



SLOPE

1
12
123...

MOLE HILLS

1. TWO-STEP (20) + RUN
 2. GALLOW 2-1-4-3-4-1
 3. SWAGGIN 1:1
-

1. ALI 22+
 2. LYCAN (10) + RUN
 3. YIKES!
-

1. TWINKLE TOES (30) + TZN
 2. CHICKIN 2-1-3-1-4-1
 3. TARASQ
-

1. NEAPOLITAN
 2. MONTAUK
 3. DEATH ROW 2-1-3-1-4-1
 4. INCH WORM
-

1. VEXED (10) + RUN
 2. CURL WALK 6+
 3. B. LUNGE
-

1. TURKEYS
 2. GBD (15) + RUN
 3. JACK-ASS
-

1. BONSAI 3-1-4-2-4-1
 2. K.O.D. (20) + TZN
 3. JANGLE LEG3
-

1. MT. CLIMB (20) + RUN
 2. SKULLS (10) + TZN
 3. RDL (8) + TZN
 4. GRECO
-

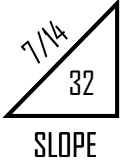
1. SAWED OFF (10) + TZN
 2. APE SHOOT!
 3. DIABLO
-

1. SKY HIGH 4-1
 2. BOVINE
 3. CRAISE (20) + TZN
-

1. POTTY SHOT
 2. JIGGY (20) + RUN
 3. BUCKS
-

1. W. GREMLIN
 2. MOWGLI (12) + RUN
 3. MIEL'S WHEELS
-

4. SLING SHOT 3-2-4-2-3-1
1. INFINITY (20) + RUN
2. JOUNCE 2-1-3-1-4-1
3. XPP



JACOB'S LADDER

6. TAKE OFF!
12

5. JACKALOPE
123
1234
12345
123456

4. RIBBIT (10) + RUN
12

3. FLAMINGO (6) + TZN
12

2. SPIKES
123
1234
12345
123456

6.1. ARACHNID
12

5. MUGGER (12) + RUN
123

4. KITCHEN SINK (10) + TZN
1234

3. VPER
12345
123456

2. MOGUL (20) + RUN
12

6.1. HALO 2-1-3-1-4-1
123

5. SHUTTLE RUN 3-2-4-3-2-1
1234
12345
123456

4. JOHNNY APPLESEED
12

3. VP (10) + RUN
123

2. STAMPEDE
1234
12345
123456

6.1. REV GROWLER
12

5. BULLY
123

4. AMARDK
1234

3. PUSH UP (10) + RUN
12345
123456

2. HIKES
12

6.1. SA PP
123

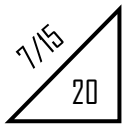
5. TYPHON
1234
12345
123456

4. GORGON (8) + RUN
12

3. SQUOND
123

2. HOT COALS (10) + RUN
1234
12345
123456

1. EN GARDE
123456



SLOPE

1
1.22
1.2.333
1.2.3.4444

VERTEX

1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. TOES (20) + RUN
4. MOGUL PUSH

CHECKLIST(3)

1. W. CROOK
2. B.D.R. (15) + TZN
3. GARGOYLE
4. MUGGER (12) + RUN
5. STORK (20) + TZN
6. SQUIBBLE

1-6
1-6
1-6

PERFORM THE FORWARD VERSION OF THE TASK TO LINE 4
AND THE REV. VERSION BACK TO LINE 1. PERFORM EACH
NUMBER 2X SO THAT YOU DO ONE FULL FORWARD AND
BACKWARD TASK.

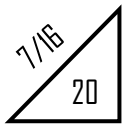
REDRUM

- | | |
|----------------|----------------|
| 1. PLATE PUSH | REV PLATE PUSH |
| 2. GREMLIN | REV GREMLIN |
| 3. BEAR | REV BEAR |
| 4. F. LUNGE | B. LUNGE |
| 5. SQUONQ | SCALAWAG |
| 6. 313 | REV 313 |
| 7. TURKEYS | BUTT KICKS |
| 8. BULLDOZER | DIABLO |
| 9. THRASHER | TORO |
| 10. BULLDOG | REV BULLDOG |
| 11. POTTY SHOT | HIKES |
| 12. ANACONDA | BUCKS |

5,6
4-7
3-8
2-9
1-10

EXPANDING

1. YETI
2. STAT SWAG (20) + TZN
3. CRAZY LEGS
4. SUICIDE 2-1-3-1-4-1
5. V-STEP (10) + RUN
6. MIEL'S WHEELS
7. DGRE (10) + TZN
8. TRIFECTA 6+
9. SLAP JACK
10. PRIMATES 4-1-3-1-2-1



