

SLOPE

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

## MTN4

1. HOT COALS (10) + RUN
2. SWAGGIN 1:1
3. SUICIDE 2-1-3-1-4-1
4. TOES (20) + RUN
5. MIEL'S WHEELS
6. JIGGY (20) + RUN
7. ROW STROLL 6+
8. XPP
9. BULLY
10. F. LUNGE
11. REV BULLDOG
12. TURKEYS
13. PETRA
14. STORK (20) + TZN
15. YETI
16. QUICKSAND Ⓛ

1, A  
12, B  
123, C  
1234, D  
12345, E

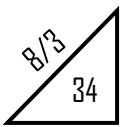
## XION

1. KAMIKAZE 4-3-4-2-4-1-4-1
  2. HIKES
  3. GRIFTER (8) + SA PP
  4. VENOM
  5. SKULLS (10) + TZN
- A. TARASQ
  - B. 90° (10) + TZN
  - C. 0-BOR (10) + TZN
  - D. SHWAGGIN 1:1
  - E. WICCA

11, 22, 33...

## CENTAUR2

1. ALI 22+
  2. SLAP JACK
  3. HALO 2-1-3-1-4-1
  4. MOWGLI (12) + RUN
  5. RDL (8) + TZN
  6. SLING SHOT 3-2-4-2-3-1
7. KOBOLD
  8. MONTAUK
  9. DENSER 2-1-3-1-4-1
  10. PIRATE
  11. THRASHER
  12. TAKE OFF!



SLOPE

## MESA

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

1. BONSAI 3-1-4-2-4-1
2. TYSONS
3. MT. CLIMB (20) + RUN
4. ALI 22+
5. SQUONQ
6. RIBBITS (10) + RUN
7. TWO-STEP (20) + RUN
8. SAWED OFF (10) + TZN
9. SL BUCKS
10. VIPER
11. DEATH ROW 2-3-1-4-1
12. KIT. SINK (10) + TZN

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

## CHAMELEON

- 1A. SA PP
- 1B. INCH WORM
- 1C. CHICKIN 2-1-3-1-4-1
- 1D. CRAISE (20) + TZN

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2. CURL WALK 6+
  3. MONKEY
  4. VEXUM
  5. QUICK FT. (20) + RUN

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- 6A. DIABLO
  - 6B. REV MASTODON
  - 6C. STACK SHOT
  - 6D. SL BRDG SKULLS (10) + TZN

1  
1.22  
1.2.333  
1.2.3.4444

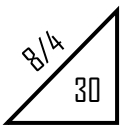
## VERTEX

1. REV PLATE PUSH
2. SWAGGIN 1:1
3. PLATE SHAKE 9+
4. MOGUL PUSH

1-6  
1-6

## CHECKLIST(2)

1. DGRE (10) + TZN
2. PINNED 2-1-3-1-4-1
3. B. LUNGE
4. HIKES
5. SHUFFLE
6. PRIMATES 4-1-3-1-2-1



SLOPE

# SYPHON

PERFORM ALL TASKS IN CHECKLIST FASHION (DISREGARD NUMBERING 1-5 FOR NOW, THESE NUMBERS COME IN TO PLAY AFTER THE CHECKLIST OF 20 TASKS.)

## CHECKLIST

1. GALLOW 2-1-4-3-4-1
2. STAMPEDE
3. TIP-TOES (20) + RUN
4. STAT SWAG (20) + TZN
5. RAMBO (10) + RUN

1. POTTY SHOT
2. CRAZY LEGS
3. BANDIT (20) + RUN
4. SCALAWAG
5. JUNKIE JUMP (8) + RUN

1. PUSH UP (10) + RUN
2. MONGOOSE
3. CYCLONE (12) + TZN
4. APE SHOOT!
5. GBD (15) + RUN

1. B.N.C.
2. TYPHON
3. RDL (8) + TZN
4. NEAPOLITAN
5. TORO

1  
12  
123  
1234

## MTN OF 1'S

1. GALLOW 2-1-4-3-4-1
2. POTTY SHOT
3. PUSH UP (10) + RUN
4. B.N.C.

## EL CYCLE OF 2'S

- 1-4, 4-1  
2,3,3,2
1. STAMPEDE
  2. CRAZY LEGS
  3. MONGOOSE
  4. TYPHON

= OF 3'S

- 121314  
2324  
34
1. TIP-TOES (20) + RUN
  2. BANDIT (20) + RUN
  3. CYCLONE (12) + TZN
  4. RDL (8) + TZN

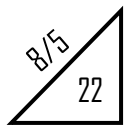
1  
122  
122333  
1223334444

## MT. NEVEREST OF 4'S

1. STAT SWAG (20) + TZN
2. SCALAWAG
3. APE SHOOT!
4. NEAPOLITAN

IN OF 5'S

- 1-4, 4-1, 1-4
1. RAMBO (10) + RUN
  2. JUNKIE (8) + RUN
  3. GBD (15) + RUN
  4. TORO



SLOPE 1-12, 12-1 U

1. SUE-STEP (20) + RUN
2. EN GARDE
3. INFINITY (20) + RUN
4. TYSONS
5. TRUMPET 9+
6. W. GREMLIN
7. KOBOLD
8. JIGGY (20) + RUN
9. SKY-HIGH 4-1
10. B.O.R. (15) + TZN
11. MONTAUK
12. RAMPANT (10) + RUN

