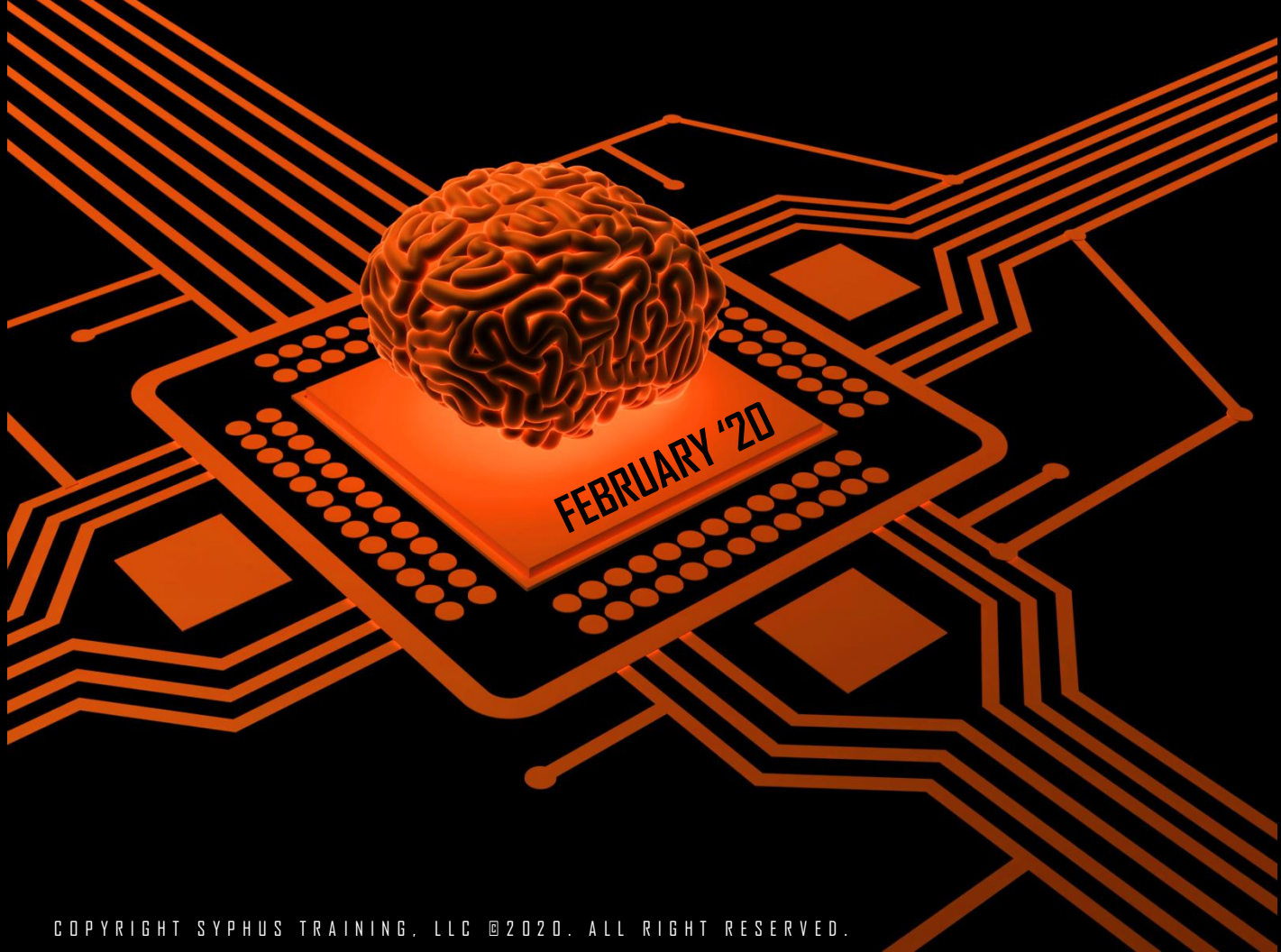


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The Motherboard Service is a monthly publication issued by Syphus Training, LLC as a guide for the suggested workouts for that month. Users will have access to the most current month's list of workouts as well as a Modification Index which is a list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

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

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

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FEBRUARY 2020 SCHEDULE



HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

HIGH-INTENSITY PROGRESSIVE CIRCUIT TRAINING

Date	Workout	Slope	ROQ CAP	Date	Workout	Slope	ROQ CAP
2/1/2020	March Mayhem Semi-Finals - 2019	37	1020	2/15/2020	Filling Reptilian2 Revertex	38	913
2/2/2020	March Mayhem Semi-Finals - 2019	37	1020	2/16/2020	MTN2 MurDer Mt. Neverest	26	903
2/3/2020	Mesa Reptilian2 Chaos	31	909	2/17/2020	Matterhorn U Rev MTN2	21	914
2/4/2020	Chameleon MTN2 Zenith	18	909	2/18/2020	Chameleon MTN3 Faded4	6	915
2/5/2020	Rippled Reptilian2 Centaur3	37	1020	2/19/2020	Vertex =ateral Cavity	15	900
2/6/2020	Denali 2/2018	27	953	2/20/2020	MTN2 Uplift U	25	899
2/7/2020	Mini Lists(3) MTN4	25	928	2/21/2020	MTN Faded2 Vertex N	34	903
2/8/2020	Zen-List Shrinking Uplift	24	902	2/22/2020	2020 March Mayhem Trials	129	221
2/9/2020	Cross Fusion =ateral MTN3	40	981	2/23/2020	Reptilian3 N Hybrid2	14	887
2/10/2020	MTN2 Chaos Cavity	15	882	2/24/2020	The Rapture	51	1124
2/11/2020	Zenith Dark-Side Mt. Neverest	34	1002	2/25/2020	Ceptilian2 Elcycle Vertex Xion2	9	896
2/12/2020	Expanding Cross-Fire Centaur2	30	1108	2/26/2020	Uplift Checklist-C2 Cavity	38	972
2/13/2020	U2 Uplift Faded2	24	902	2/27/2020	MTN3 Xion2 U(2)	24	914
2/14/2020	Heart-Throb	48	1092	2/28/2020	Rev MTN2 Centaur2 Gauntlet	29	910
2/15/2020	Filling Reptilian2 Revertex	38	913	2/29/2020	LEAP Year	22	936

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

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

Minimum rep count indicator; used for certain traveling tasks.

