

# IT'S THE 5 FOR \$55 THANKSGIV-BLACKFRI-SMALLBIZ-CYMONDAY SALE

...and contest!



## THE SALE

- △ 5 Class-Packages only \$55 each
- △ Valid at Turf St. Clair Shores
- △ 1 Year Expiration on Classes
- △ Limit 5 per person (25 classes total)
- △ On Sale Thurs 11/28- Mon 12/2
- △ Go to Mindbody > Short Term Tab

## THE CONTEST

Win 5 FREE CLASSES or a \$100 CREDIT to Turf SCS

### How to Enter

- △ Complete the "Lost Tasks" Word Search
- △ Post your answers on your timeline
- △ TAG Syphus Training or Mike Hackett

Drop-In Members who successfully find all 20 tasks and make an online purchase between Nov. 28<sup>th</sup> - Dec. 2<sup>nd</sup> will have FIVE class credits added to his or her account. One free 5-class package per person, may not be transferred nor gifted.

Monthly-Member(s) with the most correctly identified Lost Task descriptions will have next month's dues "comped" - up to a \$100 value. In the event of a tie, finalists will enter a random drawing. Two winners max.

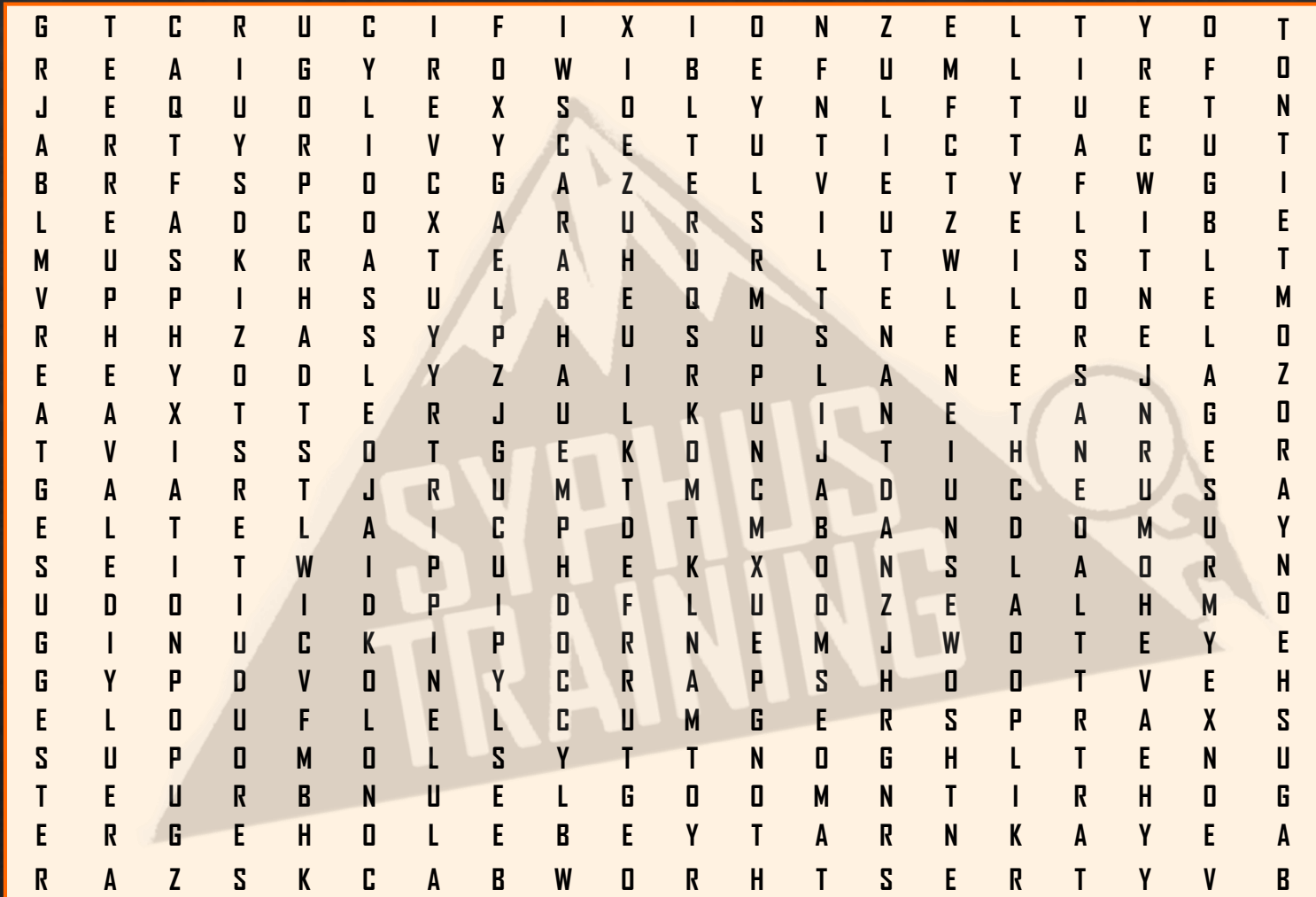
*Prize redemption may take up to a week to process. Winners will be notified via email by 12/9/19.*