SLOPE

123454321
2345432
34543
454
5

FADED DOWNSHIFT

1. GALLOW 2-1-4-3-4-1
2. SUE-STEP (20) + RUN
3. STAMPEDE
4. MT. CLIMB (20) + RUN
5. PRIMATES 4-1-3-1-2-1

1, AA
12, BB
123, CC
1234, DD
12345, EE

XION2

1. CURL WALK 6+
2. TALL ORDER 6+
3. RAMPANT (10) + RUN
4. MONTAUK
5. BRIDG BENCHED (30) + TZN

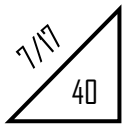
- A. GIMPY DOG
- B. POTTY TO BULLDOG
- C. GARGOYLE
- D. W. LUNGE
- E. DIABLO

MTN2

- 1,2
1-4
1-6
1-8
1-10
1. ROW STROLL 6+
2. TROG
3. REV BULLDOG
4. TRIFECTA! 6+
5. PLATE PUSH
6. SQ. THRUST (10) + RUN
7. RDL (8) + TZN
8. CYCLONE (12) + TZN
9. INCH WORM + PUSH UP
10. JACKAL

REV MTN2

- 1-6
1-4
1,2
1. KAMIKAZE 4-3-4-2-4-1-4-1
2. JAGGER (12) + RUN
3. PINNED 2-1-3-1-4-1
4. HANG (10) + RUN
5. SLAP JACK
6. REV PLATE PUSH



SLOPE

LABYRINTH

1. BONSAI 3-1-4-2-4-1
 2. TAUNTAUN
 3. SHUFFLE
 4. SWAGGIN 1:1
 5. MT. CLIMB (20) + RUN
 6. PLATE SHAKE 9+
 7. VEXED (10) + RUN
 8. TOES (20) + RUN
 9. KOBOLD
 10. PLATE PUSH
- MTN**
- A. SQ. JUMP (10) + RUN
 - B. W. CROOK
 - C. BOULDER
 - D. BUZZARD
21. SKY HIGH 4-1
 22. REV BULLDOG

23. JIGSAW
 24. AMAROK
 25. CHICKIN 2-1-3-1-4-1
 26. HIKES
 27. STAT TYPHON (10) + RUN
 28. TURKEYS
 29. W. GREMLIN
 30. SL PUSH UP (10) + RUN
- C3**
- A. CRAY-CRAY
 - B. MONTAUK
 - C. BULLDOZER
 - D. DELAURA
43. SUICIDE 2-1-3-1-4-1
 44. SPEED SKATES (20) + RUN
 45. EN GARDE
 46. BANDIT (20) + RUN
 47. POTTY SHOT

48. LYCAN (10) + RUN
49. RDL (8) + TZN
50. KAMIKAZE 4-3-4-2-4-1-4-1

MESA

- A. GRIFTER (8) + SA PP
- B. MANTIS (8) + RUN
- C. MIM 3-2-4-2-3-1
- D. B.N.C.
- E. COBRA (10) + PUSH

60. APE SHOOT!
61. CURL PRESS 5+
62. ALI 22+
63. MOGUL (20) + RUN
64. STAMPEDE
65. BUTT KICKS

66. ALI 22+
67. TIPPY-TAP
68. XPP
69. STORK (20) + TZN
70. MONKEY

HYBRID2

- A. BOVINE
 - B. SWASHBUCKLER
 - C. PEG LEG (8) + RUN
83. BULLY
 84. MOWGLI (12) + RUN
 85. TAKE OFF!

7/18
26

SLOPE
894 OK

INTERRUPTED MTN2

1-5, 5-1

U

1. POTTY SHOT
2. SQUANTOES (20) + RUN
3. STAMPEDE
4. 3 PT. STANCE
5. YETI

1, AA
12, BB
123, CC **XION2**

1. MUGGER (12) + RUN
 2. BULLDOG
 3. SA PP
- A. BUCKS
B. DENSER 2-1-3-1-4-1
C. TARASQ

1,2
1-4
U
1-6
XION2
1-8
MT. NEVEREST
1-10
REPTILIAN2
1-12

1. QUICK FT. (20) + RUN
2. EN GARDE
3. ALT SQUONQ
4. BANDIT (20) + RUN
5. TRIFECTA! 6+
6. HANG MADNESS 6
7. SCALAWAG
8. JAGGER (12) + RUN
9. CROAKIN
10. CYCLONE (12) + TZN
11. REVIVAL
12. SHOT PUT

1
122
122333

MT. NEVEREST

1. SCORPION TO 3/BACK
2. SUICIDE 2-1-3-1-4-1
3. GIMPY DOG

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

- REPTILIAN2**
1. FLYING JACKAL
 2. W. CROOK
 3. BULLY
 - 4A. VITRIOL (L)
 - 4B. OZARK

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