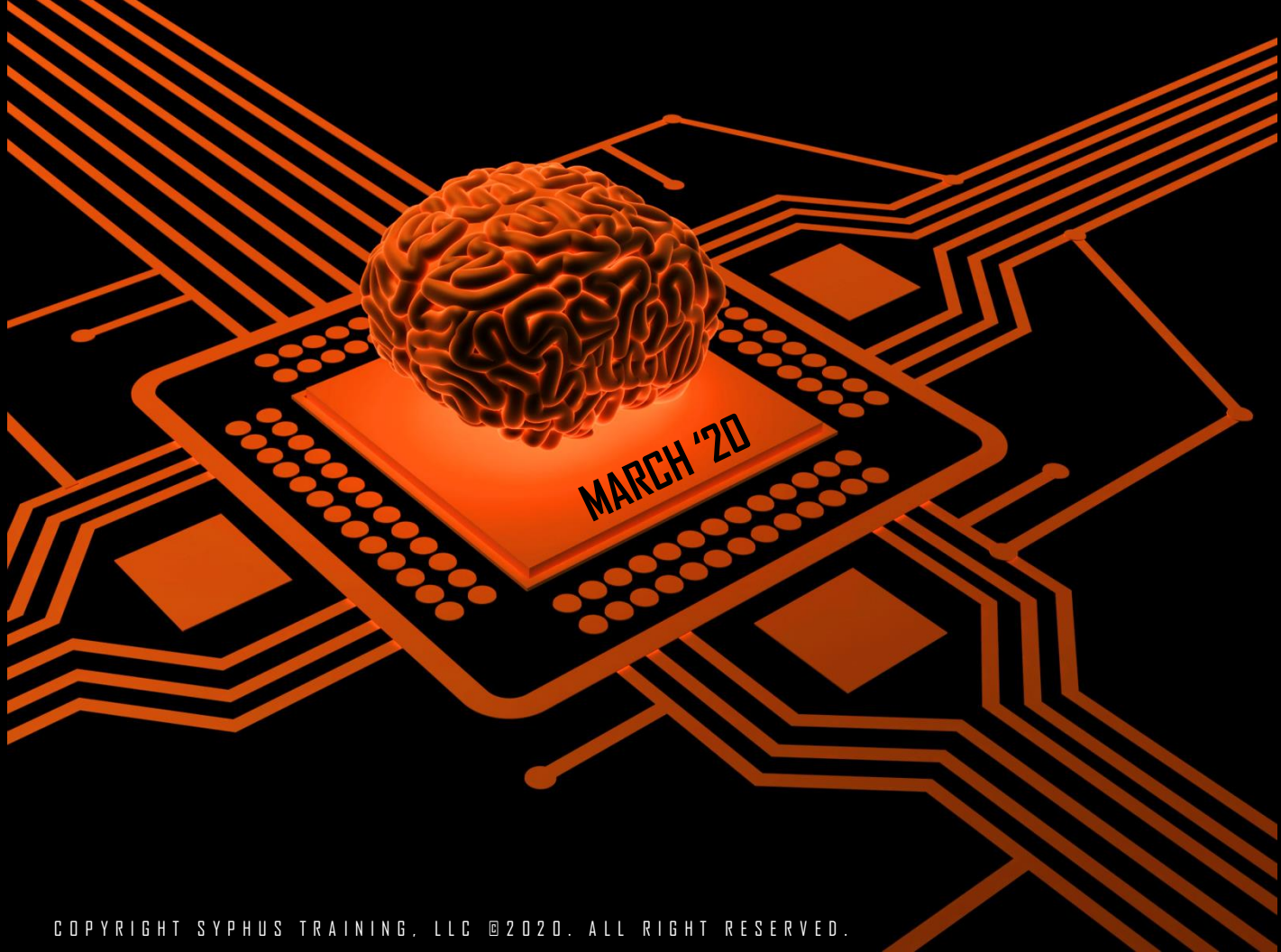


M  
O  
T  
H  
E  
R  
B  
O  
A  
R  
D





# 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.



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. STAMPEDE
3. INFINITY (20) + RUN
4. F. LUNGE
5. MIM 3-2-4-2-3-1

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

## CHECKLIST (3)

1. STORK (20) + TZN
2. FLYING JACKAL
3. APE SHOOT
4. MIEL'S WHEELS
5. BANDIT (20) + RUN
6. 313
7. SAWED OFF (10) + TZN
8. SA PP
9. BONSAI 3-1-4-2-4-1
10. DIABLO