"Ladder Tasks are indicated by this symbol.

2/1
37

SLOPE

2019

MARCH MAYHEM - SEMI-FINALS

PYP CENTAUR2
CHOOSE EITHER
THE BLUE OR
THE RED TASK
FOR EACH
NUMBER. FINISH
THAT TASK
BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING
WHICH TASK TO
DO NEXT.

			ROQ			ROQ	
1.	SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1		24.	YIKES!	AMAROK	520
2.	EN GARDE	SHUFFLE	X	25.	KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-1	531
3.	W. CROOK	ALI 22+	X	26.	JACK ASS	JABBERWOCKY	582
4.	SUE-STEP (20) + TZN	MT. CLIMB (20) + RUN	X	27.	REV BEAR	PINNED 2-1-3-1-4-1	613
5.	ROW STROLL 6+	HIKES	X	28.	MONTAUK	NEAPOLITAN	641
6.	MONGOOSE	PLATE PUSH	X	29.	TURKEY	TAUNTAUN	642
7.	KOBOLD	BANDIT (20) + RUN	X	30.	SKY HIGH 4-1	SQUONQ	647
8.	SPIKES	YETI	X	31.	CRAY-CRAY	GIMPY DOG	681
9.	POTTY TO BULLDOG	MASTODON	X	32.	CURIOUS GEORGE	BUCKS	716
10.	SWAGGIN 1:1	ALT SQUONQ	X	33.	SA PP	NO GIMMIES	740
11.	AMAROK	GROWLER	X	34.	BULLDOZER	BULLDOG	764
12.	B. LUNGE	PUSH UP (10) + RUN {ON TDES}	X	35.	TARASQ	POTTY SHOT	779
13.	B.N.C.	PABLO	X	36.	MIEL'S WHEELS	MIEL'S WHEELS	803
14.	DIABLO	BOULDER	X	37.	MOGUL MADNESS 10	TYPHON	831
15.	GREMLIN	GREMLIN	X	38.	SCORPION TO 3/BACK	M.I.M. 3-2-4-2-3-1	883
16.	REV HYDRA	REV YAK	316	39.	SKIPS	BUTT KICKS	884*
17.	COBRA (10) + PUSH	INCH WORM	356	40.	JACKALOPE	VIPER	911
18.	SHUTTLE RUN 3-2-4-2-3-1	BONSAI 3-1-4-2-4-1	361	41.	ENFORCER	XPP	936
19.	APE SHOOT!	HOT COALS (10) + RUN	373	42.	MONKEY	YETI	957
20.	M.F.T.	HACK-IT	426	43.	SLUSKI	REV MASTODON	998
21.	TARZAN	TIPPY-TAP	428	44.	STAMPEDE	SKATES	999
22.	REV GARGOYLE	SWASHBUCKLER	496	45.	PRIMATES 4-1-3-1-2-1	TAKE OFF!	1020
23.	CRAZY LEGS	MOGUL PUSH	520				

*Use this score for Mayhem; higher score than reflected on task list

2/2
37

SLOPE

PYP CENTAUR2
CHOOSE EITHER
THE BLUE OR
THE RED TASK
FOR EACH
NUMBER. FINISH
THAT TASK
BEFORE MOVING
ONTO THE NEXT
NUMBER AND
SELECTING
WHICH TASK TO
DO NEXT.

IF YOU DID
THIS
WORKOUT
YESTERDAY,
TRY A
DIFFERENT
ROUTE OR
PARTNER UP
WITH A
JUNKIE!

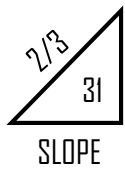
2019

MARCH MAYHEM - SEMI-FINALS

ROQ

1. SUICIDE 2-1-3-1-4-1	GALLOW 2-1-4-3-4-1	ROQ	24. YIKES!	AMAROK	520
2. EN GARDE	SHUFFLE	X	25. KAMIKAZE 4-3-4-2-4-1-4-1	KAMIKAZE 4-3-4-2-4-1-4-1	531
3. W. CROOK	ALI 22+	X	26. JACK ASS	JABBERWOCKY	582
4. SUE-STEP (20) + TZN	MT. CLIMB (20) + RUN	X	27. REV BEAR	PINNED 2-1-3-1-4-1	613
5. ROW STROLL 6+	HIKES	X	28. MONTAUK	NEAPOLITAN	641
6. MONGOOSE	PLATE PUSH	X	29. TURKEY	TAUNTAUN	642
7. KOBOLD	BANDIT (20) + RUN	X	30. SKY HIGH 4-1	SQUONQ	647
8. SPIKES	YETI	X	31. CRAY-CRAY	GIMPY DOG	681
9. POTTY TO BULLDOG	MASTODON	X	32. CURIOUS GEORGE	BUCKS	716
10. SWAGGIN 1:1	ALT SQUONQ	X	33. SA PP	NO GIMMIES	740
11. AMAROK	GROWLER	X	34. BULLDOZER	BULLDOG	764
12. B. LUNGE	PUSH UP (10) + RUN {ON TDES}	X	35. TARASQ	POTTY SHOT	779
13. B.N.C.	PABLO	X	36. MIEL'S WHEELS	MIEL'S WHEELS	803
14. DIABLO	BOULDER	X	37. MUGUL MADNESS 10	TYPHON	831
15. GREMLIN	GREMLIN	X	38. SCORPION TO 3/BACK	M.I.M. 3-2-4-2-3-1	883
16. REV HYDRA	REV YAK	316	39. SKIPS	BUTT KICKS	884*
17. COBRA (10) + PUSH	INCH WORM	356	40. JACKALOPE	VIPER	911
18. SHUTTLE RUN 3-2-4-2-3-1	BONSAI 3-1-4-2-4-1	361	41. ENFORCER	XPP	936
19. APE SHOOT!	HOT COALS (10) + RUN	373	42. MONKEY	YETI	957
20. M.F.T.	HACK-IT	426	43. SLUSKI	REV MASTODON	998
21. TARZAN	TIPPY-TAP	428	44. STAMPEDE	SKATES	999
22. REV GARGOYLE	SWASHBUCKLER	496	45. PRIMATES 4-1-3-1-2-1	TAKE OFF!	1020
23. CRAZY LEGS	MUGUL PUSH	520			