SEARCHING FOR THE ANSWER?  
WANT TO MAKE A CHANGE?

TAKE THIS INVITATION:  
COME PLAY OUR GAME.



| LONG LOST TASKS    | DESCRIPTIONS  |
|--------------------|---|
| 1. AIRPLANES       | A. Pretend to kick an invisible ball. Run. Plant but STOP before actually performing a kick.  |
| 2. ASPHYXIATION    | B. Lateral Moving Mt. Climber. Think C.H.B. with NO flow.   |
| 3. AUROX           | C. Kitchen Sink with a Forcefull Hip-Thrust to get the Plate Overhead (IO) + TZN  |
| 4. CADUCEUS        | D. Flip a punching-heavy bag, end-over-end, endzone-to-endzone.   |
| 5. CRAP SHOOT      | E. Some Called it a Reverse Walrus. Others Called it a Dead Legged Hamstrung.   |
| 6. CRUCIFIXION     | F. Single Arm Plate Push with Off-Hand Reaching towards the Sky.  |
| 7. DRAGO           | G. Walking Body-Weight Single Leg RDL. Arms Out.  |
| 8. HEAVE HD        | H. Inch Worm with your Leg Crossed.   |
| 9. HURL AND TWIST  | I. Start a Potty Shot but Instead of Releasing the Plate, LIFT it off the Turf and come to a "Catch" Position. Stand Up, simultaneously placing the plate in a W. Gremlin Hold, Perform a W. Squat. Remove the Plate from the Shoulders on the Up Phase of the Squat. Return the Plate to the starting Position and finish with a Crap-Shoot. |
| 10. KEG TOSS       | J. Alternating Mongoose. Bear Hands + Alt Squonq Feet.  |
| 11. LIEUTENANT DAN | K. Alt Squonq (or Trog) with the Plate in your Hands. Picture a Snow Shoveling Movement with a Plate and a Twisting Jump.   |
| 12. MUSKRAT        | L. A Stranglehold but Pulling with your Lead Hand.  |
| 13. PELES          | M. Alternating Single Leg Boulder that morphed into a Regular Plate Push. Every. Time.  |
| 14. SCARAB         | N. Single Leg Jester.   |
| 15. SLOMO PUSH     | O. Rotating Movement Down the Field with the Plate in your Hands. The "Hurl" looks akin to a Traveling Cyclone.   |
| 16. SUGGESTER      | P. Single Leg Inch Worm meets Scorpion.   |
| 17. THROWBACKS     | Q. Potty Shot with Hands on the Front Part of the Plate; Palms Downward.  |
| 18. TIC TAC        | R. Rotating Squat + Hurl & Twist. Move Down the Field by "Hurling" the Plate and allowing the Momentum of the Plate to Swivel Rotation.   |
| 19. TRIPPIN        | S. A Hike with hands on the underside of the plate and from the lip closest to you.   |
| 20. UPHEAVAL       | T. Rev Plate Push with a near Impossible Catch: Both Hands Mustn't Stagger when Pushing Backwards. Lower into a Push Up and Push Backwards. Two Inches at a time.   |



CAN YOU CORRECTLY IDENTIFY THE DESCRIPTIONS OF SYPHUS TRAINING'S 20 "LONG LOST TASKS" AND/OR FIND THEM IN THE WORD SEARCH?