- 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. SA BOULDER
2. VENOM
3. SWAGGIN 1:1
4. HAG
5. MASTODON
6. CHICKIN 2-1-3-1-4-1
7. SPD. SKATES (20) + RUN
8. TYPHON
9. RUN
10. PROWLER (L)



1-12  
12-1

**U**

1. **QUICK FT. (20) + RUN**
2. **STAMPEDE**
3. **SWAGGIN 1:1**
4. **TYSON**
5. **VEXED (10) + RUN**
6. **MIEL'S WHEELS**
7. **POTTY SHOT**
8. **SQUANTOES (20) + RUN**
9. **ROW STROLL 6+**
10. **BAYOK (6) + RUN**
11. **CRAISE (20) + TZN**
12. **REV BULLDOG**

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

**=IBRIOUS**

1. **JIGGY (20) + RUN**
2. **BOVINE**
3. **COALITION (10) + TZN**
4. **CRAZY LEGS**
5. **SAWED OFF (10) + TZN**
6. **APE SHOOT**

1,22  
1,22,3,44  
1,22,3,44,5,66  
1,22,3,44,5,66,7,88

**"1,2, PUNCH"**  
**MTN2**

1. **GRECO**
2. **RAMBO (10) + RUN**
3. **CHICKIN 2-1-3-1-4-1**
4. **TWO-STEP (20) + RUN**
5. **DEVIL**
6. **MIM 3-2-4-2-3-1**
7. **JUNKIE JUMP (8) + RUN**
8. **SA PP**



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

## FADED2

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

---

3. SWAGGIN 1:1
4. QUICK FT. (20) + RUN

---

5. X PP
6. YIKES!

---

7. HALD 2-1-3-1-4-1
8. GARGOYLE

---

9. ENFORCER
10. GBD (15) + RUN

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

## EL CYCLE

1. PINNED 2-1-3-1-4-1
2. TARASQ
3. APE SHOOT!
4. SKULLS (10) + TZN
5. PROWLER (L)

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

## MOLE HILLS

1. W. CROOK
2. DIABLO
3. BUCKS

---

1. JACKALOPE
2. SAWED OFF (10) + TZN
3. MT. CLIMB (20) + RUN
4. MANTIS (8) + RUN

---

1. KOBOLD
2. OGRE (10) + TZN
3. ROW STROLL 6+

---

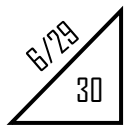
1. TURKEY
2. BULLDOG
3. TOES (20) + RUN
4. FLYING MONKEY

---

1. TALL ORDER 6+
2. BONSAI 3-1-4-2-4-1
3. MONGOOSE

---

1. JIGGY (20) + RUN
2. MIEL'S WHEELS
3. STACK SHOT
4. VEXUM



SLOPE

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

## CHAMELEON

- 1A. STAMPEDE
  - 1B. SQUIBBLE
  - 1C. ROW STROLL 6+
  - 1D. STIGMA (10) + RUN
- 
- 2. EN GARDE
  - 3. QUICK FT. (20) + RUN
  - 4. JIGGY (20) + RUN
  - 5. SABRE (8) + RUN
- 
- 6A. SKY HIGH 4-1
  - 6B. DELAURA
  - 6C. W. CROOK
  - 6D. GARGOYLE

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

## CAVITY

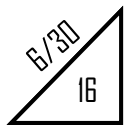
- 1. MT. CLIMB (20) + RUN
- 2. GBD (15) + RUN
- 3. REV BEAR
- 4. APE SHOOT!
- 5. SUE-STEP (20) + RUN
- 6. THRUST to FROG
- 7. MOWGLI (12) + RUN
- 8. ATTACK-IT
- 9. GALLOW 2-1-4-3-4-1
- 10. STAT CURL (6) + TZN
- 11. TYPHON
- 12. JACKALOPE

- 1A1B1C
- 2A2B2C
- 3A3B3C
- 4A4B4C
- 5A5B5C

## CROSS-FIRE

- 1. BUCKS
- 2. YETI
- 3. HIKES
- 4. B.N.C.
- 5. SAWED OFF (10) + TZN

- A. SQUADRON (L)
- B. MIEL'S WHEELS
- C. MONGOOSE



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

## REPTILIAN

SLOPE  
896 ok

1. BONSAI 3-1-4-2-4-1
2. BANDIT (20) + RUN
3. TURKEYS
4. SUE-STEP (20) + RUN
5. HIKES

---

- 6A. LYCAN (10) + RUN
- 6B. TROG
- 6C. GROWLER

## REPTILIAN

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

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. B. LUNGE
3. PUSH UP (10) + RUN
4. CROAKIN