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

## FADED2

1. BOULDER
2. SL BUCKS

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3. TROG
4. VEXED (10) + RUN

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5. BUNYAN
6. SLUSKI

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7. MT. CLIMB (20) + RUN
8. CHICKIN 2-1-3-1-4-1

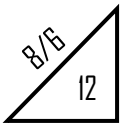
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9. PISTON (10) + TZN
10. XPP

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

## CHAOS

- 2 CURL PRESS 5+
- 4 SQUONK
- 1 CROAKIN
- 4 V-STEP (10) + RUN
- 1 C.H.B.
- 1 JACK-ASS
- 2 HANG MADNESS 6
- 3 GROWLER
- 1 MANTIS (8) + RUN
- 3 HIKES
- 1 STORK (20) + TZN
- 4 MIEL'S WHEELS
- 1 TALL ORDER 6+
- 2 SLIGER
- 3 QUICK FT. (20) + RUN
- 1 TWISTED



SLOPE

I-10  
II, 22...

## CHECKLIST TO C2

1. SUICIDE 2-1-3-1-4-1
2. HOT COALS (10) + RUN
3. TURKEYS
4. SWAGGIN 1:1
5. SPEED SKATES (20) + RUN
6. ROW STROLL 6+
7. RIBBITS (10) + RUN
8. SKUFFLE
9. REV GARGOYLE
10. HALO 2-1-3-1-4-1

YETI, DELAURA, TASK  
YETI, DELAURA, TASK...

## YETI + DELAURA GAUNTLET

1. POTTY SHOT
2. JAGGER (12) + RUN
3. 3 PT. STANCE
4. MOWGLI (12) + RUN
5. APE SHOOT!
6. MUGGER (12) + RUN
7. ABD. PUSH UP (8) + RUN
8. VIP (10) + RUN

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

## REV HYBRID2

- 11
1. BONSAI 3-1-4-2-4-1
  2. TIP-TOES (20) + RUN
  3. JACKALOPE
  4. BENCHED (30) + TZN
  5. F. LUNGE

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

## REPTILIANZ

1. COBRA (10) + PUSH
  2. TAUNTAUN
  3. COALITION (10) + TZN
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- 4A. SL OGRE (10) + TZN
  - 4B. FLYING MONKEY
  - 4C. SA DIABLO
  - 4D. VENOM



LAMENTATION  
PART LABYRINTH,  
PART SPEED BUMPS.

PERFORM ALL AS A  
CHECKLIST, THE  
FIRST TIME THROUGH  
DO ONLY THE RED  
"A" TASKS, THE "B'S"  
ON THE SECOND  
TIME THROUGH AND  
THE "C'S" ON THE  
FINAL TIME  
THROUGH.

1. SHUTTLE RUN 3-2-4-2-3-1
2. TWO-STEP (20) + RUN
3. SWAGGIN 1:1
- 4A. TIPPY-TAP
- 4B. BOVINE
- 4C. ALI 22+
5. BANDIT (20) + RUN
6. HIKES
7. MOGUL (20) + RUN
- 8A. K-STEP (20) + RUN
- 8B. BUZZARD
- 8C. GBD (15) + RUN
9. CURL WALK 6+
10. BEAR
11. ENFORCER
- 12A. MIEL'S WHEELS
- 12B. EXPLOSIONS
- 12C. SAWED OFF (10) + TZN
13. MONKEY
14. BAYOK (6) + RUN
15. STAT TYPHON (10) + RUN
- 16A. OFFERING
- 16B. GATOR TO 3
- 16C. SUPP 10
17. KAMIKAZE 4-3-4-2-4-1-4-1
18. K.O.D. (20) + TZN
19. CRAY-CRAY
- 20A. O-B.O.R. (10) + TZN
- 20B. JIGGY (20) + RUN
- 20C. THRUST TO FROG
21. TRIFECTA! 6+
22. TAUNTAUN
23. PINNED 2-1-3-1-4-1
- 24A. SLALOM
- 24B. REV HYDRA
- 24C. SKY-HIGH 4-1
25. YAK
26. TOES (20) + RUN
27. SKULLS (10) + TZN
- 28A. INCH WORM
- 28B. M.F.T.
- 28C. ARACHNID
29. RDL (8) + TZN
30. CYCLONE (12) + TZN
31. LUMBERJACKS (8) + RUN
- 32A. 90° (10) + TZN
- 32B. CUJO ⌚
- 32C. TAKE OFF!

# 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