



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. EN GARDE
2. INFINITY (20) + RUN
3. STAMPEDE
4. F. LUNGE
5. REVIVAL

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)

- 1-10
- 1-10
- 1-10

CHECKLIST(3)

1. STORK (20) + TZN
2. FLYING MONKEY
3. JIGGY MADNESS 10
4. W. CROOK
5. BANDIT (20) + RUN
6. BAYOK (6) + RUN
7. SAWED OFF (10) + TZN
8. JUNKIE JUMP (8) + RUN
9. BONSAI 3-1-4-2-4-1
10. HAG 1:1

- 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. CYCLONE (12) + TZN
2. KOBOLD
3. SWAGGIN 1:1
4. ROW STROLL 6+
5. TIP-TOES (20) + RUN
6. CHICKIN 2-1-3-1-4-1
7. SPEED SKATES (20) + RUN
8. RDL (8) + TZN
9. STAT TYSON (20) + RUN
10. SCORPION TO 3/BACK



SLOPE

- 1A, 2-5, 6A
- 1B, 2-5, 6B
- 1C, 2-5, 6C
- 1D, 2-5, 6D

CHAMELEON

- 1A. SUICIDE 2-1-3-1-4-1
- 1B. SQUONQ
- 1C. ROW STROLL 6+
- 1D. RAMBO (10) + RUN

- 2. TURKEYS
- 3. QUICK FT. (20) + RUN
- 4. JIGGY (20) + RUN
- 5. STAT SWAG (20) + TZN

- 6A. SKY HIGH 4-1
- 6B. BEAR
- 6C. W. CROOK
- 6D. YETI

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

CAVITY

- 1. MT. CLIMB (20) + RUN
- 2. GBD (15) + RUN
- 3. SQ. THRUST (10) + RUN
- 4. MONTAUK
- 5. SUE-STEP (20) + RUN
- 6. RIBBITS (10) + RUN
- 7. MOWGLI (12) + RUN
- 8. B.O.R. (15) + TZN
- 9. GALLOWS 2-1-4-3-4-1
- 10. STAT CURL (6) + TZN
- 11. TROG
- 12. TWO-STEP (20) + RUN

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- 1
- 122
- 12333
- 1234444
- 123455555

VERTEX

- 1. PUSH UP (10) + RUN
- 2. FLAMINGO (6) + TZN
- 3. F. LUNGE
- 4. TIP-TOES (20) + RUN
- 5. PRIMATES 4-1-3-1-2-1