*Use this score for Mayhem; higher score than reflected on task list



123
234
345...

MESA

1. HOT COALS (10) + RUN
2. SHUFFLE
3. BULLY
4. LYCAN (10) + RUN
5. HIKES
6. MOGULS (20) + RUN
7. SQUAT JUMPS (10) + RUN
8. VIP (10) + RUN
9. APE SHOOT!
10. PROWLER (L)

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

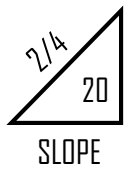
REPTILIAN²

1. K.O.D. (20) + TZN
 2. PARATROOPERS (10) + RUN
 3. MONGOOSE
 4. PINNED 2-1-3-1-4-1
 5. SUICIDE 2-1-3-1-4-1
-
- 6A. YETI
6B. JANGLE LEG³
6C. KITCHEN SINK (10) + TZN
6D. SUPP 10

CHAOS

- 2 RIBBITS (10) + RUN
- 2 SKULLS (10) + TZN
- 3 MT. CLIMB (20) + RUN
- 2 GBD (15) + RUN
- 4 TWO-STEP (20) + RUN
- 1 NEMESIS TO 3/BACK
- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 3 TROG
- 1 OZARK
- 2 SHWAGGIN 1:1
- 4 MIEL'S WHEELS
- 2 ZOOKEEPER
- 3 VENOM
- 1 SL INCH WORM

PERFORM EACH
TASK NUMBER
OF TIMES
INDICATED AND
IN CHECKLIST
FASHION



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

CHAMELEON

- 1A. HIGH Xs
- 1B. ALT. SQUONQ
- 1C. MONTAUK
- 1D. JACKALOPE

- 2. MOGUL (20) + RUN
- 3. SWAGGIN 1:1
- 4. TOES (20) + RUN

- 5A TURKEY
- 5B. W. CROOK
- 5C. AMAROK
- 5D. TORO

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

MTN2

- 1. BONSAI 3-1-4-2-4-1
- 2. LYCAN (10) + RUN

- 3. HALO 2-1-3-1-4-1
- 4. MT. CLIMB (20) + RUN

- 5. APE SHOOT!
- 6. B.N.C.

- 7. MIEL'S WHEELS
- 8. ROW STROLL 6+

- 9. SCORPION TO 3/BACK
- 10. BUCKS

- 1,2
- 1,2,33,44
- 1,2,33,44,555,666
- 1,2,33,44,555,666,7777,8888

ZENITH

- 1. KAMIKAZE 4-3-4-2-4-1-4-1
- 2. GRIFTER (8) + SAPP

- 3. CYCLONE (12) + TZN
- 4. VIPER

- 5. JAGGER (12) + RUN
- 6. HIKES

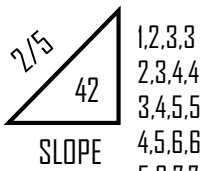
- 7. TRUMPET 9+
- 8. VENOM

1X

2X

3X

4X



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

RIPPLED

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. PLATE SHAKE 9+
4. RAMBO (10) + RUN
5. STAMPEDE
6. TWISTED
7. 45°
8. O-B.O.R. (10) + TZN
9. HIKES
10. REV BULLDOG

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

REPTILIAN²

1. SQUIBBLE
2. BENCHED (30) + TZN
3. TARASQ
4. SA PP
5. MIEL'S WHEELS

-
- 6A. BOULDER
 - 6B. JACK BOX
 - 6C. REVIVAL
 - 6D. REV HYDRA

- III
- 222
- 333...

CENTAUR³

1. SKATES
2. SLAP JACK
3. TYSONS
4. PUSH UP (10) + RUN
5. FUZZARD
6. CYCLONE (12) + TZN
7. RAMPANT (10) + RUN
8. MOGUL PUSH
9. SPIKES
10. RIBBITS (10) + RUN

2/6

26

SLOPE

DENALI

	A	B	C	D	E
1	QUICK FT. (20) + RUN	SUE STEP (20) + RUN	TWO-STEP (20) + RUN	HOT COALS (10) + RUN	COALITION (10) + TZN
2	SHUFFLE	ALI 22+	MIEL'S WHEELS	FROZEN CROOK 8	SQUONO
3	SWAGGIN 1:1	HALO 2-1-3-1-4-1	CHICKIN 2-1-3-1-4-1	ROW STROLL 6+	CURL MADNESS 3
4	TROMBONE 6+	BULLY	TRIFECTA 6+	TALL ORDER 6+	SKY HIGH 4-1
5	SQUAT JUMP (10) + RUN	JUNKIE JUMP (8) + RUN	LUMBERJACK (8) +RUN	RIBBITS (10) + RUN	SQUANTDOES (20) + RUN
6	GORGON (8) + RUN	BULLDOG	REV VIPER	MONTAUK	YETI
7	F. LUNGE	FROZEN GREMLIN 8	W. STAT. SQUAT (10) + TZN	RDL (8) + TZN	SL OGRE (10) + TZN
8	CURL WALK 6+	SAWED OFF (10) + TZN	B.O.R. (15) + TZN	0-.B.O.R. (10) + TZN	STAT. ROW (6) + TZN
9	PLATE PUSH	SA PP	TWISTED	NEAPOLITAN	TAKE OFF!

