

# THE RETURN: PAVEMENT WORKOUTS

WELCOME BACK JUNKIES!

THE FIRST 4 WORKOUTS ARE BODYWEIGHT ONLY. WE WILL SLOWLY START INTEGRATING PLATES THROUGH CARRYING TASKS LATER IN THE WEEK.

SCORES ARE TIED WITH THESE WORKOUTS BUT DO NOT BE CONCERNED BY THEM; JUST HAVE FUN AND ENJOY BEING BACK WITH YOUR COMMUNITY!

WITHOUT THE ABILITY TO DO THE WORKOUTS ON THE TURF, WITH ALL THE TASKS IN OUR LIBRARY, THE SLOPE/SCORING WILL BE SIGNIFICANTLY LOWER. IF YOU DON'T WANT A SCORE, NO PROBLEM.



SLOPE

## MTN2

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

1. SUICIDE 2-1-3-1-4-1
2. QUICK FT. (20) + RUN
3. HIGH Xs
4. V-STEP (10) + RUN
5. SUE-STEP (20) + RUN
6. CROOK
7. RIBBITS (10) + RUN
8. PUSH UP (10) + RUN
9. ROTATING SQUAT
10. MONKEY

## DOUBLE EXPLOSION

### GAUNTLET

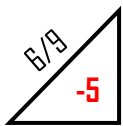
#### EXPLOSIONS 2X

1. F. LUNGE  
EXPLOSIONS 2X
2. BEAR  
EXPLOSIONS 2X
3. B. LUNGE  
EXPLOSIONS 2X
4. YETI  
EXPLOSIONS 2X
5. 45°  
EXPLOSIONS 2X
6. MONTAUK  
EXPLOSIONS 2X
7. WARRIOR LUNGE  
EXPLOSIONS 2X
8. SL PUSH UP (10) + RUN  
EXPLOSIONS 2X
9. JUNKIE JUMP (8) + RUN  
EXPLOSIONS 2X
10. REV GREMLIN

1-12  
1-12  
1-12  
1-12

## CHECKLIST (4)

1. HOT COALS (10) + RUN
2. BANDIT (20) + RUN
3. TURKEYS
4. JIGGY (20) + RUN
5. RAMPANT (10) + RUN
6. TYSON
7. TROG
8. MOGUL MADNESS 10
9. RAMP UP (8) + RUN
10. TOES (20) + RUN
11. SQ. JUMP (10) + RUN
12. RESURRECTION



SLOPE

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

## MTN3

1. BUTT KICKS
2. SHUTTLE RUN 3-2-4-2-3-1
3. MOGULS (20) + RUN
4. SUE-STEP (20) + RUN
5. TYSON
6. SQ. JUMP (10) + RUN
7. BANDIT (20) + RUN
8. VIP (10) + RUN
9. BEAR
10. 45°
11. TAUNTAUN
12. FROZEN CROOK8

11,22,33,44,55,66,77,88,99,10,10  
1-10

## G2 TO CHECKLIST

1. SQUONQ
2. QUICK FT. (20) + RUN
3. PUSH UP (10) + RUN
4. STAMPEDE
5. VEXED (10) + RUN
6. B. LUNGE
7. KOBOLD
8. FLYING MONKEY
9. BONSAI 3-1-4-2-4-1
10. GBD (15) + RUN

6,7  
5-8  
4-9  
3-10  
2-11  
1-12

## EXPANDING

1. PEG LEG (8) + RUN
2. REV BEAR
3. ROTATING SQUAT
4. FROZEN GREMLIN 8
5. CHIMP (8) + RUN
6. MT. CLIMB (20) + RUN
7. TURKEY
8. RAMPANT (10) + RUN
9. HOT COALS (10) + RUN
10. GORGON + PUSH UP (8) + RUN
11. MOWGLI (12) + RUN
12. TARASQ



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

## MESA

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. TYSONS
4. STAMPEDE
5. MT. CLIMB (20) + RUN
6. LYCAN (10) + RUN
7. HANG (10) + RUN
8. F. LUNGE
9. GORGON (8) + RUN
10. ABD PUSH UP (8) + RUN

1-4, 5A5A  
1-4, 5B5B  
1-4, 5C5C  
1-4, 5D5D

## REPTILIANZ

1. KAMIKAZE 4-3-4-2-4-1-4-1
  2. V-STEP (10) + RUN
  3. SQUANTOES (20) + RUN
  4. SQ. THRUST (10) + RUN
- 
- 5A. MONKEY  
5B. JUNKIE JUMP (8) + RUN  
5C. WARRIOR  
5D. JIGGY (20) + RUN

1  
12  
123  
1234  
12345  
123456

## MTN

1. BANDIT (20) + RUN
2. RIBBITS (10) + RUN
3. SCALAWAG
4. PETRA
5. TWO-STEP (20) + RUN
6. REV BULLDOG

1-12  
12-1

## U

1. TURKEYS
2. QUICK FT. MADNESS 10
3. RAMPANT (10) + RUN
4. SUICIDE 2-1-3-1-4-1
5. MOGUL (20) + RUN
6. GBD (15) + RUN
7. BUZZARD
8. CROOK
9. BEAR
10. HANG MADNESS 6
11. VEXED (10) + RUN
12. YETI

6/11  
-22

# CHAOS

PERFORM AS A CHECKLIST. DO EACH TASK THE NUMBER OF TIMES INDICATED.