---

- 5A. SUPP (10)
- 5B. B.N.C.
- 5C. OGRE (10) + TZN

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

## REPTILIAN

1. TYSON
2. RAMPANT (10) + RUN
3. KOBOLD
- 4A. MONKEY
- 4B. DECALF
- 4C. OFFERING
- 4D. SKULLS (10) + TZN

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

## REPTILIAN

1. C.H.B.
2. MT. CLIMB (20) + RUN
3. SPIKES
- 4A. DENSER 2-1-3-1-4-1
- 4B. YAK

1-2, 3A  
1-2, 3B  
1-2, 3C  
1-2, 3D  
1-2, 3E

## REPTILIAN

1. SKY HIGH 4-1
2. TOES (20) + RUN

---

- 3A. HALO 2-1-3-1-4-1
- 3B. REV PLATE PUSH
- 3C. REV BEAR
- 3D. SHOT PUT
- 3E. REV INCH

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

## REPTILIAN

1. INFINITY (20) + RUN
2. SL MANTIS (8) + RUN
3. TWISTED
4. CYCLONE (12) + TZN
5. AMAROK

---

- 6A. BOULDER
- 6B. SA DIABLO
- 6C. GIMPY DOG



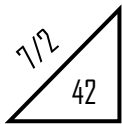
SLOPE  
 NAVIGATE THIS  
 WORKOUT BY  
 PERFORMING EACH  
 CIRCUIT BY STARTING  
 WITH THE CENTAUR2  
 AND WORKING DOWN BY  
 ROW. NOTE THAT EACH  
 COLUMN IS NUMBERED  
 TO REFLECT THE TASK  
 NUMBER OF EACH  
 CIRCUIT.

IF YOU'RE ABLE TO  
 COMPLETE EACH  
 CIRCUIT, SLAY THE  
 SERPENT BY SNAKING  
 YOUR WAY THROUGH  
 THE GRID IN A  
 CHECKLIST MANNER  
 STARTING IN THE  
 UPPERMOST LEFTHAND  
 CORNER WORKING  
 DOWNWARD. FOLLOW  
 THE PATH OF THE  
 SNAKES.

11, 22, 33, 44  
 44, 33, 22, 11  
**CENTAUR2**  
 U-TURN  
 1  
 1,2  
 1,2,3 **MTN**  
 1,2,3,4  
 1-3  
 2-4  
**MESA**  
 1-4  
 2-4  
 3,4  
 4 **FADED**  
 1,2,1,3,4  
 4,3,4,2,4,1  
 2,3, =**ATERAL**  
 3,2  
 PUSH, TASK  
 PUSH, TASK...  
**GAUNTLET**

	1	2	3	4
	<b>SHUFFLE</b>	<b>SQ. JUMP (10) + RUN</b>	<b>SWAGGIN 1:1</b>	<b>HIKES</b>
	<b>YETI</b>	<b>RAMBO (10) + RUN</b>	<b>PUSH UP (10) + RUN</b>	<b>POGOTO (6) + TZN</b>
	<b>SLAP JACK</b>	<b>TWISTED</b>	<b>HALO 2-1-3-1-4-1</b>	<b>REV B.N.C.</b>
	<b>CROOK</b>	<b>HANG (10) + RUN</b>	<b>B.O.R. (15) + TZN</b>	<b>POTTY SHOT</b>
	<b>SKUFFLE</b>	<b>SL TOES (20) + RUN</b>	<b>SKULLS (10) + TZN</b>	<b>INCH WORM</b>
	<b>TWEAKER</b> (L)	<b>W. STAT LUNGE (8) + TZN</b>	<b>CURL MADNESS3</b>	<b>ANACONDA</b>





SLOPE

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

## EQUALATERAL

1. SUICIDE 2-1-3-1-4-1
2. V-STEP (10) + RUN
3. STAT SWAG (20) + TZN
4. HIKES
5. LYCAN (10) + RUN

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

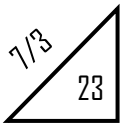
## VERTEX

1. CHICKIN 2-1-3-1-4-1
2. OGRE (10) + TZN
3. HANG (10) + RUN
4. BULLY
5. TYSONS

1-12  
1-12  
1-12

## GROUNDING CHECKLIST (3)

1. PLATE PUSH
2. MONTAUK
3. YETI
4. SAPP
5. MONGOOSE
6. SA DIABLO
7. BEAR
8. X PP
9. CALF-IN-ATOR
10. REV PLATE PUSH
11. ENFORCER
12. PETRA