IN A CHECKLIST:

A,1 DOWN

1 ACROSS

A,2 DOWN

2 ACROSS

A,3 DOWN

3 ACROSS

A,4 DOWN

4 ACROSS

A,5 DOWN

5 ACROSS

A,6 DOWN

6 ACROSS

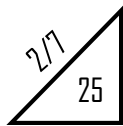
A,7 DOWN

7 ACROSS

A,8 DOWN

8 ACROSS

9 ACROSS (ONLY)



SLOPE

MINI CHECKLIST(3)s

- 1-4 1. HIGH KNEES
- 1-4 2. GALLOP 2-1-4-3-4-1
- 1-4 3. SUE-STEP (20) + RUN
- 4. VEXED (10) + RUN

- 1-4 1. RIBBITS (10) + RUN
- 1-4 2. ROW STROLL 6+
- 1-4 3. POTTY SHOT
- 4. MONKEY

- 1-4 1. STAT SWAG (20) + TZN
- 1-4 2. SUPP 10
- 1-4 3. RDL (8) + TZN
- 4. SKULLS (10) + TZN

- 1-4 1. AMAROK
- 1-4 2. W. CROOK
- 1-4 3. MASTODON
- 4. PARATROOP (10) + RUN

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

MTN4

- 1. TWISTED
- 2. MT. CLIMB (20) + RUN
- 3. TRUMPET 9+
- 4. RAMBO (10) + RUN

- 5. TURKEYS
- 6. LYCAN (10) + RUN
- 7. MOGUL MADNESS 10
- 8. REV BEAR

- 9. FLAMINGO (6) + TZN
- 10. HALO 2-1-3-1-4-1
- 11. KAMIKAZE 4-3-4-2-4-1-4-1
- 12. COBRA (10) + PUSH

- 13. M.F.T.
- 14. POUNCER (10) + RUN
- 15. BOVINE
- 16. TAKE OFF!



SLOPE

ZEN-LISTS

- | | | |
|------|-----------------------------------|----|
| 1-4 | 1. HOT COALS (10) + RUN | |
| 1-4 | 2. EN GARDE | 1X |
| 5-8 | 3. BANDIT (20) + RUN | |
| 5-8 | 4. YIKES! | |
| 1-4 | 5. SQ. JUMP (10) + RUN | |
| 5-8 | 6. GALLOW 2-1-4-3-4-1 | |
| 9-12 | 7. CURL WALK 6+ | 2X |
| 9-12 | 8. REV GROWLER | |
| 9-12 | 9. STAT TRIFECTA (6) + TZN | |
| | 10. PINNED 2-1-3-1-4-1 | |
| | 11. MOGUL PUSH | 3X |
| | 12. SLAP JACK | |

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

SHRINKING

1. JACK ASS
2. B. LUNGE
3. KOBOLD
4. INFINITY (20) + RUN
5. SWAGGIN 1:1
6. YETI
7. VEXUM
8. BULLSHIT

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

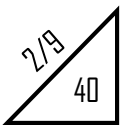
UPLIFT

1. SUE-STEP MADNESS 10
2. ROW STROLL 6+
3. TARASQ
4. CUJO Ⓛ

1-4
1-3
1-2
1

REV MTN

1. APE SHOOT!
2. JABBERWOCKY
3. GRECO
4. REV GATOR to 3



SLOPE

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

CROSS-FUSION

1. EN GARDE
2. SWAGGIN 1:1
3. RAMPANT (10) + RUN
4. RIBBITS (10) + RUN
5. POGOTO (6) + TZN

- A. SUE STEP (20) + RUN
- B. TROMBONE 6+
- C. SWASHBUCKLER

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

EQUALATERAL

1. HALO 2-1-3-1-4-1
2. SAPP
3. O-BDR (10) + TZN
4. OGRE (10) + TZN
5. YETI

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

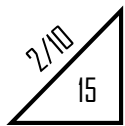
MTN3

1. MT. CLIMB (20) + RUN
2. HIKES
3. W. GREMLIN

4. SQUIBBLE
5. REVIVAL
6. PISTON (10) + TZN

7. B. LUNGE
8. VIPER
9. CURL PRESS 5+

10. YIKES!
11. JACKAL
12. JACK-ASS



SLOPE

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

MTN2

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

3. EN GARDE
4. PLATE SHAKE 9+

5. JIGGY (20) + RUN
6. ALI 22+

7. OGRE (10) + TZN
8. CYCLONE (12) + TZN

9. FLYING MONKEY
10. PROWLER Ⓛ

PERFORM EACH TASK NUMBER
OF TIMES INDICATED IN
CHECKLIST FASHION

CHAOS

- 4 BANDIT (20) + RUN
- 3 ROW STROLL 6+
- 2 SUICIDE 2-1-3-1-4-1
- 1 OZARK
- 3 SQUONQ
- 2 SKULLS (10) + TZN
- 4 VIP (10) + RUN
- 1 BULLY
- 1 SL INCH WORM
- 2 TROG
- 3 HIKES
- 3 JAGGER (12) + RUN

