ADVANCE THROUGH THE ROUTINE, LOCATE THE TASK WITH THE 30-DAY NUMBER IN RED THAT IS CLOSEST TO YOUR 30-DAY AND ROUND UP. FOR EXAMPLE, IF YOU ARE A 692, YOU WILL ROUND UP TO 45 DEGREE LUNGE AT THE 710 30-DAY. HIGHER 30-DAYS HAVE MORE FREQUENT ENTRY POINTS AND SPREADS OUT AFER 710 AND LOWER. THE ROQS ARE LISTED FOR REFERENCE AS THE SCORE THAT YOU WOULD NORMALLY RECEIVE FOR THAT TASK, HOWEVER ON THIS DAY EVERYONE WILL RECEIVE HIS OR HER 30-DAY SCORE AND THE FINISHING TASK ENTERED IN THE COMMENT BUBBLE.

ROQS AND THE 30-DAY ENTRY POINTS ARE INTENTIONALLY NOT LINED UP AND THE 30-DAY ENTRIES ARE NOT ALWAYS 10 POINTS PER TASK. IF YOU HAVE A 30-DAY OF 519 OR BELOW, YOU WILL DO THE ENTIRE ROUTINE AS A CHECKLIST WITH NO ADVANCEMENT. 520-549s MAY ROUND UP TO THE 550 ENTRY POINT.

	30 DAY	ROQ		30 DAY	ROQ		30 DAY	ROQ		ROQ
1. RUN		x	26. REV BULLDOG	900	179	51. YIKES!		511	76. TARZAN	838^
2. MT. CLIMB (2D) + RUN		x	27. VEXUM	890	193	52. VENDM		527	77. QUICKSAND ☹️	861
3. SUICIDE 2-1-3-1-4-1		x	28. BENCHED (3D) + TZN	860	212	53. JIGGY (2D) + RUN	550	536	78. DEATH ROW 2-1-3-1-4-1	878
4. EN GARDE		x	29. TROG	850	218	54. CURL WALK 6+		543	79. SL MANTIS (8) + RUN	894
5. STAMPEDE		x	30. APE SHOOT!	840	224	55. BUZZARD		555	80. SHUTTLE RUN 3-2-4-2-3-1	896
6. TWO-STEP (2D) + RUN		x	31. DIABLO	800	244	56. PROWLER ☹️		582	81. COBRA (1D) + RUN	917
7. V-STEP (1D) + RUN		x	32. PINNED 2-1-3-1-4-1	780	259	57. TIPPY-TAP		586	82. REV HYDRA	932
8. SWAGGIN 1:1		x	33. MIEL'S WHEELS	770	271	58. VIPER		601	83. GROWLER	943
9. SUE-STEP (2D) + RUN		x	34. TRIFECTA 6+		280	59. GARGOYLE		613	84. TALL ORDER 6+	952
10. SQ. THRUST (1D) + RUN		x	35. FLAMINGO (6) + TZN		291	60. STACK SHOT		632	85. APE SHOOT! (2x D.K.)	957
11. BANDIT (2D) + RUN		x	36. TORO	750	312	61. CROAKIN		646	86. RAMPANT (1D) + RUN	964
12. GALLOW 2-1-3-1-4-1		x	37. HALO 2-1-3-1-4-1		329	62. 313		668	87. OZARK	990
13. MOGUL MADNESS 1D		x	38. 45°	710	344	63. TIP-TOES (2D) + RUN		675	88. JUNKIE JUMP (8) + RUN	1002
14. W. GREMLIN		x	39. MASTODON		363	64. REV GREMLIN		678	89. BUCKS	1021
15. SQUONO		x	40. NEAPOLITAN		375	65. STROW 1:1		701	90. B.N.C.	1040
16. SQ. JUMP (1D) + RUN		x	41. RIBBITTS (1D) + RUN	680	384	66. ALT. SQUONO		705	91. KITCHEN SINK (1D) + TZN	1059
17. X PP		x	42. LYCAN (1D) + RUN		393	67. HOT COALS (1D) + RUN		711	92. BULLDOG	1072
18. BULLY	1000	104	43. M.I.M. 3-2-4-2-3-1		418	68. SL INCH		740	93. JACKAL	1089
19. KAMIKAZE 4-3-4-2-4-1-4-1	990	116	44. TYSONS	650	422	69. STORK (2D) + TZN		752	94. WICCA	1117
20. SKATES	970	119	45. JAGGER (12) + RUN		434	70. JACKALOPE		766	95. SHOT PUT	1139
21. SPIKES	960	129	46. REV PLATE PUSH		457	71. MONGOOSE		776	96. MUGGER (12) + RUN	1148
22. SHUFFLE	950	131	47. STAT ROW (6) + TZN	620	464	72. TARASQ		783	97. TWISTED	1164
23. OGRE (1D) + TZN	940	145	48. RDL (8) + TZN		481	73. DIABLO		806	98. TROG	1169
24. PARATROOP (1D) + RUN	930	154	49. KOBOLD		487	74. B.O.R. (15) + TZN		818	99. 3 PT. STANCE	1180
25. SA PP	910	165	50. ENFORCER	600	501	75. CHIMP (8) + RUN		837	100. MOGUL PUSH	1195



