

SLOPE

BODY WEIGHT ONLY

1-10
1-10

CHECKLIST(2)

1. RUN
2. TWO-STEP (20) + RUN
3. MT. CLIMB (20) + RUN
4. GALLOW 2-1-4-3-4-1
5. ALT SQUONQ
6. TIP-TOES (20) + RUN
7. VIP (10) + RUN
8. LYCAN (10) + RUN
9. PUSH UP (10) + RUN
10. STAT TYSON (20) + RUN

ENTIRE WORKOUT IS A U-TURN! ONCE YOU FINISH THE LAST TASK (FROZEN GREMLIN) DO THE WORKOUT IN REVERSE ORDER. SEE THE KEY AT THE BOTTOM OF THE PAGE FOR EXACT PATTERN.

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

REPTILIAN

1. CROOK
2. YETI
3. WARRIOR
4. GBD (15) + RUN

- 5A. RAMP UP (8) + RUN
- 5B. PEG LEG (8) + RUN

CHECKLIST. DO EACH TASK NUMBER OF TIMES INDICATED.

CHAOS

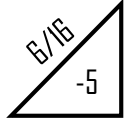
- 2 TAUNTAUN
- 1 GATOR TO 3
- 3 JIGGY (20) + RUN
- 2 SCALAWAG
- 1 FLYING MONKEY

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

ODDS, EVENS, THEN CHECKLIST

1. BONSAI 3-1-4-2-4-1
2. TROG
3. WINDOW WASHERS
4. TYSONS
5. 45°
6. MONTAUK
7. JUNKIE JUMP (8) + RUN
8. FROZEN GREMLIN 8

REVERSE YOUR ORDER TO THE START OF THE WORKOUT BY DOING THE FOLLOWING:
ODDS/EVENS CHECKLIST: 8-1, 8,6,4,2,7,5,3,1
CHAOS: FROM BOTTOM TO TOP
REPTILIAN: 5B, 4-1, 5A, 4-1
CHECKLIST(2): 10-1, 10-1



SLOPE

CROSS-LISTS

Perform each section as a checklist and in the following order:

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

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 SCS PLEASE WRITE THIS RED DISCLAIMER ON ALL PAVEMENT WORKOUTS INVOLVING WEIGHTS)*

- 1. QUICK FT. (20) + RUN
EN GARDE
MT. CLIMB (20) + RUN
TURKEYS

- A. KAMIKAZE 4-3-4-2-4-1-4-1
VIP (10) + RUN
TAUNTAUN
HOT COALS (10) + RUN

- 2. KOBOLD
SUE-STEP (20) + RUN
DEATH ROW 2-3-1-4-1
YETI

- B. SQ. JUMP (10) + RUN
W. GREMLIN
GORGON (8) + RUN
SAWED OFF (10) + TZN

- 3. SPEED SKATES (20) + RUN
CURL PRESS 5+
RAMPANT (10) + RUN
STAT. W. LUNGE (8) + TZN

- C. STAMPEDE
CHICKIN 2-1-3-1-4-1
TROG
GBD (15) + RUN

- 4. VEXED (10) + RUN
B.O.R. (15) + TZN
BEAR
MOWGLI (12) + RUN

- D. PETRA
TYSONS
KITCHEN SINK (10) + TZN
HIGH Xs