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

CAVITY

1. MONTAUK
2. HALO 2-1-3-1-4-1
3. TYSONS
4. GATOR TO 3
5. DEVASTATOR6
6. CURL MADNESS 3
7. DIABLO
8. PEG LEG (8) + RUN
9. MOGUL (20) + RUN
10. BULLDOG



SLOPE

1,2
1,2,33,44
1,2,33,44,555,666
1,2,33,44,555,666,7777,8888

ZENITH

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

2. SHUFFLE

3. MT. CLIMB (20) RUN

4. PLATE SHAKE 9+

5. MONKEY

6. TALL ORDER 6+

7. SQ. JUMP (10) + RUN

8. CRAZY LEGS

1X

2X

3X

4X

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

DARK SIDE

1. REV BULLDOG

2. W. GREMLIN

3. VIP (10) + RUN

4. GORGON (8) + RUN

5. SUE-STEP (20) + RUN

DIABLO

W. LUNGE

VIPER

RESURRECTION

FROGS

MT. NEVEREST

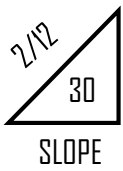
1
1,22
1,22,333
1,22,333,4444

1X DECALF

2X TWISTED

3X CURL WALK 6+

4X JACKALOPE



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

A.

EXPANDING

1. SL GORGON (8) + RUN

2. VIPER

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

4. TWO-STEP (20) + RUN

5. EN GARDE

6. MT. CLIMB (20) + RUN

7. LYCAN (10) + RUN

8. HIKES

9. MOGUL PUSH

10. REVIVAL

1. TURKEY

2. JACKALOPE

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

4. BUZZARD

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

6. SUPP (10)

7. CYCLONE (12) + TZN

8. TOES (20) + RUN

9. VIP (10) + RUN

10. INCH WORM

11
22
33...

C.

CENTAUR2

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

1. TROG

2. INFINITY (20) + RUN

3. JUNKIE JUMP (8) + RUN

4. C.H.B.

11. SQUIBBLE

12. HOT COALS (10) + RUN

13. YETI

14. TRIFECTA 6+

15. RDL (8) + TZN

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

17. TAKE OFF!

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

19. APE SHOOT!

20. PRIMATES 4-1-3-1-2-1

B.

CROSS-FIRE

A. BENCHED (30) + TZN

B. CRAZY LEGS

C. BULLY

D. HALO 2-1-3-1-4-1



SLOPE

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

ALL REPS FIRST THEN + RUN

U2

1. QUICK FT. (40)
2. MOGUL (40)
3. HOT COALS (20)
4. LYCAN (20)
5. JUNKIE (16)
6. PUSH UP (20)
7. TOES (40)
8. G.B.D. (30) 15/SIDE
9. HANG (20)
10. VIP (20)

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

GLUED PLATE

UPLIFT

1. STAT. CURL (6) + TZN
2. B.O.R. (15) + TZN
3. SHWAGGIN 1:1
4. ROW STROLL 6+

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

FADED2

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

3. HIKES
4. BOULDER

5. POGOTO (6) + TZN
6. SLUSKI

7. MONTAUK
8. SKUFFLE

9. NEAPOLITAN
10. REV VIPER



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

WARM UP MTN

1. QUICK FT. (20) + RUN
2. SHUFFLE
3. TOES (20) + RUN
4. GORGON (8) + RUN

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

THIS CHECKLIST 4X IS STACKED WITH SOME OF OUR FIERCEST CARDIO TASKS (FEATURED IN THE RED BOX) FOR SOME HEART POUNDING RESULTS!

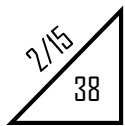
HEART-THROB

CHECKLIST (4)

1-20
1-20
1-20
1-20

1. CURL WALK 6+
2. HALO 2-1-3-1-4-1
3. SKULLS (10) + TZN
4. KOBOLD
5. SL OGRE (10) + TZN
6. MIEL'S WHEELS
7. O-PINNED 2-1-3-1-4-1
8. MANTIS (8) + RUN
9. B. LUNGE
10. POTTY SHOT

11. TALL ORDER 6+
12. W. CROOK
13. REV PLATE PUSH
14. TYPHON
15. EXPLOSIONS
16. TAKE OFF!
17. POUNGER (10) + RUN
18. TROG
19. MOGUL 6 TO FROG
20. STAT. TYSON (20) + RUN



SLOPE

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

FILLING

1. TWO-STEP (20) + RUN
2. SKATES
3. ALT. SQUONK
4. BANDIT (20) + RUN
5. MASTODON
6. PETRA
7. CHICKIN 2-1-3-1-4-1
8. SPIKES
9. GORGON (8) + RUN
10. MOGUL (20) + RUN

- 1-3, 4A,4A
- 1-3, 4B,4B
- 1-3, 4C,4C
- 1-3, 4D,4D
- 1-3, 4E,4E

REPTILIANZ

1. NEAPOLITAN
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. CURL PRESS 5+
- 4A. GBD (15) + RUN
- 4B. JUNKIE JUMP (8) + RUN
- 4C. PARATROOP (10) + RUN
- 4D. RDL (8) + TZN
- 4E. HANG (10) + RUN

- 1,2,3,4,55555
- 1,2,3,4444
- 1,2,333
- 1,22
- 1

REVERTEX

1. BENCHED (30) + TZN
2. CYCLONE (12) + TZN
3. SHWAGGIN 1:1
4. GRAY-CRAY
5. MONKEY



SLOPE

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

MTN2

1. QUICK FEET (20) + RUN
2. SKATES

3. SKIPS
4. ALI 22+

5. RAMPAGE (12) + RUN
6. MT. CLIMB (20) + RUN

7. WIDE PISTON (10) + TZN
8. SKULLS (10) + TZN

9. GARGOYLE
- 10 HALO 2-1-3-1-4-1

OUR REDRUM CIRCUIT STARTING WITH THE
 REVERSE TASK IS...MURDER?
 PERFORM THE REVERSE TASK TO 4
 PERFORM THE FORWARD TASK TO 1
 REPEAT TO COMPLETE 1 FULL TASK OF EACH