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

XION2

1. QUICK FT. (20) + RUN
2. MOWGLI (12) + RUN
3. TWINKLE TOES (30) + TZN
4. POTTY SHOT
5. AMAROK
6. BULLDOZER

- A. TURKEY
- B. W. GREMLIN
- C. KNEELING SWAG (15) + TZN
- D. HOPSCOTCH
- E. NO GIMMIES
- F. PUSH UP (10) + RUN

PUSH, TASK
PUSH, TASK...

GAUNTLET

1. FLAMINGO (6) + TZN
2. SCURL 1:1
3. SLIGER
4. BENCHED (30) + TZN
5. SCALAWAG
6. 3 PT. STANCE
7. ROW STROLL 6+
8. YAK
9. MANTIS (8) + RUN
10. JIGGY (20) + RUN
11. FLYING JACKAL
12. PETRA

1-10
1-10
1-10

CHECKLIST(3)

1. GALLOW 2-1-4-3-4-1
2. SLAP JACK
3. HANG (10) + RUN
4. MILLIPEDE (L)
5. OGRE (10) + TZN
6. VIP (10) + RUN
7. K.O.D. (20) + TZN
8. APE SHOOT!
9. STACK SHOT
10. PRIMATES 4-1-3-1-2-1



SLOPE

EQUALIBRIOSITY

PERFORM EACH SECTION AS A CHECKLIST AND IN THE ORDER OF AN EQUALIBRIOUS.

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

B,C,B,D,B,E

C,D,C,E

D,E

A

1. EN GARDE
2. MT. CLIMB (20) + RUN
3. SUE-STEP (20) + RUN
4. STAMPEDE
5. SWAGGIN 1:1

B

1. SQ. JUMP (10) + RUN
2. APE SHOOT!
3. KAMIKAZE 4-3-4-2-4-1-4-1
4. VIPER
5. STAT ROW (6) + TZN

C

1. TYSON
2. BULLDOZER
3. ABD PUSH UP (8) + RUN
4. YETI
5. RDL (8) + TZN

D

1. REVIVAL
2. SKATES
3. FLAMINGO (6) + TZN
4. TYPHON
5. CYCLONE (12) + TZN

E

1. MOGUL (20) + RUN
2. YIKES!
3. JACKAL
4. W. CROOK
5. ROOTED GROOT (8) + PUSH



IN SITE AS "OPA" BUT
PERFORM CYCLONE

START WITH THE CHECKLIST(3) WARM UP. PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT ONCE. GO IN ORDER BY CATEGORY (A-I).
 SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY, DO IT TWICE. REPEAT 3X PER TASK. REPEAT 4X PER TASK.
 EXCEPT FOR TURKEYS, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.



A. CRANBERRY SAUCE

1. CURL PRESS 5+
2. ALI 22+
3. OFFERING
4. STAT TRIFECTA (6) + TZN

B. MASHED POTATOES

1. TWINKLE TOES (30) + TZN
2. JIGGY (20) + RUN
3. PARATROOP (10) + RUN
4. KNEELING CURL (6) + TZN

C. CORN

1. GIMPY DOG
2. 45°
3. REV BULLDOG
4. DENSER 2-1-3-1-4-1

D. YAMS

1. YETI
2. SLAP JACK
3. AMAROK
4. SPIKES

E. STUFFING

1. GRIFTER (8) + SAPP
2. REV B.N.C.
3. SL BUCKS
4. PIRATE

F. GRAVY

1. TIPPY-TAP
2. W. GREMLIN
3. SKY-HIGH 4-1
4. TAUNTAUN

G. GREEN BEANS

1. CALF-IN-ATOR
2. WARRIOR
3. D-PINNED 2-1-3-1-4-1
4. DELAURA

H. PUMPKIN PIE

1. VITRIOL Ⓛ
2. ROOTED GROOT (8) + PUSH
3. SL INCH
4. SL RESURRECTION

I. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY

1-4

1-4

1-4 CHECKLIST(3)