CORRECTED  
VERSION 6/10

SLOPE

- 2 GALLOP 2-1-4-3-4-1
- 1 STAMPEDE
- 4 HOT COALS (10) + RUN
- 3 ALT SQUONQ
- 3 TURKEYS
- 2 MT. CLIMB (20) + RUN
- 1 SQ. JUMP (10) + RUN
- 4 QUICK FT. (20) + RUN
- 3 SUICIDE 2-1-3-1-4-4
- 2 SPEED SKATES (20) + RUN
- 1 CROOK
- 1 WARRIOR LUNGE
- 2 PUSH UP (10) + RUN
- 3 BONSAI 3-1-4-2-4-1
- 1 PRIMATES 4-1-3-1-2-1

- 1 SQ. THRUST (10) + RUN
- 2 TIP-TOES (20) + RUN
- 3 JIGGY (20) + RUN
- 4 KOBOLD
- 1 RAMP UP (8) + RUN
- 2 HIGH Xs
- 4 V-STEP (10) + RUN
- 3 EXPLOSIONS
- 1 BANDIT (20) + RUN
- 2 GBD (15) + RUN
- 2 RIBBITS (10) + RUN
- 2 PETRA
- 4 EN GARDE
- 1 ABD PUSH UP (8) + RUN
- 2 STAT TYSON (20) + RUN
- 1 TROG

- 3 TAUNTAUN
- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 1 YETI
- 3 MOGUL (20) + RUN
- 1 B. LUNGE
- 4 SUE-STEP (20) + RUN
- 1 GATOR TO 3
- 3 GREMLIN
- 3 SQUONQ
- 1 LYCAN UP (10) + RUN
- 1 TWO-STEP (20) + RUN
- 2 45°
- 1 CHIMP (8) + RUN
- 4 SCALAWAG
- 2 ALI 22+
- 2 SL GORGON (8) + RUN
- 1 TUCKS (10) + RUN
- 3 MONKEY



Only use versions of Bears, Bulldogs, Monkey/Yeti



SLOPE

# MOLE-HILLS

THIS IS THE FIRST OFFICIAL SYPHUS TRAINING WORKOUT INTEGRATING WEIGHTS SINCE THE RETURN FROM COVID. IF YOU ARE DOING THESE WORKOUTS OUTSIDE, PARTICULARLY ON CEMENT, WE HIGHLY RECOMMEND HAVING A PLACE TO SET YOUR PLATES DOWN IN EACH END ZONE. BE CAREFUL WHEN SETTING YOUR WEIGHTS DOWN.

**DO NOT DROP WEIGHTS INTENTIONALLY. HAVE A PRO SHOW YOU HOW TO CORRECTLY SET WEIGHTS DOWN SAFELY OR, IF THE PRO IS COMFORTABLE WITH IT, ASK FOR THEIR ASSISTANCE.** *(TURF SGS PLEASE WRITE THIS RED DISCLAIMER ON ALL PAVEMENT WORKOUTS INVOLVING WEIGHTS)*

- |   |   |  |  |
|---|---|--|--|
| <ol style="list-style-type: none"><li>1. SUICIDE 2-1-3-1-4-1</li><li>2. STAMPEDE</li><li>3. <u>MT. CLIMB (20) + RUN</u></li><li>1. TOES (20) + RUN</li><li>2. SWAGGIN 1:1</li><li>3. SQUONK</li><li>4. <u>CURL WALK 6+</u></li><li>1. RAMPANT (10) + RUN</li><li>2. SQ. JUMP (10) + RUN</li><li>3. <u>STAT ROW (6) + TZN</u></li><li>1. HOT COALS (10) + RUN</li><li>2. KOBOLD</li><li>3. HALO 2-1-3-1-4-1 36+</li><li>4. <u>SAWED OFF (10) + TZN</u></li></ol> | <ol style="list-style-type: none"><li>1. W. GREMLIN</li><li>2. TAUNTAUN</li><li>3. <u>CYCLONE (12) + TZN</u></li><li>1. V-STEP (10) + RUN</li><li>2. MOWGLI (12) + RUN</li><li>3. P. SHAKE 9+</li><li>4. <u>RDL (8) + TZN</u></li><li>1. QUICK FT. (20) + RUN</li><li>2. BEAR</li><li>3. <u>STAT W. LUNGE (8) + TZN</u></li><li>1. BANDIT (20) + RUN</li><li>2. MONKEY</li><li>3. JOHNNY APPLESEED</li><li>4. <u>PINNED 2-1-3-1-4-1</u></li></ol> | <ol style="list-style-type: none"><li>1. TWO-STEP (20) + RUN</li><li>2. O-B.O.R. (10) + TZN</li><li>3. <u>MONTAUK</u></li><li>1. TROG</li><li>2. ABD. FLAMINGO (6) + TZN</li><li>3. W. CROOK</li><li>4. <u>GBD (15) + RUN</u></li><li>1. SPEED SKATES (20) + RUN</li><li>2. KAMIKAZE 4-3-4-2-4-1-4-1</li><li>3. <u>CHICKIN 2-1-3-1-4-1</u></li><li>1. TIP-TOES (20) + RUN</li><li>2. SQ. THRUST (10) + RUN</li><li>3. BULLY</li><li>4. <u>SCORPION TO 3/BACK</u></li></ol> | <ol style="list-style-type: none"><li>1. HANG (10) + RUN</li><li>2. CURL PRESS 5+</li><li>3. YETI</li><li>4. DEATH ROW 2-1-3-1-4-1</li><li>5. RESURRECTION</li></ol> |
|---|---|--|--|