MURDER

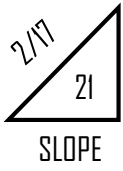
1. REV BEAR
2. DIABLO
3. B. LUNGE
4. REV GREMLIN
5. TORO
6. REV PLATE PUSH
7. HIKES
8. BUTT KICKS
9. WICCA
10. REV INCH WORM

- BEAR
- BULLDOZER
- F. LUNGE
- GREMLIN
- THRASHER
- WALRUS
- POTTY SHOT
- HIGH KNEES
- WARLOCK
- INCH

- 1
- 1,22
- 1,22,333
- 1,22,333,4444
- 1,22,333,4444,55555

MT. NEVEREST

- 1X BONSAI 3-1-4-2-4-1
- 2X SHWAGGIN 1:1
- 3X BULLDOG
- 4X MIEL'S WHEELS
- 5X DELAURA



PERFORM IN A CHECKLIST
DO EACH TASK NUMBER OF TIMES LISTED

MATTERHORN

4 HOT COALS (10) + RUN

1 BULLY

2 JIGGY (20) + RUN

4 EN GARDE

1 LYCAN (10) + RUN

2 HIKES

4 ROW STROLL 6+

1 BULLDOZER

2 SQ. JUMP (10) + RUN

4 SWAGGIN 1:1

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

2 OGRE (10) + TZN

4 SKUFFLE

1 GATOR TO 3

2 HACK-IT

1-12, 12-1 U

1. TURKEY

2. SUE-STEP (20) + RUN

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

4. MASTODON

5. JIGSAW

6. BUCKS

7. FROZEN CROOK 8

8. RAMBO (10) + RUN

9. VENOM

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

11. HALO 2-1-3-1-4-1

12. MONGOOSE

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

REV MTN2

1. BANDIT (20) + RUN

2. VEXUM

3. B. LUNGE

4. YETI

5. OFFERING

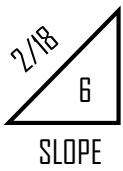
6. TROG

7. POTTY SHOT

8. INCH WORM

9. TOES (20) + RUN

10. PETRA



1A, 2-6, 7A
1B, 2-6, 7B
1C, 2-6, 7C
1D, 2-6, 7D

CHAMELEON

- 1A. KAMIKAZE 4-3-4-2-4-1-4-1
- 1B. ROW STROLL 6+
- 1C. YETI
- 1D. ARACHNID

2. QUICK FT. (20) + RUN
3. V-STEP (10) + RUN
4. PLATE SHAKE 9+
5. HIKES
6. BANDIT (20) + RUN

- 7A. SKUFFLE
- 7B. REV VIPER
- 7C. ENFORCER
- 7D. SL BUCKS

MTN3

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

1. SUICIDE 2-1-3-1-4-1
2. F. LUNGE
3. W. GREMLIN

4. SUE-STEP (20) + RUN
5. HALO 2-1-3-1-4-1
6. VIP (10) + RUN

7. CYCLONE (12) + TZN
8. SQUONQ
9. PIRATE

10. SLAP JACK
11. STATARASQ (16) + RUN
12. QUICKSAND (L)

FADED4

1-16
5-16
9-16
13-16

1. JACKAL
2. MONGOOSE
3. SHUTTLE RUN 3-2-4-2-3-1
4. APE SHOOT!

5. JUNKIE JUMP (8) + RUN
6. SWAGGIN 1:1
7. RAMPANT (10) + RUN
8. PLATE PUSH

9. SL MANTIS (8) + RUN
10. CURL PRESS 5+
11. 3 PT. STANCE
12. LYCAN (10) + RUN

13. GIMPY DOG
14. PINNED 2-1-3-1-4-1
15. MUGGER (12) + RUN
16. ALT. SQUONQ



VERTEX

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

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. TWO-STEP (20) + RUN
4. CRAZY LEGS
5. TURKEY

=ATERAL

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

1. W. STAT. SQUAT (10) + TZN
2. JAGGER (12) + RUN
3. MIEL'S WHEELS
4. BENCHED (30) + TZN
5. HIKES
6. DELAURA

CAVITY

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

1. RAMBO (10) + RUN
2. TYSON
3. KNEELING CURL (6) + TZN
4. SUICIDE 2-1-3-1-4-1
5. REV PLATE PUSH
6. MATTADOR Ⓛ
7. SAWED OFF (10) + TZN
8. MT. CLIMB (20) + RUN
9. POTTY SHOT
10. TROG



SLOPE

MTN2

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

1. GALLOW 2-1-4-3-4-1
2. MT. CLIMB (20) + RUN

3. SWAGGIN 1:1
4. KOBOLD

5. XPP
6. RAMBO (10) + RUN

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

9. B.N.C.
10. THRASHER

1
121
12321
1234321
123454321

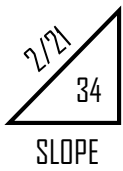
UPLIFT

1. TWO-STEP (20) + RUN
2. HIKES
3. OGRE (10) + TZN
4. STORK (20) + TZN
5. MILLIPEDE Ⓛ

1-15
15-1

U-TURN

1. TWISTED
2. ALI 22+
3. SQUAT THRUST (10) + RUN
4. JIGGY MADNESS 10
5. SKULLS (10) + TZN
6. TROG
7. RESURRECTION
8. TOES (20) + RUN
9. JACKALOPE
10. JOUNCE 2-1-3-1-4-1
11. KAMIKAZE 4-3-4-2-4-1-4-1
12. STROW 1:1
13. ENFORCER
14. VEXED (10) + RUN
15. SA DIABLO