SLOPE

12

123344

12334455556666

1233445555666677778888

## ZENITH

- 1. EN GARDE
- 2. KAMIKAZE 4-3-4-2-4-1-4-1 1X

---

- 3. COALITION (10) + TZN 2X
- 4. STIGMATA (10) + RUN 2X

---

- 5. HIKES 3X
- 6. KOBOLD 3X

---

- 7. XPP 4X
- 8. VIPER 4X

1-10

1-10

1-10

## CHECKLIST(3)

- 1. BULLY
- 2. MONTAUK
- 3. BENCHED (30) + TZN
- 4. AMAROK
- 5. SUPP (10)
- 6. INFINITY (20) + RUN
- 7. SUICIDE 2-1-3-1-4-1
- 8. SABRE (8) + RUN
- 9. APE SHOOT!
- 10. TWISTED

TWISTED, TASK  
TWISTED, TASK...

## TWISTED GAUNTLET

- 1. GBD (15) + RUN
- 2. CHICKIN 2-1-3-1-4-1
- 3. PRAISE (10) + TZN
- 4. TARASQ
- 5. TRUMPET 9+
- 6. MASTODON
- 7. B.O.R. (15) + TZN
- 8. TURKEYS
- 9. SPIKES
- 10. SLIGER



**FIRE-WORKS!**

- PERFORM THE WARM UP MTN
- CHOOSE A TASK FROM EACH LIST AND PERFORM IT ONCE.
- GO BACK TO THE START, CHOOSE A DIFFERENT TASK FROM EACH LIST, DO IT TWICE.
- GO BACK TO THE START, PERFORM A DIFFERENT TASK 3X.
- GO BACK TO START PERFORM REMAINING TASK 4X.
- REPEATING A TASK IS NOT ALLOWED.
- FINISH EACH REVOLUTION WITH EXPLOSIONS (SECTION H.)

**W/UP MTN**

- 1 **1. HIGH KNEES**
- 1,2 **2. QUICK FT. (20) + RUN**
- 1,2,3 **3. W. CROOK**
- 1,2,3,4 **4. JUNKIE JUMP (8) + RUN**

- A. SPARKLERS**  
**MT. CLIMB (20) + RUN**  
**INFINITY (20) + RUN**  
**MOGUL (20) + RUN**  
**PLATE SHAKE 9+**

- B. FOUNTAINS**  
**ALT. SQUONK**  
**TYSONS**  
**TIPPY-TOP**  
**TOES (20) + RUN**

- C. SMOKE BOMBS**  
**YIKES!**  
**TAKE OFF!**  
**BUZZARD**  
**BULLDOG**

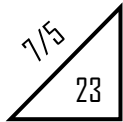
- D. FIRE-CRACKER**  
**BOVINE**  
**B.O.R. (15) + TZN**  
**BULLDOZER**  
**G.B.D. (15) + RUN**