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

**A.**  
**XION2**

1. BONSAI 3-1-4-2-4-1
2. SPEED SKATES (20) + RUN
3. TYSONS
4. STAT SWAG (20) + TZN
5. ROW STROLL 6+
6. JIGGY (20) + RUN

- A. TWO-STEP (20) + RUN
- B. TURKEYS
- C. RAMBO (10) + RUN
- D. GORGON (8) + RUN
- E. JUNKIE JUMP (8) + RUN
- F. BULLY

1-12, 12-1 **C.** U

1. RIBBITS (10) + RUN
2. CURL PRESS 5+
3. V-STEP (10) + RUN
4. 45°

5. SAWED OFF (10) + TZN
6. STAMPEDE
7. STORK (20) + TZN
8. PEG LEG (8) + RUN

9. TRUMPET 9+
10. QUICK FT. MADNESS 10
11. STAT W. SQUAT (10) + TZN
12. VIPER or BULLDOG

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

**D.** REPTILIAN

1. W. CROOK
2. SQUANTOES (20) + RUN
3. PUSH UP (10) + RUN
- 4A. LYCAN (10) + RUN
- 4B. TARASQ
- 4C. BARYOK (6) + RUN

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

**B.**  
**FADED2**

1. KITCHEN SINK (10) + TZN
2. SCURL 1:1
3. CRAISE (20) + TZN
4. KOBOLD
5. PETRA
6. CYCLONE (12) + TZN
7. W. GREMLIN
8. MOGUL (20) + RUN
9. TOES (20) + RUN
10. KAMIKAZE 4-3-4-2-4-1-4-1

If you don't have a mat to set the plate upside down on, just do calf raises on a curb nearby and Tarzan.

**DO NOT DROP WEIGHTS INTENTIONALLY. HAVE A PRO SHOW YOU HOW TO CORRECTLY SET WEIGHTS DOWN SAFELY OR, IF THE PRO IS COMFORTABLE WITH IT, ASK FOR THEIR ASSISTANCE.**  
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SLOPE

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## 1,2 PUNCH

*HIGHLIGHTED TASKS DO 2X*

1. HOT COALS (10) + RUN
2. SHUTTLE RUN 3-2-4-2-3-1
3. PLATE SHAKE 9+
4. TIP-TOES (20) + RUN
5. PINNED 2-1-3-1-4-1
6. HANG (10) + RUN
7. MOWGLI (12) + RUN
8. FLAMINGO (6) + RUN
9. FROZEN LUNGE 5
10. GBD (15) + RUN

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

## SHRINKING

1. TURKEY
2. HALO 2-1-3-1-4-1 36+
3. STAT TYPHON (10) + RUN
4. SUE-STEP MADNESS 10
5. TROMBONE 6+
6. W. GREMLIN
7. VEXED (10) + RUN
8. STAT ROW (6) + TZN
9. RDL (8) + TZN
10. STAT TYSON (20) + RUN

1-10  
1-10

## CHECKLIST (2)

1. MONKEY
2. VIP (10) + RUN
3. CRAISE (20) + TZN
4. JIGGY (20) + RUN
5. STAT SWAG (20) + TZN
6. RAMPAGE (12) + RUN
7. B.O.R. (15) + TZN
8. BULLFROG
9. CHICKIN 2-1-3-1-4-1
10. CHIMP (8) + RUN

If you don't have a mat to set the plate upside down on, just do calf raises on a curb nearby and Tarzan.

Practice PERFECT form. Do the Bulldog/Forward movement slowly on pavement. Perform the jump movement straight up, as always. PROs take extra care to correct form for safety.



# 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