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

MTN

1. BONSAI 3-1-4-2-4-1
2. SUE-STEP (20) + RUN
3. ALI 22+
4. COALITION (10) + TZN
5. W. STAT SQUAT (10) + TZN

FADED2

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

1. JANGLE LEG 3
2. MOGUL ⁶ TO FROG
3. BUZZARD
4. PUSH UP (10) + RUN
5. EN GARDE
6. NEAPOLITAN
7. STORK (20) + TZN
8. RAMBO (10) + RUN

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

VERTEX

1. BOULDER
2. JAGGER (12) + RUN
3. REV BULLDOG
4. SQUONQ

W

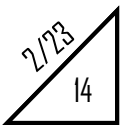
1. TAKE OFF!
2. PISTON (10) + TZN
3. GARGOYLE
4. SAWED OFF (10) + TZN
5. SQUANTOES (20) + RUN
6. W. GREMLIN
7. HAG
8. DENSER 2-1-3-1-4-1
9. BUCKS
10. CRAY-CRAY

1-10
10-1
1-10



2020 MARCH MAYHEM TRIALS

DETAILS TO BE ANNOUNCED



SLOPE

1-7, 8A 8A 8A
1-7, 8B 8B 8B
1-7, 8C 8C 8C

REPTILIAN3

1. QUICK FT. (20) RUN
2. SHUFFLE
3. SWAGGIN 1:1
4. SQ. JUMPS (10) + RUN
5. HIKES
6. BANDIT (20) + RUN
7. PINNED 2-1-3-1-4-1

8A. X PP

8B. GARGOYLE

8C. SLING SHOT 3-2-4-2-3-1

1-10
10-1
1-10

И

1. POTTY SHOT
2. V-STEP (10) + RUN
3. MOGUL (20) + RUN
4. CURL WALK 6+
5. STATAROG (10) + RUN
6. ANACONDA
7. KOBOLD
8. VENOM
9. ROW STROLL 6+
10. JACKALOPE

И
И,22
И,22,33
И,22,33,44
И,22,33,44,55

HYBRID2

1. APE SHOOT!
2. K.O.D. (20) + TZN
3. RAMBO (10) + RUN
4. DIABLO
5. NEAPOLITAN



SLOPE

THE RAPTURE

ORDER

MTN

CHECKLIST(2)

MESA

CHECKLIST(2)

VERTEX

CHECKLIST(2)

U

CHECKLIST(2)

MTN

A.

1. MT. CLIMB (20) + RUN
2. SUE STEP (20) + RUN
3. KOBOLD
4. SWAGGIN 1:1
5. PRIMATES 4-1-3-1-2-1
6. HIKES

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

CHECKLIST (2) ★

1. 0-PINNED 2-1-3-1-4-1
2. BOULDER
3. SHOT PUT

C.

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

VERTEX

1. KITCHEN SINK (10) + TZN
2. HIGH KNEES
3. TROMBONE 6+
4. RAZOR

MESA

B.

1. BONSAI 3-1-4-2-4-1
2. V-STEP (10) + RUN
3. SQUIBBLE
4. SL DGRE (10) + TZN
5. OFFERING
6. MONTAUK
7. SKY HIGH 4-1
8. FUZZARD

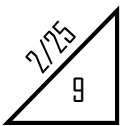
- 1-3
- 2-4
- 3-5
- 4-6
- 5-7
- 6-8

1-6, 6-1

U

D.

1. VENOM
2. MANTIS (8) + RUN
3. W. CROOK
4. SPIKES
5. AMAROK
6. CYCLONE (12) + TZN



SLOPE

11, 22, 33, 44, 5A
11, 22, 33, 44, 5B
11, 22, 33, 44, 5C

CEPTILIANZ

A.

1. HIGH KNEES
2. MT. CLIMB (20) + RUN
3. TOES (20) + RUN
4. PLATE PUSH

5A. REV BEAR

5B. SAWED OFF (10) + TZN

5C. SHWAGGIN 1:1

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

EL CYCLE

B.

1. JIGGY (20) + RUN
2. SPIKES
3. SQUONQ
4. CURL PRESS 5+
5. C.H.B.

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

VERTEX

C.

1. MASTODON
2. TRIFECTA 6+
3. MANTIS (8) + RUN
4. NEAPOLITAN

1, AA
1,2, BB
1,2,3, CC
1,2,3,4 DD
1,2,3,4,5 EE
1,2,3,4,5,6 FF

XIONZ

D.

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. VIP (10) + RUN
3. FROGS
4. JACKAL
5. PEG LEG (8) + RUN
6. REV PLATE PUSH

- A. W. LUNGE
- B. FANGS (5) + PUSH
- C. OFFERING
- D. TROMBONE 6+
- E. TYSONS
- F. SUICIDE 2-1-3-1-4-1



SLOPE

- 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. HOT COALS (10) + RUN
2. SQUONQ
3. V-STEP (10) + RUN
4. GREGORIAN (8) + RUN
5. FANGS (5) + PUSH

1-10

11, 22, 33... **CHECKLIST then C2**

1. JUNKIE JUMP (8) + RUN
2. OPA (8) + TZN
3. OGRE (10) + TZN
4. ALT. SQUONQ
5. REV HYDRA
6. X PP
7. BONSAI 3-1-4-2-4-1
8. PINNED 2-1-3-1-4-1
9. SHOT PUT
10. SA DIABLO