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

2. STAMPEDE

3. INFINITY (20) + RUN

4. SWAGGIN 1:1

11/29

17

SLOPE

START WITH THE CHECKLIST(3) WARM UP. IN REVERSE ORDER OF YESTERDAY'S FEAST, PICK ONE TASK FROM EACH CATEGORY AND PERFORM IT 4X. GO IN ORDER BY CATEGORY (A-I). SECOND TIME THROUGH CHOOSE A DIFFERENT TASK IN EACH CATEGORY AND DO IT 3X. REPEAT 2X PER TASK. REPEAT 1X PER TASK. EXCEPT FOR TURKEYS AND PLATE PUSH, REPEATING A TASK LATER IN THE WORKOUT IS PROHIBITED.



A. CRANBERRY SAUCE

1. CURL PRESS 5+
2. ALI 22+
3. OFFERING
4. STAT TRIFECTA (6) + TZN

B. MASHED POTATOES

1. TWINKLE TOES (30) + TZN
2. JIGGY (20) + RUN
3. PARATROOP (10) + RUN
4. KNEELING CURL (6) + TZN

C. CORN

1. GIMPY DOG
2. 45°
3. REV BULLDOG
4. DENSER 2-1-3-1-4-1

D. YAMS

1. YETI
2. SLAP JACK
3. AMAROK
4. SPIKES

E. STUFFING

1. GRIFTER (8) + SAPP
2. REV B.N.C.
3. SL BUCKS
4. PIRATE

F. GRAVY

1. TIPPY-TAP
2. W. GREMLIN
3. SKY-HIGH 4-1
4. TAUNTAUN

G. GREEN BEANS

1. CALF-IN-ATOR
2. WARRIOR
3. O-PINNED 2-1-3-1-4-1
4. DELAURA

H. TURKEY

1. TURKEY
2. TURKEY
3. TURKEY
4. TURKEY

I. THE PUMPKIN PIE IS ALL GONE, PUSH THE PLATE AWAY

1. PLATE PUSH
2. PLATE PUSH
3. PLATE PUSH
4. PLATE PUSH

PROS NOTE THE
CHANGE IN ORDER
FOR YOUR
BOARDS

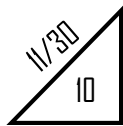
1-4

1-4

1-4

CHECKLIST(3)

1. BONSAI 3-1-4-2-4-1
2. STAMPEDE
3. INFINITY (20) + RUN
4. SWAGGIN 1:1



SLOPE

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

MTN2

1. TWO-STEP (20) + RUN
2. EN GARDE

3. HOT COALS (10) + RUN
4. RAMPAGE (12) + RUN

5. PLATE PUSH
6. KNEELING SWAG (15) + TZN

7. SPEED SKATES (20) + RUN
8. AMAROK

9. DEMONIC (6) + TZN
10. SL GORGON (8) + RUN

1-3, 4A, 5-7
1-3, 4B, 5-7
1-3, 4C, 5-7
1-3, 4D, 5-7

LISTED AS MID-REPTILIAN² ON SITE TITLE.
DO AS A SINGLE!

MID-REPTILIAN

1. BANDIT (20) + RUN
2. APE SHOOT!
3. TARASQ

- 4A. GRECO
- 4B. G.B.D. (15) + RUN
- 4C. O-B.O.R. (10) + TZN
- 4D. TUCKS (10) + RUN

5. CRAZY LEGS
6. SHUTTLE RUN 3-2-4-2-3-1
7. GROWLER

DO EACH TASK NUMBER OF TIMES LISTED.
PERFORM AS A CHECKLIST.
PATTERN IS THE SAME THROUGHOUT.

MATTERHORN

- 3 MT. CLIMB (20) + RUN
- 2 ALI 22+

- 1 LOWLY (10) + RUN

- 3 RAMBO (10) + RUN
- 2 SCURL 1:1
- 1 RAZOR

- 3 TALL ORDER 6+
- 2 REV BULLDOG
- 1 WALRUS

- 3 SQUONQ
- 2 HANG MADNESS⁶
- 1 CHICKIN 2-1-3-1-4-1

- 3 SLAP JACK
- 2 CURL WALK 6+
- 1 NEAPOLITAN

- 3 YIKES!
- 2 SA PP
- 1 JOUNCE 2-1-3-1-4-1

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.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		
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 Stroll (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	Bullsh!t
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

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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

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CUJD

Devastator

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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 November 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 November 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 November Novemberhem competition. Note: There are other instances where we PYP, it November 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, 111222333, 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