



SLOPE

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)

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

A. MTN4

1. BUTT KICKS
2. TOES (20) + RUN
3. SQUONQ
4. SUICIDE 2-1-3-1-4-1

5. JAGGER (12) + RUN
6. CURL WALK 6+
7. MOGUL MADNESS 10
8. ROOSTER (10) + TZN

9. RAMPAGE (12) + RUN
10. BULLY
11. RIBBITS (10) + RUN
12. STAT HALD (18) + TZN

13. STATROG (10) + RUN
14. SL PUSH UP (10) + RUN
15. F. LUNGE
16. STROW 1:1

11,22, 3A
11,22, 3B
11,22, 3C
11,22, 3D

B. CEPTILIAN2

1. HANG (10) + RUN
2. SWAGGIN 1:1

- 3A. JIGGY (20) + RUN
- 3B. CRAISE (20) + TZN
- 3C. MONTAUK
- 3D. STORK (20) + TZN

1A 1B 1C
2A 2B 2C
3A 3B 3C
4A 4B 4C

C. CROSS-FIRE

1. V-STEP (10) + RUN
 2. SCALAWAG
 3. SKY-HIGH 4-1
 4. CYCLONE (12) + TZN
- A. SPEED SKATES (20) + RUN
 - B. MONKEY
 - C. SUE STEP (20) + RUN

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222
333...

D. CENTAUR3

1. BONSAI 3-1-4-2-4-1
2. COALITION (10) + TZN
3. BEAR
4. TROMBONE 6+
5. RDL (8) + TZN
6. W. CROOK
7. SQ. THRUST (10) + RUN



**BODY WEIGHT
ONLY**

BONSAI GAUNTLET(2)

BONSAI, TASK
BONSAI, TASK
PERFORM LIST 2X (1-12, 1-12)

- 1. TWO-STEP (20) + RUN**
- 2. V-STEP (10) + RUN**
- 3. KOBOLD**
- 4. LYCAN UP (10) + RUN**
- 5. F. LUNGE**
- 6. HOT COALS (10) + RUN**
- 7. RAMBO (10) + RUN**
- 8. HANG (10) + RUN**
- 9. GBD (15) + RUN**
- 10. MONKEY**
- 11. RIBBITS (10) + RUN**
- 12. GORGON PUSH UP (8) + RUN**

11,22,33,44,55
11,22,33,44
11,22,33
11,22
11

REV HYBRID2

- 1. JIGGY (20) + RUN**
- 2. STAT SQUAT (10) + RUN**
- 3. SCALAWAG**
- 4. TURKEYS**
- 5. POUNCER (10) + RUN**

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

MESA

- 1. STAMPEDE**
- 2. MONTAUK**
- 3. TOES (20) + RUN**
- 4. YETI**
- 5. ALT SQUONQ**
- 6. WINDOW WASHERS**
- 7. MT. CLIMB (20) + RUN**
- 8. TROG**
- 9. ABD. PUSH UP (8) + RUN**
- 10. QUICK FT. MADNESS 10**
- 11. PETRA**
- 12. TUCKS (10) + RUN**