1-10

1-4, 7-10

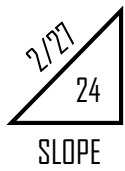
1-3, 8-10

1-2, 9-10

1, 10

CAVITY

1. VIP (10) + RUN
2. RDL (8) + TZN
3. MUGGER (10) + RUN
4. W. GREMLIN
5. NEMESIS to 3/BACK
6. VITRIOL
7. TALL ORDER 6+
8. HANG (10) + RUN
9. FLAMINGO (6) + TZN
10. BOULDER



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

MTN3

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

4. BULLY
5. POTTY SHOT
6. SQ. JUMP (10) + RUN

7. RAMPANT (10) + RUN
8. TROG
9. PISTON (10) + TZN

10. ALT. SQUONQ
11. PROWLER (1)
12. MIEL'S WHEELS

- 1, AA
- 1,2, BB
- 1,2,3, CC
- 1,2,3,4, DD
- 1,2,3,4,5, EE

XION2

1. LYCAN (10) + RUN
2. GRIFTER (8) + SA PP
3. SAWED OFF (10) + TZN
4. PUSH UP (10) + RUN
5. SKATES

- 1-8, 8-1
- 1-8, 8-1

- A. O-PINNED 2-1-3-1-4-1
- B. SWAGGIN 1:1
- C. BOVINE
- D. JAGGER (12) + RUN
- E. JACK BOX

U(2)

1. MONGOOSE
2. BONSAI 3-1-4-2-4-1
3. RIBBITS (10) + RUN
4. MANTIS (8) + RUN
5. CURL WALK 6+
6. JACK-ASS
7. 3 PT. STANCE
8. NEAPOLITAN

2/28

29

SLOPE

REV MTN 2

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

1. QUICK FT. (20) + RUN
2. EN GARDE
3. MT. CLIMB (20) + RUN
4. W. GREMLIN
5. INFINITY (20) + RUN
6. SQUAT JUMPS (10) + RUN
7. MIEL'S WHEELS
8. SAWED OFF (10) + TZN
9. MONTAUK
10. BAYOK (6) + RUN

11
22
33
44...

CENTAUR 2

1. SLING SHOT 3-2-4-2-3-1
2. DENSER 2-1-3-1-4-1
3. BONSAI 3-1-4-2-4-1
4. WARRIOR LUNGE
5. GRIFTER (8) + SA PP
6. SCALAWAG
7. BULLDOG
8. TIPPY-TAP
9. TYPHON
10. 90° PISTON (10) + TZN
11. TAUNTAUN
12. SL GORGON PUSH UP (8) +RUN
13. DIABLO
14. GROWLER
15. STAT. SWAG (20) +TZN

PLATE PUSH, TASK
PLATE PUSH, TASK...

GAUNTLET

1. MANTIS (8) + RUN
2. SPIKES
3. SL OGRE'S (10) + TZN
4. TALL ORDER 6+
5. REV VIPER
6. JAGGER (12) + RUN
7. O-PINNED 2-1-3-1-4-1
8. RUMP ROAST
9. STORK (20) + TZN
10. SL INCH WORM
11. TROG
12. YETI



SLOPE

Perform each section as a Checklist(4) but only do #4 (the leaping task) on the 4th time through.

Key:

- 1-3
- 1-3
- 1-3
- 1-4

LEAP YEAR

A.

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. STAMPEDE
4. HANG (10) + RUN

B.

1. HIKES
2. CURL WALK 6+
3. XPP
4. FROGS

C.

1. TALL ORDER 6+
2. MONKEY
3. SKULLS (10) + TZN
4. RIBBIT (10) + RUN

D.

1. BONSAI 3-1-4-2-4-1
2. BUCKS
3. SAWED OFF (10) + TZN
4. TYPHON

E.

1. RDL (8) + TZN
2. REV GROWLER
3. GBD (15) + RUN
4. FLYING JACKAL

F.

1. JAGGER (12) + RUN
2. SPEED SKATES (20) + RUN
3. 313
4. SABRE (8) + RUN

G.

1. TROMBONE 6+
2. GALLOW 2-1-4-3-4-1
3. YETI
4. CROAKIN

H.

1. VEXED (10) + RUN
2. ALI 22+
3. 3 PT. STANCE
4. BOUNSE 2-1-3-1-4-1

I.

1. MONTAUK
2. BUZZARD
3. MOGUL (20) + RUN
4. JACK BOX

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
BQR Madness3	3.D	Crockpot (6) + TZN	4.C	En Garde	1.B	Half Blaked	6.A	Jigsaw6 Mayhem	5.B
		Crook	1.D	Enforcer	3.A				

ALPHA - MOD INDEX

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

ALPHA - MOD INDEX

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

TIER - MOD I N D E X

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) + TZN	Crooked Bully	Stat. Chickin (18) + TZN	SL Big Bucks	Quicksand
Cray-Cray	Ball N Chain (BNC)	DeGalf	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

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SHALO I:

SL Boulder

STROW I:

Thrust to Frog

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Chupacabra

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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

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W. Gorgon (8) + TZN

W. Rotating Squat

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Jangle Leg3

Johnny Appleseed

Lieutenant Dan

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MaTador

Mogul to Frog

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Oblivion

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Prowler

Ravage

Revival (Rev. Resurrect)

Rump Roast

scarab to 3/back

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The Burgundy

Tweaker

W. Bunyan

W. Warrior Lunge

Wicca

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Minotaur

Nemesis

QuadZilla

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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 FEBRUARY 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. 1,8,1,2,7,8,12,3,6,7,8,12,3,4,5,6,7,8
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 FEBRUARY 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 FEBRUARY FEBRUARYhem competition. Note: There are other instances where we PYP, it FEBRUARY 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