- E. ROMAN CANDLE**  
**STORK (20) + TZN**  
**MANTIS (8) + RUN**  
**HYDRA**  
**SAWED OFF (10) + TZN**

- F. BOTTLE ROCKET**  
**45°**  
**PINNED 2-1-3-1-4-1**  
**STAT SWAG (20) + TZN**  
**REV YAK**

- G. MORTAR**  
**INCH WORM**  
**GRYPHON (8) + PUSH**  
**PEG LEG (8) + RUN**  
**SUPP (10)**

- H. TNT**  
**EXPLOSIONS**  
**EXPLOSIONS**  
**EXPLOSIONS**  
**EXPLOSIONS**



SLOPE

# CAVITY CIRCUITS

PERFORM CIRCUITS IN THE ORDER OF A,B,C,D,E,F,G,H / A,B,C,F,G,H / A,B,G,H / A,H

- 1.
- 1,2
- 1,2,3

## A. MTN

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

- 1-3
- 3-1
- 2,2

## B. EL CYCLE

- 1. STAMPEDE
- 2. RAMPAGE (12) + RUN
- 3. MONGOOSE

## C. VERTEX

- 1. WARRIOR
- 2. CHICKIN 2-1-3-1-4-1
- 3. ALT. SQUONO

- 1.
- 1,2,2
- 1,2,3,3,3

- 1-3
- 1,2
- 1

## D. FADED

- 1. MINOTAUR ○
- 2. INCH WORM
- 3. AMAROK

- 1,2,1,3

## E. =IBRIDUS

- 1. JOUNCE 2-1-3-1-4-1
- 2. SHWAGGIN 1:1
- 3. SCORPION to 3/BACK

- 1-3

## F. CHECKLIST (2)

- 1. TRIFECTA 6+
- 2. SLAP JACK
- 3. VENOM

- 1-3
- 3-1

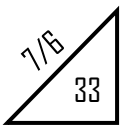
## G. U-TURN

- 1. W. CROOK
- 2. CURL PRESS 5+
- 3. MIEL'S WHEELS

PUSH  
TASK  
PUSH  
TASK  
PUSH  
TASK

## H. GAUNTLET

- 1. ROW STROLL 6+
- 2. SQUIBBLE
- 3. REV MASTODON



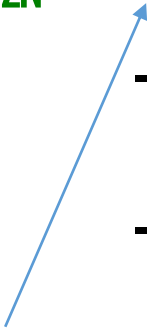
SLOPE

- 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. COALITION (10) + TZN
2. SWAGGIN 1:1
3. HIKES
4. XPP
5. SLUSKI

PERFORM AS A CHECKLIST DOING EACH TASK  
 NUMBER OF TIMES INDICATED  
 PATTERN REMAINS THE SAME THROUGHOUT



# PLATONIC + GLUED PLATE

GLUED PLATE

## MATTERHORN

- 2 PLATE SHAKE 9+
- 1 BULLY
- 2 PINNED 2-1-3-1-4-1

---

- 2 W. CROOK
- 1 HALO 2-1-3-1-4-1
- 2 ROW STROLL 6+

---

- 2 STAT. W. SQ. (10) + TZN
- 1 TROMBONE 6+
- 2 RDL (8) + TZN

---

- 2 SKY HIGH 4-1
- 1 O-PINNED 2-1-3-1-4-1
- 2 W. GREMLIN

---

- 2 SAWED OFF (10) + TZN
- 1 KITCHEN SINK (10) + TZN
- 2 TZN

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

## ZENITH

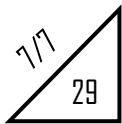
1. APE SHOOT! IX
  2. INCH WORM

---

  3. OGRE (10) + TZN 2X
  4. GRIFTER (8) + SA PP

---

  5. POTTY SHOT
  6. BUCK UPS 3X
- U
- 1-8 1. RAZOR
  - 8-1 2. DIABLO
  3. JACKALOPE
  4. VEXUM
  5. MIEL'S WHEELS
  6. JACKASS
  7. ARACHNID
  8. SA PP



SLOPE

Perform the tasks in a checklist format, completing each task the number of times noted. Task repetition pattern repeated throughout the entire workout.

# MATTER HORN

**3 HIGH Xs**

**2 SQUONK**

**1 SWAGGIN 1:1**

**1 GORGON (8) + RUN**

---

**3 VIP (10) + RUN**

**2 NEAPOLITAN**

**1 SKUFFLE**

**1 MONTAUK**

---

**3 MIEL'S WHEELS**

**2 YIKES!**

**1 FLAMINGO (6) + TZN**

**1 K.O.D. (20) + TZN**

---

**3 AMAROK**

**2 ROW STROLL 6+**

**1 KAMIKAZE 4-3-4-2-4-1-4-1**

**1 GRECO**

---

**3 TURKEY**

**2 PLATE PUSH**

**1 TYPHON**

**1 RESURRECTION**

---

**3 PARATROOP (10) + RUN**

**2 ABD. MANTIS (8) + RUN**

**1 SPIKES**

**1 REV BULLDOG**

---

**3 RAMPAGE (12) + RUN**

**2 HALO 2-1-3-1-4-1**

**1 45°**

**1 BRIDGED BENCHED (30) + TZN**

---

**3 SUICIDE 2-1-3-1-4-1**

**2 INCH WORM**

**1 B.O.R. (15) + TZN**

**1 VIPER**

---

**3 HOT COALS (10) + RUN**

**2 SKULLS (10) + TZN**

**1 STACK SHOT**

**1 POGOTO (6) + TZN**

---

**3 MT. CLIMB (20) + RUN**

**2 SCURL 1:1**

**1 JOHNNY APPLESEED**

**1 COBRA (10) + PUSH**

---

**3 KOBOLD**

**2 MONKEY**

**1 TUCKS (10) + RUN**

**1 BUZZARD**

---

**3 STAMPEDE**

**2 SL BUCKS**

**1 WICCA**

**1 SAWED OFF (10) + TZN**

---

**3 HANG (10) + RUN**

**2 PISTON (10) + TZN**

**1 JACK-ASS**

**1 GIMPY DOG**

---

**3 CURL WALK 6+**

**2 SAPP**

**1 JACKAL**

**1 GALLOW 2-1-4-3-4-1**

---

# 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